



## 照顧你的心臟 請注意(持有)和經常參閱

這指南涵蓋重要的資料。學習如何處理心臟衰竭。和你的醫師共同努力。藥物服用。改變你的生活方式。

This guide contains important information. Learn how to manage heart failure. Work with your doctor. Take your medicine. Change your lifestyle.

你是否曾被告知你有心臟衰竭的情形呢？這意思是你的心臟無法輸送足量血液以滿足你身體的需要。心臟衰竭是無法治癒的。它可透過藥物治療和生活方式的改變來治療。這小冊子可以協助你。

Have you been told you have heart failure? This means your heart is not able to pump enough blood to meet the needs of your body. Heart failure cannot be cured. It can be treated with drugs and lifestyle changes. This brochure can help you.

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## 心臟衰竭是什麼？

### WHAT IS HEART FAILURE?

心臟喪失它的輸送功能。當心臟不能適當地輸送血液時，血液流滯你的肺臟和身體的其他部位。

The heart loses its pumping power. When the heart does not pump blood properly, the blood backs up in your lungs and other body parts.

## 心臟衰竭因什麼所造成？

### WHAT CAUSES HEART FAILURE?

在心臟肌肉的無力會發生，原因是過去的心臟病發作、高血壓、心臟瓣膜疾病，和心臟瓣膜或心臟肌肉的感染。

Weakness in the heart muscles may happen because of past heart attacks, high blood pressure, heart valve disease and infections of the heart valve or heart muscles.

## 心臟衰竭的癥狀和徵兆是什麼，

### WHAT ARE THE SIGNS AND SYMPTOMS OF HEART FAILURE?

- 呼吸短促
- Shortness of breath
- 胸痛
- Chest pain
- 手、腳、踝和/或腿部的腫脹
- Swelling of hands, feet, ankles and/or legs
- 睡眠困難
- Trouble sleeping
- 體重增加
- Weight gain
- 疲勞或虛弱
- Tiredness or weakness
- 食慾減低
- Decreased desire for food
- 心悸- 心臟跳動突然加快
- Palpitations-sudden fast heart beats
- 尿量減少
- Decreased urine output

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# 自我管理目標

# SELF-MANAGEMENT GOALS



心臟衰竭是可以控制的。  
這些目標成為你生活的一部份並照顧你自己。

## 你的體重 – 你可以幫助自己

## YOUR WEIGHT - YOU CAN HELP YOURSELF

*每日量體重 – 是重要的。迅速的體重增加會是水分保留的徵狀。*

***Weigh daily – it's important. Rapid weight gain may be a sign you are retaining water.***

- 每日早上如廁後量體重
- Weigh every morning after using the bathroom  
總是使用同一個體重計
- Always use the same scale  
穿著等量的衣物
- Wear the same amount of clothing  
記錄你的每日體重
- Record your weight every day  
若你體重在一天內增加2-3磅，或一個星期增加5磅，打電話給你的醫師
- Call your doctor if you gain 2-3 lbs. in one day or 5 lbs. in a week

## 你的飲食 – 作健康的選擇

## YOUR DIET - MAKE HEALTHY CHOICES

*健康食物的選擇。若需協助，請與醫院的營養師面談。*

***Make healthy food choices. Visit with the hospital dietitian if you need help.***

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理想的體重會降低心臟的負荷量

- **Ideal weight reduces the heart workload**  
遵照醫囑限制液體的攝取
- **Limit fluid intake as directed by your doctor**  
依照指示遵守你的飲食指示
- **Follow your diet as directed**  
避免飲酒
- **Avoid drinking alcohol**  
食用低鈉 (鹽) 飲食
- **Eat a low sodium (salt) diet**  
閱讀食物標示
- **Read food labels**  
當烹飪或在餐桌上用食時，勿添加鹽分
- **Do not add salt when cooking or at the table**  
限制食用罐頭食品(瀝乾和沖洗至低鹽的含量)
- **Limit eating canned food (drain and rinse to lower salt content)**  
在你的飲食中限制膽固醇和脂肪的量
- **Limit amount of cholesterol and fat in your diet**

## 復建/ 運動

### REHABILITATION/EXERCISE

和你的醫師談論關於你可以做的運動量，你的醫師會轉借你參與心臟復健(*rehab*)的計劃，這是一個可以協助你恢復健康的醫療監督計劃。

***Talk with your doctor about the amount of exercise you can do. Your doctor may refer you to a cardiac rehabilitation (rehab) program. This is a medically supervised program to help you recover.***

正當你開始運動：

As you begin exercising:

開始緩慢並達至約20或30分鐘，一週3至4次

- **Start slow and build to 20 or 30 minutes, three to four times a week**  
你若感到下列所述，立即停止活動
- **Stop activity immediately if you feel**
  - 呼吸短促增加
  - increased shortness of breath
  - 心跳異常
  - an irregular heartbeat

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- 昏暈或頭昏眼花
- faint or dizzy
- 胸痛
- chest pain

若經15分鐘的休息後，徵狀不停止。請打電話給你的醫師。  
Call your doctor if symptoms do not quit after 15 minutes of rest.

