



冠心病(冠狀動脈心臟病)

Coronary Artery Disease

心肌梗塞 Myocardial Infarction / Heart Attack

1. 介紹

Introduction

- 當冠狀動脈血管突然完全閉塞，心臟肌缺氧而遭受破壞。 When the coronary artery is suddenly blocked off, heart muscle beyond the blockage cannot receive enough oxygen and become damaged.
- 可發生在患者休息或活動中。 Occurs during rest or activity.
- 病突發前可全無徵兆和警告。 There may be no symptom or warning before the sudden attack.
- 痛楚時有像壓碎、重壓的感覺。可延伸至兩肩、上臂或頸、背及下顎。 Pain feels like crushing and heavy. It radiates to shoulders, arm, neck, back and jaw.
- 病者可出現休克、出汗、不能呼吸等徵狀。 The person may be in shock, sweating and cannot breathe.
- 痛楚比較持續，通常休息及三硝酸甘油丸亦不能解除。 Pain persisted, not responding to rest and TNG.



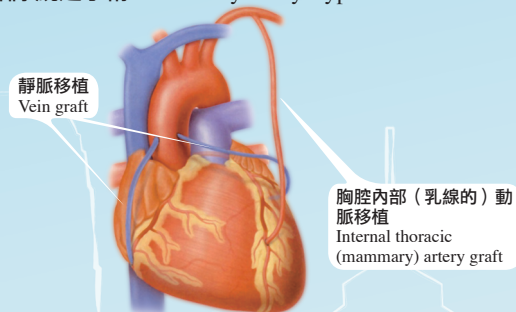
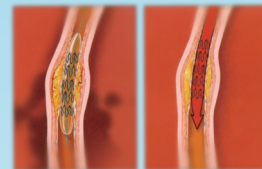
發病時的心電圖。
Electrocardiogram during attack.

- 心臟肌肉酵素或肌鈣蛋白檢驗 - 當血液測試顯示心臟肌肉酵素或肌鈣蛋白數字上升，就代表是心臟肌肉急性損壞。 Cardiac enzymes or Troponin Test - If the Cardiac enzymes or Troponin in blood is elevated, it indicates myocardial infarction.
- 若血液供應未能儘早恢復，那部份心臟的肌肉會永久壞死，約三分之一第一次病者發都會因此致命，而死亡多在病發一小時內發生。 If blood flow cannot be restored quickly, the heart muscle dies. The damage can never be reversed. About one third of the patients will die in this first heart attack. Majority of those who die in the first hour.
- 心臟衰竭，心律不齊亦會跟隨。 Heart failure and arrhythmia follows.

2. 治療

Treatment

- 藥物治療 Medication
 - 阿士匹靈 Aspirin
 - 氯格雷和其他抗血小板藥物如普拉格雷，替卡格雷等等 Clopidogrel & Other antiplatelet agents like prasugrel, ticagrelor & etc
 - 血管緊張素轉化 抑制劑 (ACEI)
 - β 受體阻滯藥 (β -Blocker)
 - 他汀 (Statin)
 - 三硝酸甘油 (TNG, 俗稱崩底丸)
- 冠狀動脈整修術(通波仔)及支架植入。 Coronary Angioplasty and Stent.
- 冠狀動脈搭橋/繞道手術。 Coronary artery Bypass Draft.



3. 需要立即診治的情況

Situation for Immediate Medical Attention

若有心肌梗塞症狀，胸痛楚及不適延續超過數分鐘，或常用三顆三硝酸甘油舌下片亦未能舒緩，便應立即到急症室求診，分秒必爭，切勿延誤。 If symptoms of myocardial infarction, chest pain and discomfort last for a few minutes and not responding to rest or after taking 3 tablets of TNG, patient should seek medical treatment in the emergency room. Every minute counts.

