

All About Stroke

關於中風

Toolkit No. 21

健康手冊（二十一）

What is a stroke? 什麼是中風？

A stroke, sometimes called a “brain attack,” occurs when the blood supply to part of your brain is interrupted and brain tissue is damaged. The most common cause is a blocked blood vessel. Stroke can cause physical problems such as paralysis, problems with thinking or speaking, and emotional problems.

中風有時也稱為腦中風，當供應到腦部某些區域的血液受阻，導致腦組織受損時，就會發生中風。最常見的原因是血管阻塞。中風可能會導致癱瘓、無法思考或說話等生理問題，也會導致心理問題。

What does diabetes have to do with strokes?

為什麼糖尿病會跟中風有關？

If you have diabetes, you’re much more likely to have a stroke, heart disease, or a heart attack. In fact, 2 out of 3 people with diabetes die from stroke or heart disease. But you can cut your chances of having these problems by taking special care of your heart and blood vessels.

如果您有糖尿病，就很有可能中風、罹

患心臟病或心臟病發作。事實上，糖尿病患者當中，3人就有2人是死於中風或心臟病。但是，如果能好好照顧心臟和血管，就可以減少罹患這些疾病的機會。

How do I know whether I’m at high risk for a stroke?

我要如何知道自己是否為中風的高風險群？

Just having diabetes puts you at risk, but your risk is even greater if you have other conditions. Light diabetes itself may lead to a stroke, but if you have the following conditions, your risk is even higher:

- you have high blood pressure
- you have abnormal blood cholesterol levels
- you smoke
- you’ve already had a stroke or a transient ischemic attack (TIA), also called a mini-stroke
- you have a family history of stroke or TIAs
- 高血壓
- 血中膽固醇濃度異常
- 吸煙
- 曾中風或暫時性腦缺血（TIA，也稱為小中風）

- 有中風或 TIA 家族病史

You can't change your family history, but taking care of your diabetes and the conditions that come with it can lower your chances of having a stroke. It's up to you.

雖然沒有辦法改變家族病史，但照顧自己的糖尿病和併發症，卻可降低中風的風險。這一切都掌握在自己手中。



It's wise to review the symptoms of a stroke with family and friends and to tell them about the importance of calling 911
家人和朋友最好能一起認識中風的症狀，並瞭解撥打 911 的重要性。

How can I lower my risk of having a stroke?

我要如何降低中風的風險？

You can lower your risk by keeping your blood glucose (sugar), blood pressure, and cholesterol on target with meal planning, physical activity, and medication. Quitting smoking is important too. Every step you take will help. The closer your numbers are to your targets, the better your chances of preventing a stroke.

您可以藉由飲食計劃、運動和藥物，將血糖、血壓和膽固醇維持在目標範圍內，便

能降低風險。戒煙也會很有幫助。只要採取步驟，就能看到效果。只要這些檢查的數值愈接近目標，就愈能預防中風。

What are the warning signs of a stroke?

中風會有什麼警兆？

Typical warning signs of a stroke develop suddenly and can include

中風的典型警兆是突然發生的，而且可能包括下列情況：

- weakness or numbness on one side of your body
- sudden confusion or trouble understanding
- trouble talking
- dizziness, loss of balance, or trouble walking
- trouble seeing out of one or both eyes
- double vision
- severe headache
- 身體的一邊感到虛弱或麻木
- 突然感到困惑，或沒有辦法理解事情
- 說話困難
- 頭昏眼花、失去平衡或走路困難
- 一眼或雙眼視力障礙
- 複視
- 嚴重頭痛

Sometimes one or more of these warning signs occur but then disappear. That condition, called a TIA, occurs when blood flow is temporarily blocked. It means you may be at risk for a future stroke.

有時候可能會出現一或多個警兆，但稍後就恢復正常。這稱為暫時性腦缺血 (TIA)，

會在血流暫時阻塞時發生。這表示您未來可能會中風。

If you have warning signs of a stroke, call 911 right away. Getting treatment can help prevent permanent damage to your brain. It's wise to review the symptoms of a stroke with family and friends and to tell them about the importance of calling 911.

