

Title: 心臟衰竭

Translated Text

認識心臟衰竭: 解答常見的問題

患者教育講義聯合密西根大學健康系統臨床護理指引

本份資料不能作為自我診斷的工具或代替醫療。如果您有任何關於本資料的問題或顧慮，或您個人的醫療狀況，您應當與您的醫護人員諮詢或[預約](#)就診。

什麼是心臟衰竭？

心臟衰竭發生於心肌無法幫打出足夠的血液來達到身體的需求。因為心臟壓縮不良，血液開始倒流，於是靜脈、組織、和肺部都積滿了液體。

開始時，心臟內的壓力升高，血液和液體阻塞在肺部，您會覺得呼吸短促，而且很容易疲倦。如果情況持續惡化，更高的壓力會造成您的靜脈鬱積液體，您的腳、腿和腳踝便會開始腫脹，您的身體無法排除這些液體。

在美國，心臟衰竭是造成心臟相關疾病和死亡的常因之一。

心臟衰竭是如何發生的呢？

心臟衰竭可能是下列一種或多種問題所導致的：

- 冠狀動脈疾病(冠狀動脈阻塞)
- 可能會侵害心臟的感染
- 心臟病發作
- 高血壓
- 心臟瓣膜受損
- 飲酒過量
- 嚴重的肺部疾病

很多時候無法查出心臟衰竭的成因。

下列因素可能使心臟衰弱的人之心臟衰竭問題惡化，或引發心臟衰竭的狀況：

- 嚴重貧血(紅血球或血紅素過低。血紅素是一種血液中

English Text

Understanding Heart Failure: Answers to Common Questions
Patient Education Handout associated with
UMHS Clinical Care Guideline

This information is not a tool for self-diagnosis or a substitute for medical treatment. You should speak to your health-care provider or [make an appointment](#) to be seen if you have questions or concerns about this information or your medical condition.

What is heart failure?

Heart failure occurs if the heart muscle is unable to ("fails to") pump enough blood to meet the body's needs. The blood begins to back up because the heart is not pumping well and the veins, tissues, and lungs become congested with fluid. At first, pressure in the heart rises and blood and fluid back up into your lungs. You will feel short of breath and get tired easily. If the condition gets worse, the higher pressure causes a buildup of fluid in your veins. Your feet, legs, and ankles will begin to swell. The body cannot get rid of this fluid.

Heart failure is one of the most common causes of heart-related illness and death in the US.

How does it occur?

Heart failure may result from one or more of the following:

- coronary artery disease (blockage in the coronary arteries)
- an infection that may affect your heart
- heart attack
- high blood pressure
- damage to the valves inside the heart
- drinking too much alcohol
- severe lung disease.

Often no cause can be found for heart failure.

The following factors may worsen or trigger heart failure in people with weakened hearts:

- severe anemia (low levels of red

<p>攜帶氧氣的化學物質。)</p> <ul style="list-style-type: none"> • 甲狀腺機能亢進(甲狀腺素分泌過度) • 甲狀腺機能不足(甲狀腺素分泌不足) • 發燒 • 心跳快速 • 飲食中攝取過多鹽分 • 喝太多流體質 • 超重 • 身體過勞 • 情緒壓力 	<p>blood cells or hemoglobin, the oxygen-carrying chemical in the blood)</p> <ul style="list-style-type: none"> • hyperthyroidism (an overactive thyroid gland) • hypothyroidism (an underactive thyroid gland) • high fever • rapid heartbeat • too much salt in the diet • drinking too much fluid • being overweight • working your body too hard • emotional stress.
<p>有何症狀?</p> <p>心臟衰竭的主要症狀有:</p> <ul style="list-style-type: none"> • 疲倦。 • 呼吸短促或呼吸困難。剛開始發生在運動的時候，後來發生於任何的活動中，甚至在休息時。 • 半夜醒來呼吸困難，或是因為呼吸短促很難平躺在床上。 • 腳踝和雙腿腫脹，並且體重增加，乃因體內鬱積過多的液體所致。 • 沒有食慾。 	<p>What are the symptoms? The main symptoms of heart failure are:</p> <ul style="list-style-type: none"> • tiredness • shortness of breath or trouble breathing, at first during exercise and later with any activity or even when you are resting • waking up at night with trouble breathing or having a hard time lying flat in bed because of shortness of breath • swollen ankles and feet and weight gain due to too much fluid in the body • loss of appetite.
<p>如何診斷出心臟衰竭?</p> <p>您的醫護人員會詢問有關您的症狀，並且為您作檢查。您可能會有某些檢驗，例如:</p> <ul style="list-style-type: none"> • 胸部 X 光檢查，用來察看肺部有無積水，並且看看心臟的大小。 • 心電圖(electrocardiogram, 簡稱 ECG 或 EKG)，是一種心臟電流活動的記錄。 • 血液檢驗。 • 尿液檢驗。 • 超音波心動圖，是一種聲波測驗，可以顯示心臟的大小，心臟的功能和可能的心臟瓣膜疾病。 	<p>How is it diagnosed? Your health care provider will ask about your symptoms and examine you. You may have some tests, such as:</p> <ul style="list-style-type: none"> • chest x-ray to look for fluid in the lungs and to see the size of your heart • electrocardiogram (ECG), a recording of the electrical activity of your heart • blood tests • urine tests • echocardiogram, a sound-wave test that can show heart size, heart function, and possible heart valve disease.
<p>如何治療心臟衰竭呢?</p> <p>治療的目標是:</p>	<p>How is it treated? The goals of treatment are:</p> <ul style="list-style-type: none"> • Reduce the workload on your heart.

