

Taking Care of Your Heart

保護和照顧心臟

Toolkit No. 18 健康手冊 (十八)

Maybe your health care provider has told you that you are at high risk for heart disease. Or, perhaps you have already had a heart attack. Having diabetes means that you are much more likely to have coronary artery (heart) disease, a heart attack, or a stroke. The good news is that you can take steps to prevent heart disease or reduce your chances of having another heart attack. Lifestyle changes, such as choosing foods wisely and being physically active, as well as taking medication, can help.

您可能已從醫生那得知，自己是心臟病的高風險群。或者，您曾經發作過心臟病。身為糖尿病患者，表示您很有可能罹患冠狀動脈（心臟）疾病、心臟病發作或中風。但所幸的是，您可以採取步驟來預防心臟病或減少再次發作心臟病的機會。改變生活習慣（如慎選食物）、多運動和服用藥物等方法都會有所助益。

What is coronary artery disease? 什麼是冠狀動脈疾病？

Coronary artery disease is caused by a narrowing or blocking of the blood vessels that go to your heart. It's the most common form of heart disease. Your blood carries oxygen and other needed materials to your heart. Blood vessels to your heart can become partially or totally blocked by

fatty deposits. A heart attack occurs when the blood supply to your heart is reduced or cut off.

冠狀動脈疾病是因通往心臟的血管變窄或阻塞所引起的。這是最常見的一種心臟病。血液會將氧氣和其他必要物質攜帶到心臟。但通往心臟的血管卻有可能因積聚的脂肪塊而部分或完全阻塞。當供應到心臟的血液不足或受阻時，便會發作心臟病。

What steps can I take to prevent coronary artery disease?

我可以採取哪些步驟來預防冠狀動脈疾病？

You can lower your risk by keeping your ABCs of diabetes on target with wise food choices, physical activity, and medication. Losing weight can also help you manage your ABCs and prevent heart disease. Every step you take will help. The closer your numbers are to your targets, the better your chances of preventing heart disease or cutting your risk for another heart attack. If you smoke, get help to quit.

您可以藉由慎選食物、運動和藥物等方法來將糖尿病的ABC（分別指糖化血紅素、血壓及膽固醇）維持在目標範圍內。減重也有助於維持ABC和預防心臟病。只要

採取步驟，就能看到效果。測量的數值愈接近目標值，就愈能有效預防心臟病或減少再次發作心臟病的機會。如果您吸煙，請尋求協助來戒煙。



Medication, along with lifestyle changes, can help you prevent a heart attack.

藥物加上改變生活習慣，將幫助預防心臟病發作。

A is for A-1-C

A 指糖化血紅素

An A-1-C is the blood glucose (sugar) check “with a memory.” It tells you your average blood glucose for the past 2 to 3 months. The American Diabetes Association (ADA) recommends that people aim for an A-1-C below 7%. Talk with your health care team about the best target for you and fill in the chart.

糖化血紅素 (A-1-C) 是「有記憶」的血糖檢查。這項檢查能顯示過去 2 至 3 個月來的平均血糖濃度。美國糖尿病協會 (ADA) 建議的 A-1-C 目標值應低於 7%。請向醫護人員諮詢，瞭解最適合自己的目標，並將數值填寫在下表。

ADA Target	My Results	My Target
Below 7%		

ADA 目標	我的結果	我的目標
低於 7%		

B is for blood pressure

B 指血壓

Your blood pressure numbers tell you the force of blood inside your blood vessels. When your blood pressure is high, your heart has to work harder than it should. The ADA recommends that you keep your blood pressure below 130/80 mmHg (said as “130 over 80”).

血壓 (Blood Pressure) 值是指血管內的血流壓力。當血壓高時，心臟的負荷就大。ADA 建議將血壓維持低於 130/80 mmHg (唸成「130 比 80」)

ADA Target	My Results	My Target
Below 130/80 mmHG		

ADA 目標	我的結果	我的目標
低於 130/80 mmHG		

C is for cholesterol

C 指膽固醇

Your cholesterol numbers tell you the amount of fat in your blood. Some kinds, like HDL cholesterol, help protect your heart. Other kinds, like LDL cholesterol, can clog your blood vessels and lead to heart disease. Triglycerides are another kind of blood fat that raises your risk for heart disease. The following chart gives the targets suggested by the ADA. You can also record the results of your latest blood lipid (fat) check here.

膽固醇 (Cholesterol) 濃度是指血液中的

脂肪量。脂肪分為好幾種，其中像是 HDL 高密度膽固醇，可以幫助保護心臟。其他像是 LDL 低密度膽固醇，可能會阻塞血管，進而引發心臟病。三酸甘油脂則是另一種脂肪，會增加心臟病的風險。下表是 ADA 建議的目標值。您也可以在下表中記錄最近血脂檢查的結果。

Type of Blood Lipid	My Results	ADA Targets
LDL cholesterol		below 100 mg/dl
HDL cholesterol • for men • for women		above 40 mg/dl above 50 mg/dl
Triglycerides		below 150 mg/dl

血脂種類	我的結果	ADA 目標
LDL 低密度膽固醇		低於 100 mg/dl
HDL 高密度膽固醇 • 男性 • 女性		高於 40 mg/dl 高於 50 mg/dl
三酸甘油脂		低於 150 mg/dl

What can I do to reach my ABC targets?

我要如何達到 ABC 目標？

Making wise food choices, being physically active and taking medications can help you reach your targets.