萬一有中風的警兆，請立即撥打 911。接受治療可幫助腦部避免受到永久性損傷。家人和朋友最好能一起認識中風的症狀，並瞭解撥打 911 的重要性。

How is a stroke diagnosed? 如何診斷出是否中風？

A number of tests may be done if a stroke is suspected:

如疑似中風，可做數項檢查來診斷：

- **Your doctor will examine you** to check for any changes in body function. For example, the doctor can check your ability to move your arms and legs. The doctor also will check brain functions such as your ability to read or to describe a picture.
- A **CT** or **MRI** (magnetic resonance imaging) uses special scanning techniques to provide images of the brain.
- An **ECG** (electrocardiogram) provides information on heart rate and rhythm.
- An **ultrasound examination** can show problems in the carotid (ca-RAH-tid) arteries, which carry blood from the heart to the brain.
- **Acerebral** (seh-REEB-rah) **arteriogram** is a test in which a catheter is inserted into an artery and positioned in

the neck. Dye is injected and X rays show whether arteries are narrowed or blocked.

- **醫師會對您做檢查**，確定身體機能是否有任何變化。例如，醫師可能會確認您是否能移動手臂和腿部。醫師也可能檢查腦部的功能，例如是否能閱讀或描述某張圖片。
- **CT** 或 **MRI**（核磁共振造影），使用特殊的掃描技術來提供腦部的影像。
- **ECG**（心電圖），提供心跳速率和心律的資訊。
- **超音波檢查**，可顯示頸動脈內的問題，這是將血液從心臟攜往腦部的動脈。
- **腦部動脈造影**，這項檢查會將導管插入動脈並置放在頸部。接著會注射顯影劑，照了 X 光後，便會顯示動脈是否變窄或阻塞。

What are the treatments for stroke?

中風有哪些治療方式？

Treatment you need right away 立即需要的治療

“Clot-busting” drugs must be given within hours after a stroke to minimize damage. That's why it's important to call 911 if you're having symptoms.

在中風後數小時內，必須使用血栓溶解藥物，將損傷減至最小。這就是為什麼在出現症狀時，必須立即撥打 911。

Surgical treatments you may need 可能需要的手術治療

Several options for surgical treatment of blocked blood vessels are available. These include

治療阻塞的血管手術有幾種，包括：

- **Carotid artery surgery, also called carotid endarterectomy** (en-dar-teh-REK-teh-mee) is used to remove buildups of fat inside the artery and to restore blood flow to the brain.
- **Carotid stenting** is a procedure used to remove a blockage in a blood vessel to the brain. A small tube with a balloon attached is threaded into the narrowed or blocked blood vessel. Then the balloon is inflated, opening the narrowed artery. A wire tube, or stent, may be left in place to help keep the artery open.
- **頸動脈手術**，也稱為**頸動脈內膜切除術**，會將動脈內沈積的脂肪移除，恢復通往腦部的血流。
- **頸動脈支架置放術**，會將通往腦部的血管疏通。這項手術會將一根接有氣球的細管子穿過變窄和阻塞的血管。接著氣球會膨脹，打開變窄的動脈。最後可能會置入金屬管子或支架，讓動脈保持暢通。

Other treatments 其他治療

Treatment following a stroke includes rehabilitation therapies to restore function or help people relearn skills. Physical, occupational, and speech therapy may be included, as well as psychological counseling. Steps to prevent future problems should include smoking cessation, meal planning, physical activity, and medications to manage blood glucose, blood pressure, and cholesterol levels.

中風後的治療包括復健治療，幫助恢復身體機能或重新學習原有的技能。另外，也可能包括物理治療、職能治療、語言治療

以及心理諮商。要預防未來再發生問題，則應採取步驟來控制血糖、血壓及膽固醇濃度，包括戒煙、飲食計劃、運動及藥物。

Real-Life Stories from People with Diabetes

I never knew I was at risk for a stroke. But after I had my stroke, I learned that having diabetes puts you at high risk for both a stroke and a heart attack, because diabetes can damage your blood vessels. Now I'm getting my blood glucose, blood pressure, and cholesterol under control so I can avoid another stroke.

Luis Z., age 75 • type 2 diabetes

糖尿病患者的真實見證

我以前並不知道自己可能會中風。但在中風後，我才瞭解到糖尿病很有可能導致中風和心臟病發作，因為糖尿病會損傷血管。現在我盡力控制血糖、血壓和膽固醇，以防再次中風。

第 2 型糖尿病患者 Luis Z., 75 歲



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