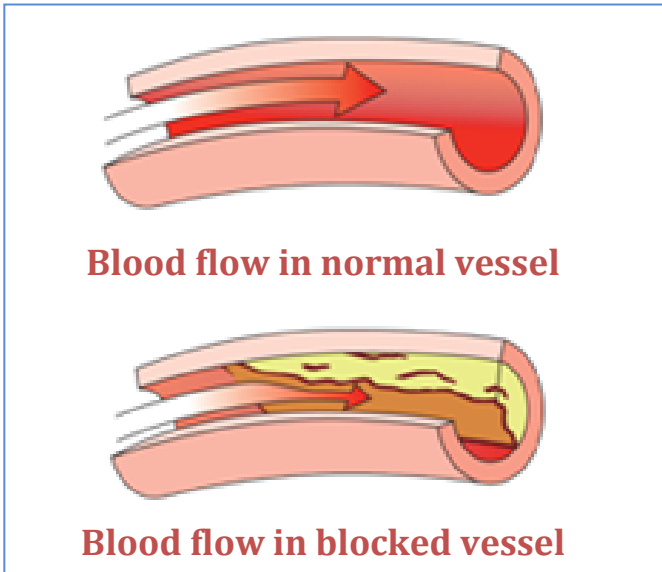




CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG



Coronary artery disease (CAD) is a condition in which plaque builds up inside the coronary (heart) arteries. Plaque is made up of fat, cholesterol, and other materials found in the blood. When plaque builds up in the arteries, it is known as atherosclerosis (hardening of arteries). This can cause angina (severe chest pain) or a heart attack. CAD is the most common type of heart disease. It is the leading cause of death in the United States for both men and women.

WARNING SIGNS AND SYMPTOMS

- Chest pain or discomfort known as Angina
- Shortness of breath
- Heart Attack

Some people with CAD have no warning signs or symptoms. This is called silent CAD. It may not be diagnosed until a person shows signs and symptoms of a heart attack, heart failure, or an arrhythmia (an abnormal heartbeat). It is important to know the symptoms of CAD so you can get treatment as early as possible.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

RISK FACTORS

- Unhealthy blood cholesterol levels
- High blood pressure
- Smoking
- Insulin resistance or diabetes
- Overweight or obesity
- Older age
- Family history of early heart disease
- Sleep apnea

DIAGNOSIS

Your doctor will diagnose CAD based on:

- Your medical and family histories
- Your risk factors
- The results of a physical exam and diagnostic tests and procedures

PREVENTIONS AND TREATMENTS

- Follow a healthy diet to maintain a healthy weight.
- Lose weight, if you're overweight or obese.
- Increase your physical activity. Check with your doctor to find out how much and which activities are safe for you.
- Quit smoking. Avoid secondhand smoke.
- Control your risk factors. This can help prevent or delay CAD.
- Take prescribed medicines.

Sources:

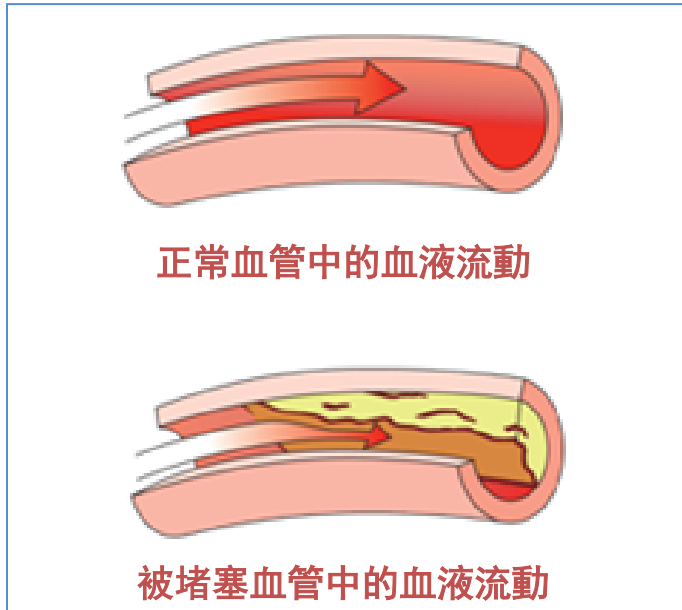
- National Cancer Institute
- National Heart, Lung and Blood Institute
- National Institute of Diabetes and Digestive and Kidney Diseases
- Centers for Disease Control and Prevention



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風險因素

- 不健康的血液膽固醇水平
- 高血壓
- 抽煙
- 胰島素抵抗或糖尿病
- 身體過重或肥胖
- 年齡增加
- 有早期心臟病家族病史
- 睡眠窒息症

診斷

您的醫生會根據以下資料診斷冠心病：

- 個人病歷及家族病史
- 風險因素
- 體檢和診斷測試結果

預防和治療

- 健康飲食，並維持健康的體重。
- 如果您體重過重或肥胖，要減輕體重。
- 增加體力活動。諮詢醫生您適合做哪些體力活動，並每次可以做多少比較安全。
- 戒煙。避免吸二手煙。
- 控制您的冠心病風險因素，這樣可以幫助預防或延緩冠心病。
- 按照醫生囑咐服用處方藥。

冠狀動脈疾病，即冠心病（英文簡稱 CAD），是由斑塊積聚在冠狀動脈所致。斑塊是由脂肪、膽固醇以及血液中的其他物質所形成。斑塊積聚在動脈裡，就被稱為動脈粥樣硬化。這會引起心絞痛（嚴重的胸口疼痛）或者心臟病發作。

冠心病是心臟病中最常見的一種。它是美國男性和女性的頭號殺手。

徵兆和症狀

- 胸部疼痛或不適被稱為心絞痛
- 呼吸急速
- 心臟病發

有些冠心病患者沒有任何徵兆和症狀。這就是所謂的無聲冠心病。這種冠心病在心臟病發作、心臟衰竭、或心律失常（心跳不規則）等症狀出現之前可能無法作出診斷。了解冠心病的症狀非常重要，這樣可以儘早察覺，儘早治療。

資料來源：

- National Cancer Institute
- National Heart, Lung and Blood Institute
- National Institute of Diabetes and Digestive and Kidney Diseases
- Centers for Disease Control and Prevention

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