慎選食物、多運動和服用藥物等方法，都可以幫助您達到目標。

Make wise food choices 慎選食物

Many people find that changing what they

eat can make a big difference in their blood glucose, blood pressure, and cholesterol levels. Below are several strategies for making wise food choices. Place a check mark next to steps you're willing to try. For more information about how to make these changes, talk with your health care team.

很多人發現，改變自己所吃的食物，可大幅改善血糖、血壓以及膽固醇濃度。下面有幾個方法可幫助您慎選食物。請在想嘗試的步驟旁邊打勾。如需改變飲食習慣的更多資訊，請向醫護人員諮詢。

- I'll eat less fat, especially saturated fat (found in fatty meats, poultry skin, butter, 2% or whole milk, ice cream, cheese, palm oil, coconut oil, *trans* fats, hydrogenated oils, lard, and shortening).
- I'll choose lean meats and meat substitutes.
- I'll switch to low-fat or fat-free dairy products.
- I'll eat at least 5 servings of fruits and vegetables each day.
- I'll cut back on foods that are high in cholesterol (such as egg yolks, high-fat meat and poultry, and high-fat dairy products).
- I'll choose the kinds of fat that can help lower my cholesterol, such as olive oil or canola oil. Nuts also have a healthy type of fat.
- I'll eat fish 2 or 3 times a week, choosing kinds that are high in heart-protective fat (such as albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon).
- I'll cook using low-fat methods (such as baking, roasting, or grilling foods or by using nonstick pans and cooking sprays).
- I'll eat less salt and sodium.
- 少吃脂肪，特別是飽和脂肪（存在於肥肉、雞皮、奶油、2% 或全脂牛奶、冰

淇淋、起司、棕櫚油、椰子油、反式脂肪、氫化植物油、豬油以及起酥油)。

- 選擇瘦肉和肉類替代製品。
- 改吃低脂或無脂奶製品。
- 每天吃至少 5 份水果和蔬菜。
- 少吃含高膽固醇的食物(例如蛋黃、高脂肪肉類與家禽肉、高脂奶製品等)。
- 選擇可幫助降低膽固醇的脂肪種類,例如橄欖油或菜籽油(Canola Oil)。堅果類也含有健康的脂肪種類。
- 每週吃魚 2 或 3 次,選擇的魚類應富含保護心臟的脂肪(例如青花鮭魚、鱈魚、青魚、虹鱒魚、沙丁魚及鮭魚)。
- 用低脂烹調方式(例如烘烤、爐烤或燒烤食物,或使用不沾鍋和噴霧油)。
- 減少鹽和鈉的攝取量。

Lose weight or take steps to prevent weight gain

減重或想辦法避免增加體重

- I'll cut down on calories and fat.
- I'll try to be more physically active than I am now.

- 減少熱量與脂肪攝取。
- 試著增加現在的運動量。

Be physically active

多運動

Before you start a new routine, check with your health care team to find out which activities will be safe for you. Then think about how you can add more activity to your routine. If you're just starting out, begin with 5 minutes a day and gradually add more time. Then work up to doing a total of about 30 minutes of aerobic exercise, such as brisk walking, most days of the week.

在開始運動前,先向醫師諮詢,找出安全的運動。然後想想要如何增加運動量。如果才剛開始做運動,可從一天做 5 分鐘開始,再逐漸增加時間。等適應後,盡量能一週內每天試著做大約 30 分鐘像快走等有氧運動。

Take medications

服用藥物

Medications are available to help you reach your ABC targets and lower your risk of a heart attack. You may need several medications to stay on track.

您可以使用藥物來幫助達到 ABC 目標和降低心臟病發作風險。您可能需要服用多種藥物才能達到目標。

Some types of blood pressure and cholesterol-lowering medications can protect your heart. Your health care provider can provide information about which medications are best for you.

有些抗高血壓和降膽固醇藥物可以保護心臟。醫護人員可提供資訊給您,讓您瞭解最適合服用的藥物為何。

Aspirin can also help lower your risk of heart disease. Ask your provider whether taking a low-dose aspirin every day would be wise.

阿斯匹靈(Aspirin)也能幫助降低心臟病風險。請向醫師諮詢,看看您是否適合每天服用低劑量的阿斯匹靈。

What can help me quit smoking?

有什麼方法可以幫助我戒煙?

If you're ready to quit, talk with your health care team. They can help you find ways to quit. Joining a support group or

smoking-cessation program can also help.

如果您準備好戒煙，請向醫護人員諮詢。他們會幫助您找出戒煙方法。您也可以嘗試加入支持團體或戒煙計劃。

Real-Life Stories from People with Diabetes

After my heart attack last year, I finally started taking my health seriously. Before that, I hadn't paid much attention to my diabetes. But now I try to eat right and exercise, and I take several pills a day to keep my blood glucose, blood pressure, and cholesterol on target. I want to be around for a long time!

Roberto H., age 70 • type 2 diabetes

糖尿病患者的真實見證

去年心臟病發作後，我終於開始認真看待自己的健康。在此之前，我對自己的糖尿病病情並不太在意。但現在我會嘗試吃得健康、多運動，而且每天會服用幾粒藥丸，將血糖、血壓及膽固醇控制在目標範圍內。我還想要多活些年頭呢！

第 2 型糖尿病患者 Roberto H., 70 歲



**American Diabetes Association 1-800-DIABETES
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