

Know the Warning Signs of a Heart Attack

認識心臟病發作的警兆

Toolkit No. 19
健康手冊 (十九)

What is a heart attack? 什麼是心臟病發作?

A heart attack occurs when the blood vessels that go to your heart become partially or totally blocked by fatty deposits and the blood supply is reduced or cut off. Then oxygen and other needed materials aren't carried to the heart and heart muscle dies. Another name for a heart attack is myocardial infarction, or MI. **If you have diabetes, you're at risk for a heart attack.**

當通往心臟的血管因積聚的脂肪塊而部分或完全阻塞，使血液供應減少或受阻時，便會發作心臟病。接著氧氣和其他必要物質未能送達心臟，心肌便會死亡。心臟病發作也稱為心肌梗塞，英文縮寫為MI。如果您患有糖尿病，就有心臟病發作的風險。

What are the warning signs of a heart attack? 心臟病發作會有什麼警兆?

Become familiar with these signs and call 911 right away if they occur:

請務必熟悉下面這些警兆，萬一發生這些狀況時，請立即撥打 911:

- chest pain or discomfort
- pain or discomfort in your arms, back, jaw, neck, or stomach
- shortness of breath
- sweating or light-headedness
- indigestion or nausea
- tiredness
- 胸痛或不適
- 手臂、背部、下巴、頸部或胃部疼痛或不適
- 呼吸急促
- 出汗或頭暈
- 消化不良或噁心
- 疲倦

You may not experience all of these signs, and they may come and go. Chest pain that doesn't go away after resting a few minutes may signal a heart attack.

這些徵兆不一定都會發生，而且時好時壞。如果在休息幾分鐘後，還覺得胸痛，就有可能是心臟病發作。

Why is it important to call 911 right away if I'm having warning signs of a heart attack?

為什麼在出現心臟病發作的警兆時，必須立即撥打 911?

After a heart attack, early intervention such as getting clot-busting drugs is imperative—doing so can save your life. Health care providers can also use special procedures that open up blood vessels, preventing further damage to the heart. These steps work best within an hour of the first symptoms of a heart attack. It's wise to review the symptoms of a heart attack with family and friends and to tell them about the importance of calling 911.

在心臟病發作後，必須盡快使用血栓溶解藥物，以拯救性命。醫師也可能會使用特殊的手術來打通血管，以防心臟進一步受損。在心臟病發作的初期症狀出現後1個小時內是黃金時間，這時急救會最有效。家人和朋友最好也能一起認識心臟病發作的症狀，並瞭解撥打911的重要性。



Calling 911 right away if you have warning signs of a heart attack can help save your life. 如有心臟病發作的警兆，請立即撥打911，這將有助於拯救您的性命。

Are the signs of a heart attack different for people with diabetes? 糖尿病患者的心臟病發作警兆會不同嗎？

Diabetes can affect your nerves and, therefore, make heart attacks painless or “silent.” A silent heart attack means that you

may not have any warning signs, or they may be very mild. Special tests may be needed to help your doctor make a diagnosis.

糖尿病可能會使神經受損，讓您感覺不到心臟病發作時的疼痛或症狀。心臟病發作如沒有症狀，就表示您不會感覺到任何警兆，或感覺輕微。醫師可能需要幫您做特殊的檢查，才能正確做出診斷。

Real-Life Stories from People with Diabetes

When I had my heart attack, I felt sick to my stomach and had some pain in my neck and my arms—those were the only warning signs. I thought it might be a heart attack, so I called 911 right away and soon I was at the hospital. They did some tests and gave me medication that broke up the blood clot that was blocking a blood vessel to my heart.

Carol Y., age 68 • type 2 diabetes

糖尿病患者的真實見證

心臟病發作時，我感覺到想吐，頸部和手臂也稍微感到疼痛，但就只是這樣而已。我想這可能是心臟病發作，所以立即撥了911，沒多久就到了醫院。醫院讓我接受了一些檢查，也給我服用藥物來溶解阻塞心臟血管的血塊。

第2型糖尿病患者 Carol Y., 68歲



American Diabetes Association 1-800-DIABETES
(342-2383) www.diabetes.org

©2004 by the American Diabetes Association, Inc. 03/04