

Taking Aspirin to Protect Your Heart

服用阿斯匹靈來保護心臟

Toolkit No. 20

健康手冊 (二十)

What are the benefits of taking aspirin?

服用阿斯匹靈有什麼好處？

Studies have shown that taking a low-dose aspirin every day significantly lowers the risk of heart attack and stroke. Aspirin can benefit people at high risk of a heart attack, such as those with diabetes and other risk factors such as high blood pressure. It can also help people with diabetes who have had a heart attack or a stroke, or who have heart disease. However, aspirin's effects have not been studied in people under age 30.

研究指出，每天服用低劑量阿斯匹靈，可大幅降低心臟病發作和中風的風險。阿斯匹靈能幫助心臟病發作的高風險群，例如糖尿病患者以及有高血壓等其他危險因子的患者。此外，對曾經有過心臟病發作或中風，或有心臟病的糖尿病患者，阿斯匹靈也有效。不過，對30歲以下者的效果，目前則尚未經研究證實。

How does aspirin lower my risk for a heart attack?

阿斯匹靈為什麼能降低心臟病發作的風險？

Exactly why aspirin works is not completely understood, but it may be because it helps

keep red blood cells from clumping together. These cells seem to clump together more readily in people with diabetes. When blood cells clump, a blood clot can form and narrow or block a blood vessel. This can lead to a heart attack or stroke.

為什麼阿斯匹靈有這樣的效果，確切原因尚不清楚，但有可能是因為這種藥物能防止紅血球凝結在一起。而糖尿病患者的紅血球更容易凝結在一起。當紅血球凝結在一起時，就可能形成血塊，使血管變窄或阻塞，而可能導致心臟病發作或中風。

Is aspirin safe for everyone? 阿斯匹靈對所有人來說都是安全的嗎？

Taking a daily low-dose aspirin isn't safe for everyone—it's best to ask your health care provider whether you should take aspirin. In some people, aspirin can irritate the lining of the stomach, resulting in pain, nausea, vomiting, or bleeding. You should avoid taking aspirin if

每天服用低劑量的阿斯匹靈，並不一定對所有人都是安全的，最好還是能詢問醫師，確定自己是否應服用阿斯匹靈。對某些人來說，阿斯匹靈可能會刺激胃黏膜，引起疼痛、噁心、嘔吐或出血。有下列情形者，

應避免服用阿斯匹靈：

- you're allergic to it
- you have a tendency to bleed
- you've recently had bleeding from your digestive tract
- you have liver disease that's currently active
- you're under 21 years of age

- 對阿斯匹靈過敏
- 容易出血
- 最近消化道曾有過出血
- 肝病患者
- 21 歲以下

Check with your health care provider to see whether aspirin therapy is right for you.

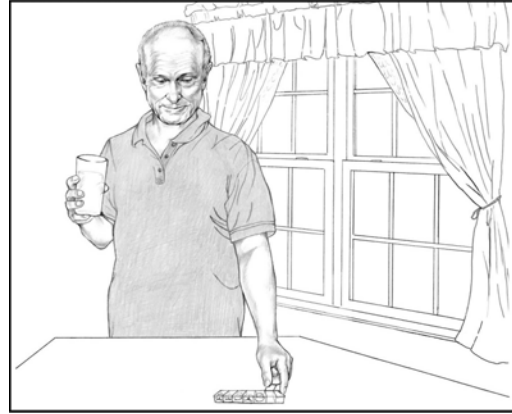
請向醫師諮詢，確定阿斯匹靈是否為適合自己的治療。

How much aspirin should I take every day?

我每天應服用多少阿斯匹靈？

Your health care provider can suggest the lowest possible dosage for you. Most people take a pill containing a dosage between 75 and 162 milligrams every day. The low-dose version may be labeled “baby aspirin.”

醫師可能會建議您服用最低的劑量。大多數人每天服用的劑量為 75 至 162 毫克。低劑量的阿斯匹靈可能會有「嬰兒用」的標示。



Taking a low-dose aspirin daily can lower your risk for a heart attack.
每天服用低劑量的阿斯匹靈可降低心臟病發作的風險。

What form of aspirin is recommended?

有沒有建議服用哪種劑型的阿斯匹靈？

Some health care providers recommend the enteric-coated form of aspirin. This form of aspirin is coated with a substance that allows it to pass through the stomach without dissolving. Instead, the aspirin is absorbed in the intestine, decreasing the risk of side effects.

有些醫師會建議服用腸衣錠劑型的阿斯匹靈。這種劑型的阿斯匹靈會外包一層物質，在通過胃部時不會溶解掉。這樣一來，阿斯匹靈就會經腸道吸收，減少發生副作用的可能性。

Real-Life Stories from People with Diabetes

I take an aspirin every day to protect my heart—it's one of the easiest things I do to stay healthy. To help me remember to take the aspirin and all my other pills, I use a pillbox that has a compartment for each day of the week.

Thomas D., age 80 • type 2 diabetes

糖尿病患者的真實見證

我每天都服用阿斯匹靈來保護心臟，這是我維持健康最簡單的方法之一。為讓自己記得服用阿斯匹靈和其他藥物，我用一個有七小格的藥盒，代表一週七天，每天吃一格即可。

第 2 型糖尿病患者 Thomas D., 80 歲



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