

## Medical Tests and Procedures for Finding and Treating Heart and Blood Vessel Disease

### 診斷和治療心血管疾病的檢查與手術

#### Toolkit No. 23

健康手冊（二十三）

#### What does diabetes have to do with heart and blood vessel disease? 為什麼糖尿病與心血管疾病有關？

If you have diabetes, you're much more likely to have

如果您患有糖尿病，那麼也很可能患有：

- heart disease, also called coronary artery disease
- blood vessel disease, such as atherosclerosis (hardening of the arteries) or peripheral arterial disease (PAD)
- a heart attack
- a stroke
  
- 心臟病，也稱為冠狀動脈疾病
- 血管疾病，例如動脈硬化或周邊動脈疾病 (PAD)
- 心臟病發作
- 中風

You can cut your chances of having these problems by taking special care of your heart and blood vessels. In addition to regular checkups, your health care team can do special tests to check the condition of your heart and blood vessels. If you already have heart or blood vessel problems, your health

care team can use special procedures to open up or bypass narrowed or blocked blood vessels. Choosing foods wisely, being physically active, and taking medications can also help you stay healthy.

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。除了定期檢查外，醫護人員也可以幫您做特殊的檢查，來檢查心臟與血管的狀況。如果您已有心臟或血管方面的問題，醫護人員可能會施行特殊的手術，來打通或繞過變窄或阻塞的血管。您也可以藉由慎選食物、多運動和服用藥物來維持健康。

This toolkit defines some of the medical tests and procedures used for finding and treating heart and blood vessel disease. Terms are listed in alphabetical order.

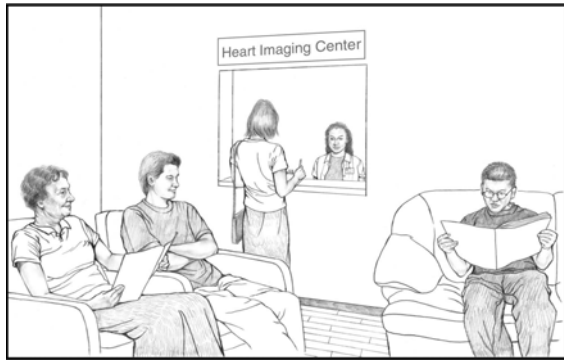
本健康手冊說明一些用來診斷和治療心血管疾病的檢查與手術。這些名詞是按英文字母排列。

#### Angiogram or arteriogram 血管造影或動脈造影 (Angiogram or arteriogram)

In an angiogram (AN-gee-oh-gram) or arteriogram (ar-TEER-ee-oh-gram), dye is

injected into the blood vessels using a catheter (small tube) and X rays are taken. This test shows whether arteries are narrowed or blocked. A **coronary angiogram** checks for narrowing or blockages in the blood vessels that go to the heart. A **cerebral arteriogram** checks the blood vessels that go to the brain.

在做血管造影或動脈造影檢查時，會用導管（細小管子）將顯影劑注入血管，再拍攝 X 光片。這項檢查可確認動脈是否變窄或阻塞。**冠狀動脈造影**會檢查通往心臟的血管是否變窄或阻塞。**腦部動脈造影**會檢查通往腦部的血管。



A number of medical tests and procedures are available to diagnose and treat heart and blood vessel disease. 有數項檢查與手術可以診斷和治療心臟與血管疾病。

## Angioplasty 血管擴張術 (Angioplasty)

Angioplasty (AN-gee-oh-plas-tee), also called **balloon angioplasty**, is a procedure used to remove a blockage in a blood vessel to the heart (**coronary angioplasty**) or 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, called a stent, may be left in place to help keep the artery open.

血管擴張術也稱為**氣球擴張術**，可以打開通往腦部或心臟的血管阻塞（**冠狀動脈擴張術**）。這項手術會將一根接有氣球的細小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（稱為**支架**），讓動脈保持暢通。

## Ankle brachial index 上下肢血壓比 (Ankle brachial index)

A test called an ankle brachial index (BRAY-kee-al) or **ABI** is used to diagnose PAD. The health care provider compares the blood pressure in the ankle with that in the arm. Lower blood pressure in the lower part of the leg compared with the pressure in the arm may indicate PAD.

上下肢血壓比 (**ABI**) 檢查可用來診斷周邊動脈疾病。醫師會比較腳踝與手臂的血壓。如果下腿部的血壓比手臂的血壓低，就可能表示有周邊動脈疾病。

## CABG CABG

See the definition for coronary artery bypass graft.

請參見冠狀動脈接枝繞道手術的定義。

## Cardiac catheterization 心導管檢查 (Cardiac catheterization)

Cardiac catheterization (CATH-ih-ter-ize-A-shun) is used in conjunction with other tests. A small tube is inserted into an artery and guided into the blood vessel of the heart.

心導管檢查可與其他檢查一起搭配做。在做這項檢查時，會有一根細小的管子插入動脈，在沿著方向進入心臟的血管。

### **Carotid artery surgery** **頸動脈手術 (Carotid artery surgery)**

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.

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。

### **Chest X-ray** **胸部 X 光 (Chest X-ray)**

A chest x-ray shows the size and shape of the heart and can also show congestion in the lungs.

