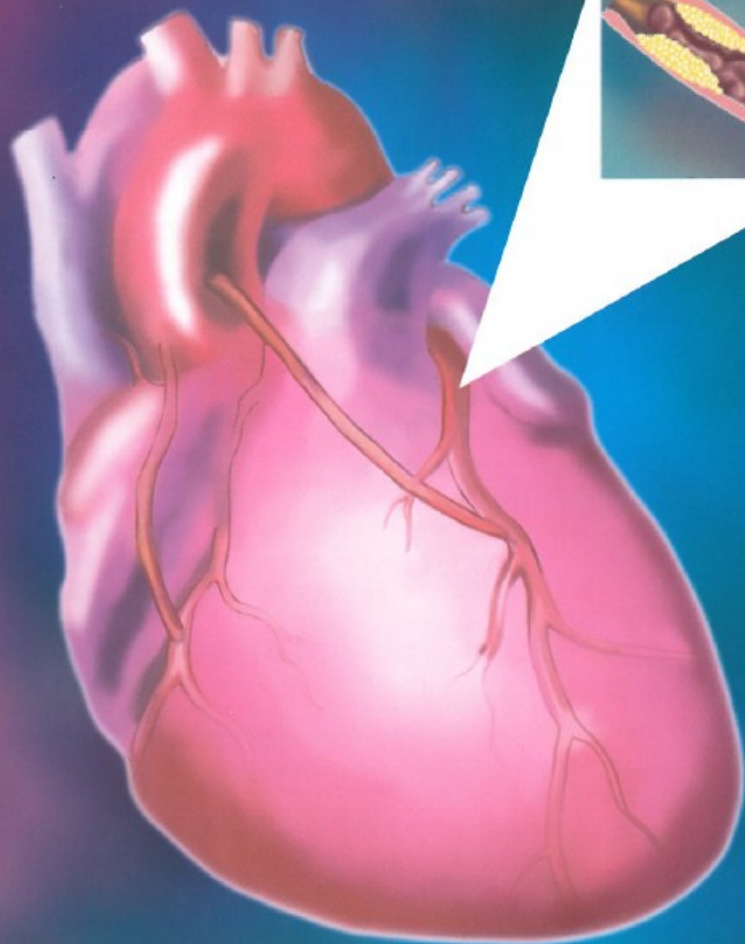


# 冠心病

Coronary Heart Disease



衛生署  
Department of Health

## 殺手“冠心病”

心臟病是香港第二號殺手，在各類心臟病中，冠心病的死亡人數遠超其他心臟病，而患者亦有年輕化的趨勢。

### 冠狀動脈的功能

冠狀動脈是環繞心臟的血管，負責供應血液給心臟肌肉，提供氧氣及營養，使心臟可以正常運作。

### 徵狀

冠心病可以由全無病徵至突然死亡，或出現以下徵狀。

- 胸口壓痛或有被壓迫的感覺，通常持續數分鐘，休息可令痛楚舒緩。
- 痛楚可伸展至頸、手臂、下顎。
- 有出汗、暈眩、作嘔、氣促、心悸等現象。

注意：如出現以上徵狀，應請教醫生。

## 冠心病的形成

### 1. 正常健康的冠狀動脈：

- 血管內壁表面平滑
- 血管壁纖維富彈性，血液運行暢順，令心肌得到足夠的氧氣及營養



### 2. 脂肪凝聚血管內壁：

- 血管管道收窄
- 血管壁纖維失去彈性，血液運行不暢順，令心肌得不到足夠的氧氣及營養



### 3. 管道完全被阻塞：

- 血管管道閉塞，血液不能流通，心肌因缺乏氧氣及營養而壞死



## The Number Two Killer

Heart disease is the number two killer in Hong Kong. The number of deaths due to coronary heart disease far exceeds that due to other heart diseases, and the age of patients has been declining in recent years.

### Function of the Coronary Arteries

The coronary arteries are a network of blood vessels that encircles the heart. They nourish heart muscles with oxygen and nutrients to ensure the normal functioning of the heart.

## Formation of Coronary Heart Disease

### 1. A normal and healthy coronary artery:

- Smooth surface of the inner arterial wall.
- Elastic muscle fibres of the arterial wall facilitate smooth blood flow to ensure sufficient supply of oxygen and nutrients to heart muscles.



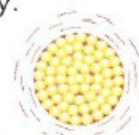
### 2. Deposition of fat on the inner arterial wall:

- Narrowing of the lumen.
- Loss of elasticity of the arterial muscle fibres hinders blood flow and leads to insufficient supply of oxygen and nutrients to heart muscles.



### 3. Blockage of the artery:

- Blocked lumen totally obstructing blood flow, resulting in necrosis of heart muscles due to the lack of oxygen and nutrients.



## 冠心病不可不防

## Prevention of Coronary Heart Disease

### 危險因素 Risk Factors

吸煙 Smoking

高血壓 Hypertension

高膽固醇  
High cholesterol levels

肥胖 Obesity

缺乏運動 Lack of exercise

糖尿病 Diabetes

生活緊張 Stressful life

### 預防方法 Prevention

戒煙 Quit smoking

做適量運動、注意均衡飲食、避免高鹽份食物、定期檢查血壓、依從醫生指示定時服藥  
Do an appropriate amount of exercise, Have a balanced diet and avoid food with high salt content, Check blood pressure regularly, Comply with the drug treatment according to doctor's instructions

注重均衡飲食、減少進食高脂肪及高膽固醇食物、依從醫生指示定時服藥  
Have a balanced diet, Eat less food with high fat and cholesterol content, Comply with the drug treatment according to doctor's instructions

改善飲食習慣、注重運動、有計劃地保持理想體重  
Change the eating habit, Exercise more, Maintain optimal body weight with planning

提高日常活動量、安排適當運動、要持之以恆  
Incorporate exercise into daily life, Do an appropriate amount of exercise regularly

定期檢查、接受治療、注意均衡飲食、避免高糖份及肥膩食物、做適量運動  
Regular medical examinations, Comply with medical treatment, Have a balanced diet, Avoid fatty food or food with high sugar content, Do an appropriate amount of exercise

鬆弛身心、作息定時  
Relax, Strike a balance between work and rest

## Symptoms

Coronary heart disease can silently claim people's lives in a sudden, but sometimes the following symptoms may appear:

- Pain or pressure of the chest that usually lasts for a few minutes. Taking a rest helps in alleviating the pain.
- The pain can radiate to the neck, the arms and lower jaw.
- Sweating, dizziness, nausea, shortness of breath and throbbing of the heart.

Attention: Seek medical advice when the above symptoms appear.



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如欲知道更多健康資訊，請致電 2833 0111 衛生署24小時  
健康教育熱線（廣東話、英語及普通話）或瀏覽衛生署  
中央健康教育組網頁 <http://www.cheu.gov.hk>

For more health information, please call the 24-hour health education hotline  
of the Department of Health (Cantonese, English and Putonghua) : 2833 0111  
or visit the website of the Central Health Education Unit, Department of Health  
at <http://www.cheu.gov.hk>