## 藥物治療 MEDICATIONS

### *控制你的心臟衰竭- 服用你每日的藥物*

#### **Manage your heart failure-take your daily medications.**

醫師指示你服用的藥物是重要的。若無與醫師討論，請勿停止服用藥物。有些心臟衰竭的藥物包含：

The medications your doctor ordered you to take are important. Do not stop taking them without talking to your doctor. Some heart failure medications include:

- 利尿劑“水藥丸” - 降低液體存留或膨脹。鉀的營養補充可替代鉀的流失。
- Diuretic “water pill” – to decrease fluid retention and swelling. A potassium supplement may be given to replace lost potassium.  
艾斯 (Ace) 抑制劑 或其他的藥物 – 幫助強化心臟“幫浦”的功能。
- Ace inhibitors or other medication – to help the heart “pump” better  
知加心 (Digoxin) – 強化心臟和緩和心跳。
- Digoxin – to strengthen the heart and slow the heart rate  
華法令阻凝劑 (Warfarin) “血液稀釋劑” – 預防血液凝塊。
- Warfarin “blood thinner” – to prevent blood clots

時時保存你的藥物明細單，醫師看診時間或去醫院時，請攜帶此藥物明細單。

Always keep a current list of your medications. Take the list to every doctor appointment or to the hospital visit.

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## 正確地服用藥物 TAKE MEDICATIONS CORRECTLY

*遵照指示 – 是重要的。*

***Follow the directions – it's important.***

在醫師指示下時服用你的藥物

- **Take your medicine at the time your doctor ordered**  
利用每日的例行的事(像是刷牙或特定的用餐)來提醒自己
- **Use a daily event (like brushing teeth or a certain meal) to remind yourself**  
放置你的藥物於每日或每週的藥盒。勿遺漏服藥(你若遺漏，立即服用，但是請不要加倍藥量)
- **Place your medicines in a daily or weekly pillbox. Do not skip a dose (if you do, take it right away but don't double dose)**  
閱讀你的藥物的用藥指示
- **Read the medication instructions that come with your medicine**  
知道副作用，並且你若有任何的副作用打電話給你的醫師
- **Know the side effects and call your doctor if you have any**  
避免飲酒
- **Avoid drinking alcohol**  
告訴你的醫師所有關於所有你服用的藥物和草藥 (包括傷風或感冒藥)
- **Tell all your doctors about all medications and herbs you take (include cold or flu medications)**

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# 自我照護

## TAKE CARE OF YOURSELF

### 特別的狀況

#### SPECIAL SITUATIONS

*有糖尿病的人和抽煙的人對於心臟疾病有更多的風險 – 特別照顧自己。*

***People with diabetes and people who smoke have an increased risk for heart disease – take special care of yourself.***

藉由不斷更新你的 A1C 測驗、脂肪組織、眼睛瞳孔的檢查和其它的照護來預防糖尿病的併發症。

Prevent complications of diabetes by keeping up-to-date on your A1C test, lipid profile, dilated eye exam and other care.

吸煙促使你的心臟負荷，你若吸煙，你需要停止。

Smoking puts a strain on your heart. You need to quit, if you smoke.

設定某日開始戒菸，並開始減少你每日抽煙的香煙數量。

- Set a date to quit or begin cutting down the number of cigarettes you smoke each day.  
尋求朋友、家人或互助團體來協助。
- Ask friends, family or a support group for help.  
避免促使你想抽煙的狀況。
- Avoid situations that make you want to smoke.  
要求你週遭的人不要吸煙。
- Ask others around you not to smoke.  
詢問你的醫師有關能協助你停止吸煙的藥物。
- Ask your doctor about medications that can help you quit  
尋找戒菸課程或免費電話諮詢專線來協助你。
- Look for a stop smoking program or toll-free quit line to help you.

*控制你的心臟衰竭 – 遵照以下自我管理目標和你的醫師一同努力。*

***Manage your heart failure – follow these self-management goals and work with your doctor.***

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履行你所有的看診時間 – 你的醫師會在那裡協助你。

- **Keep all of your doctor appointments - your doctor is there to help you.**  
顯出或攜帶你的醫療狀況和目前藥物的證明。
- **Wear or carry identification of your medical condition and current medications.**  
儘可能降低你的壓力程度。
- **Decrease your stress level when possible.**  
足夠的休息。
- **Get plenty of rest.**  
施打一年一次的流行性感冒疫苗和最新的肺炎疫苗。
- **Get a yearly flu shot and be up-to-date on your pneumonia shot.**  
被教育 - 詢問你的醫師和護士你所有的問題。
- **Get educated – ask your doctor and nurse all your questions.**

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