



冠心病(冠狀動脈心臟病)

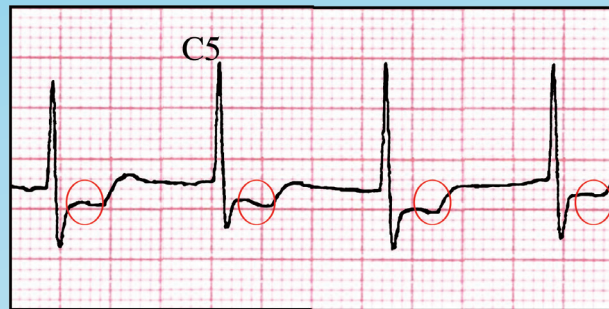
Coronary Artery Disease

心絞痛 Angina

1. 介紹

Introduction

- 當心臟未有足夠帶氧血液的供應。 When the heart is not getting enough oxygen-rich blood.
- 通常發生於急劇活動，情緒不佳或吃過一頓大餐，但亦可在休息期間發生。 Usually happens during activity, when upset or after a large meal, but can also occur at rest.
- 胸口痛及不適，可擴展至背、頸、肩膊、下顎及手臂。也可能會出現呼吸急促或出汗。 Chest pain & discomfort can extend to back, neck, shoulder, jaw and upper limbs. May be associated with shortness of breath or sweating.



發病時的心電圖。 Electrocardiogram during attack.

2. 即時處理方法

Immediate Medical Attention

- 停止所有活動及休息。 Stop all activities and take rest.
- 不要慌張和緊張，儘量放鬆及保持冷靜(可作深呼吸以助鬆弛)。 Don't be afraid and nervous, be relax and stay calm (Take deep breathe for relaxation).
- 當停止活動後，胸部不適仍存在，即須含第一粒三硝酸甘油丸(俗稱「劑底丸」)，五分鐘後，仍有持續性胸部悶痛或壓迫感，可每隔五分鐘含第二粒，甚至第三粒三硝酸甘油丸。 If chest pain not improve is still appeared after stopping all activities, take the first TNG. If the chest pain and discomfort is still persistence after taking the first TNG, take the second and third TNG in 5 minutes interval.
- 不適通常持續少於10分鐘及三硝酸甘油可舒緩。 The period lasts less than 10 minutes and responded to rest and TNG.
- 若仍未能解除症狀，或不適的症狀有增劇趨向，則可能是心臟病發，應即電999通知救護車。 If the chest pain and discomfort is still not responded to rest and TNG, it may be heart attack, dial 999 for emergency at once.

3. 心臟肌肉酵素或肌鈣蛋白檢驗

Cardiac enzymes or Troponin Test

- 血液裡心臟肌肉酵素或肌鈣蛋白一般不會上升(除非部份心臟肌肉壞死)。 Cardiac enzymes and Troponin in blood would not be elevated. (Unless some heart muscles become damaged and die.)

