

主治醫師/ Primary Care Doctor

電話號碼/ Phone Number

心臟病專家/ Cardiologist

電話號碼/ Phone Number

理想體重/ Goal Weight



HEART FAILURE

心臟衰竭

認識和遵守你的訊號

Know and Follow Your Signals



ALL CLEAR 無不良徵兆

若無任何如下預兆，請持續活動：
Keep going if you have no:

- 呼吸短促
- shortness of breath
- 腫脹
- swelling
- 體重增加
- weight gain
- 保持你活動程度的能力減低
- decrease in your ability to maintain your activity level

綠燈的意義

GREEN MEANS

- 你的癥狀在可控制的情況。
- Your symptoms are under control. 持續服用所有的醫師處方藥物。
 - Continue taking all your medications as ordered. 遵守低鹽飲食。
 - Follow your low-salt diet. 定期履行約診時間。
 - Keep all doctor appointments.

MO-03-09-HTF, May 2003.

This material was prepared by MissouriPRO under contract with the Centers for Medicare & Medicaid Services (CMS). The contents presented do not necessarily reflect CMS policy.

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Heart Failure Signals — Chinese
April 2004



CAUTION 注意的徵兆

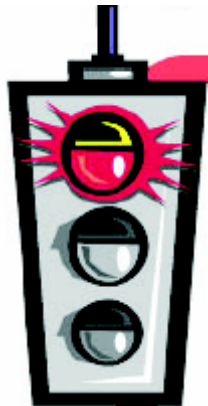
請注意，如有下列警告症狀 2 項或 2 項以上。
Go with caution if you have two or more of these warning signs.

- 體重一天增加_____磅或是體重一週增加_____磅
- increased weight
_____ lbs. in a day or _____ lbs. in a week
平躺或活動後咳嗽增加
- increased cough when lying down or after activity
手、腳踝、腿和腳的腫脹增加
- increased swelling of hands, ankles, feet or legs
活動中呼吸短促增加
- increased shortness of breath with activity
使用枕頭或需端坐在椅子上睡覺次數增加
- increased use of pillows or need to sit in a chair to sleep
胸痛
- chest pain
不尋常的症狀困擾你
- unusual symptoms that bother you

黃燈的意義 YELLOW MEANS

你的症狀顯示你需要改變藥物治療。

- Your symptoms may show you need a change in your medications
- 聯絡你的醫生 - 你的醫生可能會調整你的藥物。
- **Call your doctor** — your doctor may want to adjust your medication.



MEDICAL ALERT 醫療警訊

如有下列徵兆，請停止活動並聯絡你的醫生：
Stop and call your doctor if you have:

- 胸痛無法緩解
- no relief from chest pain
伴隨活動的喘息困難無法緩解
- no relief from shortness of breath with activity
休息時呼吸短促
- shortness of breath at rest
休息時哮喘或胸悶
- wheezing or chest tightness at rest

紅燈的意義 RED MEANS

你需要馬上經由醫生的評估。

- You need to be evaluated by a doctor right away.
立即聯絡你的醫生!
- **Call your doctor immediately!**