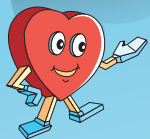




冠心病(冠狀動脈心臟病)

Coronary Artery Disease



冠心病——八個可控制/治療的危險因素

Coronary Artery Disease - 8 controllable and treatable risk factors

1. 高血壓

High Blood Pressure

- 損害血管內膜，增加脂肪積聚，形成硬化。 It damages the inner linings of the blood vessels, increases fat accumulation and causes arteriosclerosis.



2. 糖尿病

Diabetes Mellitus

- 加速血管粥樣硬化，患冠心病比率高2至6倍。 It accelerates atherosclerosis and significantly increases the risks of coronary artery diseases.



3. 高血脂

Hyperlipidemia

(血內膽固醇過高 High Blood Cholesterol level)

- 堵塞動脈血管。 It narrows the arteries.
- 血脂包含高密度脂蛋白及低密度脂蛋白。 There are High Density Lipoprotein (HDL) and Low Density Lipoprotein (LDL).
- 高密度脂蛋白對身體有益，將血內膽固醇送到肝臟新陳代謝。 HDL is good for our body, it can carry the blood cholesterol to the liver for metabolism.
- 低密度脂蛋白則是心臟殺手，黏附血管內、積聚成粥樣硬化，阻塞血液流通。 LDL is a heart killer, it sticks on the lining of the blood vessels, causing atherosclerosis and it obstructs the blood flow.



4. 吸煙

Smoking

- 尼古丁令血管縮窄、損害血管壁、加速粥樣硬化。 Nicotine can narrow the blood vessels, damage the inner lining and speed up the atherosclerosis.
- 亦會增加血小板黏性，引起心臟血管堵塞。 It also increases the viscosity of blood platelets, causing cardiovascular thrombosis.



5. 身體過重

Overweight

- 經常進食高脂肪、高熱量食物。 Frequent high fat and high calorie diet.
- 超重和血脂過高均與糖尿病有密切關係。 Overweight and hyperlipidemia are closely related to the risk of developing diabetes mellitus.
- 增加心臟負荷。 Obesity can increase the heart workload.



6. 缺乏運動

Lack of exercise

- 經常運動可促進血管內壁功能，消耗多餘脂肪，增加高密度脂蛋白(有益)及減少低密度脂蛋白，更幫助控制血壓和血糖。 Frequent exercises can strengthen the blood vessels, eliminate excessive fat, increase the HDL(good for the body) and decrease LDL, it can also control blood pressure and blood sugar effectively.



7. 精神緊張及壓力大

Anxiety, Tension and Stress

- 壓力會引致心臟病，長期受壓力影響會引致心跳，血壓及血糖上升，可破壞動脈血管壁。 Stress plays a role in heart disease. Chronic stress may increase your heart rate, blood pressure, and blood sugar. It may also lead to damage of the artery walls.