- 減輕心臟的負荷
- 排出體內多餘的水份
- 增進心臟的壓縮能力
- 治療任何使情況惡化的毛病

- Get rid of extra water in your body.
- Improve the ability of your heart to pump.
- Treat any problems that make your condition worse.

個人活動的限制是依您心臟衰竭的嚴重性來決定。大多數的人都受益於溫和的運動計畫。

Limits on your activities will depend on how severe your heart failure is. Most people benefit from a gentle exercise program

您的醫護人員可能會開給您的心臟衰竭藥物是:

Medicines your health care provider may prescribe for heart failure are:

- 血管收縮素轉化酶(angiotensin-converting enzyme,簡稱ACE)抑制劑藥物和血管收縮素接受器阻斷劑(angiotensin receptor blockers, 簡稱ARB), 用來降低血壓並減少心臟的負荷; 也用於阻斷某些對心臟會造成不良效應荷爾蒙。
- 乙型交感神經阻斷劑(Beta blockers), 用於減輕因心臟衰竭導致腎上腺素分泌增高的效應。如果一次劑量給得過高, 會使心臟衰竭惡化。因此, 醫護人員會在幾星期裡逐漸增加劑量。儘管您可能不覺得自己的情況因這些藥物有所改善, 但是經過幾個月的治療, 您的心臟就可能強壯起來了。
- 毛地黃藥物(digitalis drugs, 強心劑), 可以減緩您的心率, 而且有助於使您心臟的壓縮更好。
- 利尿劑(diuretics), 讓您排尿更多, 以排除體內過多的水份。
- 非ACE的抑制劑, 降低血壓來減輕心臟負荷。
- 便排通錠(Spironolactone), 一種利尿劑, 也可以用來阻斷一種名為血清醛固酮(aldosterone)的荷爾蒙以防止心肌惡化。
- 補鉀的藥物。因為排尿的增加造成鉀的流失。(鉀是一種礦物質, 可以幫助維持心律正常)
- 某些非藥物的裝置, 如: 心臟去顫器和心律調節器。您的醫護人員可能會推薦這些來幫助您的心臟有更好的壓縮, 也可在心律不整時, 電擊您的心臟。

- ACE (angiotensin-converting enzyme) inhibitor drugs and ARB's (angiotensin receptor blockers), which lower blood pressure and reduce the work the heart has to do, and which also block the harmful effects of certain hormones on the heart.
- Beta blockers, which lessen the effects of the high levels of adrenaline caused by heart failure. If beta blockers are given in too high a dose, they may make heart failure worse. Your health care provider will increase your dose gradually over a few weeks. Although you may not feel better from these drugs, your heart may get stronger after several months of treatment.
- Digitalis drugs, which slow your heart rate and help your heart to pump better.
- Diuretics, which help you get rid of extra fluid in your body by urinating more.
- Drugs other than ACE inhibitors that lower blood pressure to reduce the heart's workload.
- Spironolactone, a diuretic that also may keep the heart muscle from getting worse by blocking the effects of a hormone called aldosterone.
- Medicines that replace potassium lost from increased urination. (Potassium is a mineral that helps maintain normal heart rhythm.)
- Though not a medication, certain devices such as defibrillators and pacemakers may also be recommended by your physician to help your heart pump better and to shock your heart if it goes into an abnormal rhythm.

