

冠状动脉心脏疾病



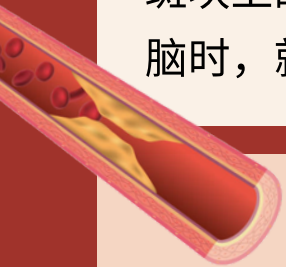
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什么是冠心病？

冠状动脉疾病 (CAD)，通俗地称为“心脏病”，是因为脂肪和胆固醇组成的斑块在血液输送到心脏的冠状动脉中积聚起来而发生的。心脏从血液中获取氧气和重要的营养物质。动脉阻塞会减少或完全阻塞血液流向心脏。通常，在心脏病发作期间血流完全受阻之前，是不会注意症状。当斑块上的血凝块阻止血液流向大脑时，就会中风。



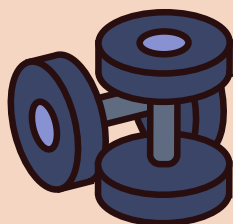
预防

医疗

- 定期去看医生进行检查
- 监测血压、胆固醇和血糖水平
- 如果需要，服用降低胆固醇、高血压和心律不齐的药物

生活

- 减少饮食中的钠和脂肪。增加水果、蔬菜和全谷物的摄入量
- 体力活动
- 不要抽烟
- 管理压力
- 每晚睡7-8小时



风险因素

生活方式和遗传因素

- 高血压
- 高胆固醇
- 糖尿病
- 缺乏运动
- 不健康饮食习惯
- 吸烟和过度饮酒
- 体重较高
- 心脏病家族史
- 风险随着年龄的增长而增加



心脏病发作的症状

- 男性和女性可能会出现不同的症状。
 - 男性更容易出现胸痛
 - 女性更容易出现呼吸短促、恶心和疲劳
- 手臂或肩膀疼痛



资源

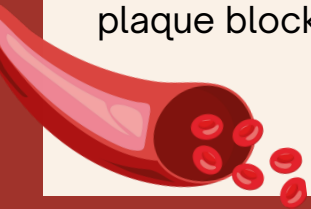
Bridgeport Free Clinic
(3001 S Lowe Ave) –
免费测血压和血糖



CORONARY HEART DISEASE

What is Coronary Heart Disease?

Colloquially called heart disease, **coronary artery disease** (CAD) occurs when plaque from fat and cholesterol builds up in the coronary arteries. Clogged arteries reduce or completely block blood flow to the heart. Stroke occurs when blood clots from the plaque blocks blood flow to the brain.



Risk Factors

A combination of lifestyle and genetic factors

- High blood pressure
- High cholesterol
- Diabetes
- Heavy weight
- Older age
- Family history of heart disease
- Lifestyle choices: inactivity, unhealthy diet, smoking, drinking



Symptoms of a heart attack

- Likely in women: shortness of breath, weakness, nausea, fatigue
- Likely in men: chest pain
- Pain in the arms or shoulder



Resources

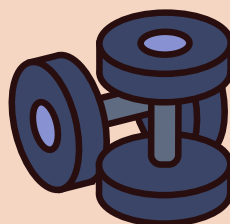
Bridgeport Free Clinic
(3001 S Lowe Ave) – Free blood pressure and blood glucose screening



Prevention

Lifestyle

- Diet: reduce sodium and fat; eat fruits, vegetables, and whole grains.
- Physical activity
- Don't smoke
- Manage stress
- Get 7-8 hours of sleep a night



Medical

- Regularly visit your doctor
- Monitor blood pressure, blood sugar, and cholesterol



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