

检查手段:

- 心电图
- 超声心动图
- X线检查
- 心血管造影



预防:

- 1.改善居住环境，避免人口稠密的环境。**注意防寒、防潮。**
- 2.适当锻炼身体，但避免劳累和剧烈运动。饮食上建议少吃盐和脂肪，注重各种食材，保证营养充足。
- 3.已感染链球菌的患者应积极地接受治疗，如**根治**扁桃体炎、龋齿、副鼻窦炎等**慢性**病，可预防和减少风湿性心脏病发生。

参考文献与资料:

- 【1】石会乔，魏静主编. 外科疾病观察与护理技能[M]. 2019
- 【2】陈娜,陆连生. 疾病观察与护理技能丛书 内科疾病观察与护理技能[M]. 2019
- 【3】Carapetis, J., Beaton, A., Cunningham, M. et al. Acute rheumatic fever and rheumatic heart disease. Nat Rev Dis Primers 2, 15084 (2016). <https://doi.org/10.1038/nrdp.2015.84>

P1 背景<https://m.588ku.com/ycheating/4777246.html?from=pc>
P1 中图http://www.juimg.com/shirang/201801/qitashenghuo_1528449.html
P3 中图https://5b0988e595225.cdn.sohucs.com/q_70,c_zoom,w_640/images/20170918/7fb33e84035241a9b569dc309789bc65.webp
P4 中图https://5b0988e595225.cdn.sohucs.com/q_70,c_zoom,w_640/images/20170918/7fb33e84035241a9b569dc309789bc65.webp
P5 上图<http://www.23book.com/upload/2017/06/07/ba0d63685f22454d.jpg>
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P6 中图https://m.sohu.com/a/352726987_645436
大背景图<https://mr.baidu.com/r/cMwEOmUdmo?f=cp&u=74e4d1c99dad0a65>

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风湿性心脏病



概念:

风湿性心脏病 (RHD) 简称“风心病”，又称慢性风湿性心瓣膜病，是指由于风湿热损害了心脏瓣膜而造成的心脏瓣膜病变。

数据分析:

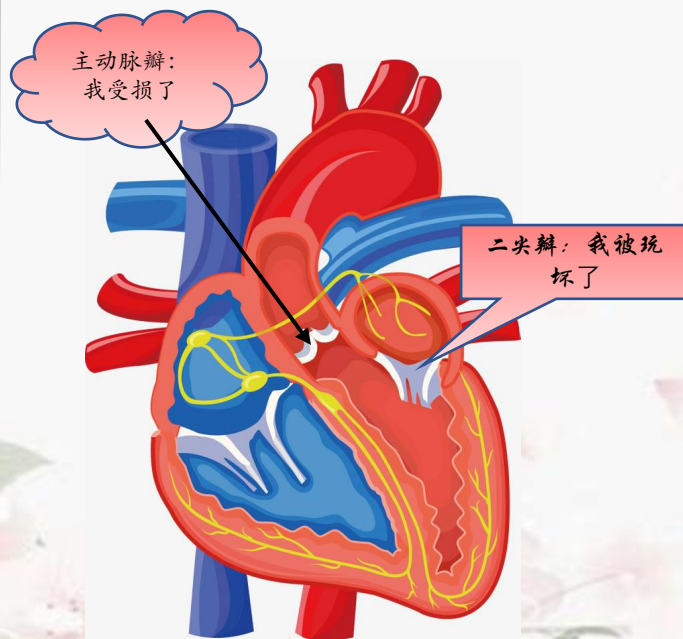
研究人员估计2015年风湿性心脏病患者有3340万例，死亡人数为319400人，流行高峰在成年时期25~45岁



RHD多发于女性，农村地区患RHD的风险最高

病因:

急性风湿热(ARF)是由急性链球菌引起的，如果其急性首发或是频繁复发，心脏瓣膜会遭受长期损害



临床症状:

- 心慌，气短
- 阵发性呼吸困难
- 咳嗽
- 心悸
- 疲劳乏力
- 食欲减退
- 咯血



并发症:

- 心力衰竭
- 栓塞性中风
- 心内膜炎
- 心房纤颤



Diagnostic method :

- cardiogram
- ultrasonic cardiogram
- x-ray examination
- Cardio angiography

Prevention :

1.Improve the living environment and avoid a densely populated environment.
Pay attention to protect against cold and moisture.

2.**Exercise moderately**, but avoid fatigue and strenuous exercise. Eat foods that are **low in salt and fat** , remember to **balanced nutrition** to prevent malnutrition.

3. Patients who have been infected with streptococcus should actively receive treatment, such as **radical treatment** of chronic diseases such as tonsillitis, dental caries, paranasal sinusitis, etc., which can prevent and reduce the occurrence of rheumatic heart disease.

Reference:

【1】石会乔, 魏静主编. 外科疾病观察与护理技能 [M]. 2019

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大背景图<https://mr.baidu.com/r/cMwEOmUdmo?f=cp&u=74e4d1c99dad0a65>

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Rheumatic Heart Disease

Brief introduction:

Rheumatic heart disease (RHD) also called Chronic rheumatic valvular disease is due to rheumatic fever activity, involving the heart valve caused by heart valve lesions.

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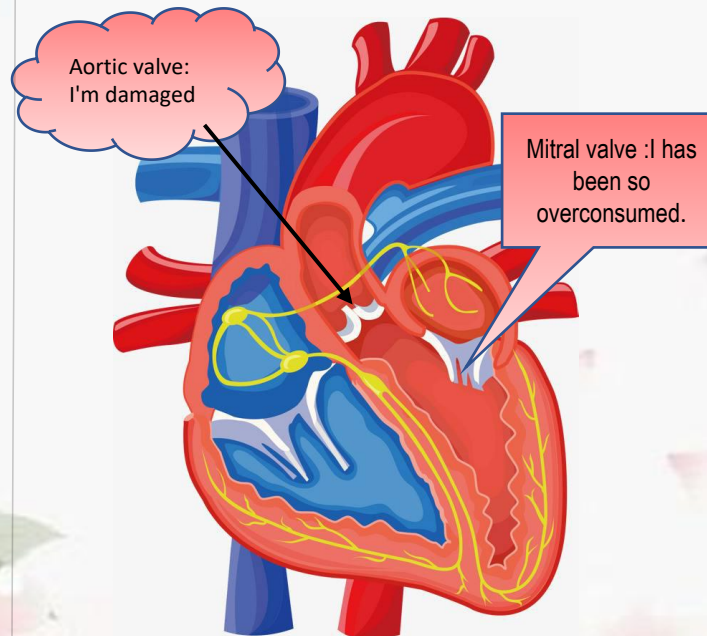
Researchers estimate that in 2015 there were 33.4 million cases of rheumatic heart disease and 319,400 deaths, with the epidemic peaking between the ages of 25 and 45 in adulthood.



RHD is more common in women, and the risk is highest in rural areas

Pathogenesis:

Acute rheumatic fever (ARF) is caused by acute streptococcus, and heart valves can suffer long-term damage if the disease is acute first or recurs frequently.



Clinical symptoms:

- flustered
- be short of breath
- paroxysmal dyspnea
- cough
- palpitation
- fatigue
- loss of appetite
- hemoptysis



Complication:

- cardiac failure
- embolic stroke
- endocarditis
- atrial fibrillation