胸部 X 光會顯示心臟的大小與形狀，也會顯示肺部的充血狀況。

### **Coronary artery bypass graft** **冠狀動脈接枝繞道手術 (Coronary artery bypass graft)**

During a coronary artery bypass graft, also called a bypass or **CABG** (pronounced “cabbage”), a blood vessel taken from the leg, wrist, or chest is attached to the coronary artery to bypass a blockage and restore blood flow to the heart. A bypass graft can also be used for blood vessels leading to the brain.

在進行冠狀動脈接枝繞道手術（也稱為繞道手術或 **CABG**）時，將從腿、腕或胸部取下血管，然後接到冠狀動脈上，繞過阻塞的部分並恢復通往心臟的血流。接枝繞

道手術也可用於通往腦部的血管。

### **CT scan** **電腦斷層掃描 (CT scan)**

A CT (computed tomography), also called a **CAT scan**, uses special scanning techniques to provide images of organs such as the brain.

CT（電腦斷層攝影）也稱為 **CAT 掃描**，會使用特殊的掃描技術來顯示如腦部等器官的影像。

### **ECG** **ECG**

See the definition for electrocardiogram.

請參見心電圖的定義。

### **Echocardiogram** **心臟超音波檢查 (Echocardiogram)**

An echocardiogram (EK-oh-CAR-dee-oh-gram) uses very-high-frequency sound waves (ultrasound) to produce images of the heart and blood vessels on a screen. Results indicate whether the heart is pumping blood correctly. A **stress echocardiogram** uses either exercise or medication and ultrasound to provide images of the heart and blood vessels under stress.

心臟超音波檢查會使用超高頻率的音波（超音波），在螢幕上顯示心臟與血管的影像。檢查結果可以知道心臟是否能正常灌注血液。**壓力心臟超音波檢查**會藉由運動或藥物產生壓力，再用超音波顯示心臟和血管的影像。

## **EKG** **EKG**

See the definition for electrocardiogram.

請參見心電圖的定義。

## **Electrocardiogram** **心電圖 (Electrocardiogram)**

An electrocardiogram (ee-LEC-tro-CAR-dee-oh-gram), also called an **ECG** or **EKG**, provides information on heart rate and rhythm and shows whether there has been damage or injury to the heart muscle.

心電圖也稱為**ECG**或**EKG**，會提供心跳速率和心律的資訊，顯示心肌是否受損或受傷。

## **Exercise perfusion test** **運動血流灌注檢查 (Exercise perfusion test)**

An exercise perfusion (per-FYOO-shun) test, also called a **stress nuclear perfusion test**, uses small amounts of radioactive material to produce images of blood flow to the heart as you exercise.

血流灌注檢查也稱為**壓力核子灌注檢查**，會使用微量的放射性物質，產生運動時通往心臟血流的影像。

## **Exercise stress test** **運動壓力測試 (Exercise stress test)**

Exercise stress tests are used to find heart disease that is evident only during physical activity. These tests can also be used to help a patient choose the most appropriate physical activity program. Also called a **treadmill**

**test**, a stress test uses an ECG to measure how the heart performs during activity, such as walking on a moving treadmill. A **medication stress test** uses medication instead of exercise to increase the heart rate.

運動壓力測試可用來診斷只有在運動時才會顯現症狀的心臟疾病。這項測試也可用來幫助患者選擇最適合的運動計劃。壓力測試（**跑步機測試**）會使用心電圖來檢查心臟在運動時的運作情況，例如在啟動的跑步機上走路時。**藥物壓力測試**則會以藥物代替運動，藉此增加心跳速率。

## **Holter monitoring** **霍特氏心電圖監視 (Holter monitoring)**

A Holter monitor is a small, portable machine that records the heart's electrical activity. The person wearing the monitor keeps track of symptoms and activities for the evaluation period. Readings on the machine are compared with the symptoms.

霍特氏心電圖監視器是一個小型可攜式儀器，會記錄心臟的電流活動。戴著監視器的患者會在評估期間記下症狀及所做的活動。然後再將症狀與監視器所記錄的值比對。

## **MRI** **MRI**

MRI (magnetic resonance imaging) uses special scanning techniques to provide images of body tissues. **MRA** (magnetic resonance angiography) uses MRI to examine blood vessels.

**MRI**（核磁共振造影）使用特殊的掃描技術，能顯示身體組織的影像。**MRA**（核磁共振血管造影）則是使用**MRI**來檢查血管。

## **Nuclear ventriculography** **核子心室/腦室攝影 (Nuclear ventriculography)**

Nuclear ventriculography (ven-trick-yu-LAH-greh-fee), also called **radionuclide** (ray-dee-oh-NEW-clyde) **ventriculography**, uses small amounts of radioactive material to check heart function either while the body is at rest or during exercise. This test can also be used to check the blood vessels that go to the brain.

核子心室/腦室攝影也稱為**放射性核種心室/腦室攝影**，會使用微量的放射性物質來檢查心臟功能，可檢查靜止或運動時的狀態。這項檢查也可用來檢查通往腦部的血管。

## **PET scan** **PET 掃描 (PET scan)**

A PET (positron emission tomography) scan uses special scanning techniques to provide images of body tissues.

PET（正子放射斷層攝影）掃描使用特殊的掃描技術，能顯示身體組織的影像。

## **Stress test** **壓力測試 (Stress test)**

See the definition for exercise stress test.

請參見運動壓力測試的定義。



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