Ask your health care provider about possible side effects of these drugs. Report any side effects to him or her right away. Take all the medicine prescribed,

<p>詢問您的醫護人員有關上述藥物可能會有的副作用。若有任何副作用發生時，請立即告知他們。即使在您覺得狀況已好轉的時候也該按處方服藥，。</p>	<p>even when you feel better.</p>
<p>您的醫護人員也會要求您吃低鹽飲食。例如，許多患者每天攝取的鈉不可超過 2,000 毫克。詢問醫師您每天可攝取多少鈉。過多的鈉會造成您身體積水，因而增加您心臟的負荷。您也應當小心服用非處方的藥，因為有些含有高量的鈉。詢問醫護人員，那些非處方的藥是可以安心服用的。</p> <p>醫師可能也會要求您限制每日流質攝取量。問醫師您每天可以喝多少流質。為了遵照所定的量，您必須詳讀食品標示，並記錄您每日的攝取量。</p>	<p>Your health care provider will also put you on a low-salt (low-sodium) diet. For example, many patients are asked to eat no more than 2000mg of sodium per day. Ask your physician how much sodium is right for you. Too much sodium causes your body to retain water, which increases the workload on your heart. You should be careful about taking nonprescription drugs because some are high in sodium. Ask your provider which nonprescription medicines are safe to use.</p> <p>Your physician may also ask you to limit your daily fluid intake. Ask your physician how much fluid per day you should be drinking. To follow this, you will need to read the food labels on food containers, and keep track of your daily intake.</p>
<p>治療效果會持續多久呢？</p> <p>即使接受了治療，心臟衰竭仍是嚴重的疾病。它通常意味著壽命短減。然而適當的搭配用藥、減低飲食中鹽的攝取量，並減少身體活動量，將大大地改善您的症狀。適當的治療通常可以讓您回到相當的正常生活。造成您心臟衰竭的疾病將需要在醫療上繼續密切地關注。</p>	<p>How long do the effects last? Even with treatment, heart failure is a serious disease. It usually means a somewhat shortened life span. However, the proper mix of medicines, reduced salt in your diet, and reduced physical activity will greatly improve your symptoms. Proper treatment can usually allow you to return to relatively normal living. The disease that caused your heart failure will continue to need close medical attention.</p>
<p>如何自我照顧？</p> <p>學習在您目前狀況的限制中生活。以下的建議可能會有所幫助：</p> <ul style="list-style-type: none"> ● 足夠的休息。可能的話縮短您的工作時數，並且試著減輕生活上的壓力。焦慮和憤怒都會增加心跳次數與血壓。如果您需要這方面的協助，請詢問您的醫護人員。 ● 每天查您的脈搏。 ● 學習如何量血壓或讓家人學會量血壓。 ● 接受事實—就是您將要終生服用心臟的藥物並且限制鹽的攝取量。小心食用鹽的替代品，其中有很多含有高量的鉀。有些治療心臟衰竭的藥物會提高血液中鉀的含量。鹽的替代品可能會造成血液中鉀的含量過高。 ● 自己擬定一套方法以確定您準時服藥。 ● 每兩天至少量一次體重。若可能的話，儘量在同一時間 	<p>How can I take care of myself? Learn to live within the limits of your condition. The following guidelines may help:</p> <ul style="list-style-type: none"> ● Get enough rest, shorten your working hours if possible, and try to reduce the stress in your life. Anxiety and anger can increase your heart rate and blood pressure. If you need help with this, ask your health care provider. ● Check your pulse rate daily. ● Learn how to take your own blood pressure or have a family member learn how to take it. ● Accept the fact that you will need to take medicines for your heart and limit the salt in your diet for the rest of your life. Be careful with salt substitutes, however. Many contain high levels of potassium. Some of the medicines used to treat heart failure raise the levels of potassium in your blood. Salt substitutes may raise the

秤重。如果在一星期內您的體重增加超過 3 英磅，或者您的體重在過去幾星期到幾個月都在持續增加中，請與您的醫護人員聯絡。體重增加可能表示您的身體有排出多餘水份的困難。

- 認識鉀流失的症狀，這包括肌肉痙攣，肌肉無力，煩躁和有時候會有不規律心跳。
- 遵照您的醫護人員所建議每日流質的攝取量。
- 在您準備點心或三餐前，察閱書面飲食計畫和所建議的食物。
- 儘量不要吃喝過多。
- 留意您的活動，確定這不會造成您過度疲勞或呼吸短促。
- 避免過熱和過冷(包括泡熱水浴)，這可能讓您的心臟負荷更大。
- 保持定期的醫療約診。

potassium levels too high.

- Develop a way to make sure that you take your medicines on time.
- Weigh yourself at least every other day, at the same time of day if possible. Contact your health care provider if you gain more than 3 pounds in 1 week, or if you keep gaining weight over weeks to months. Weight gain may mean your body is having trouble getting rid of extra fluid.
- Know the symptoms of potassium loss, which include muscle cramps, muscle weakness, irritability, and sometimes irregular heartbeat.
- Follow your health care provider's advice on how much fluid you should drink.
- Consult a written diet plan and list of foods before you prepare snacks or meals.
- Try not to eat or drink too much.
- Monitor your activities to make sure that they do not cause you to become too tired or short of breath.
- Avoid extremes of hot and cold (including hot tubs), which may cause your heart to work harder.
- Keep regular medical appointments.

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