

心绞痛

Angina

Angina is chest pain or pressure caused by decreased blood flow to the heart. Pain may also be felt in your arms, jaw or upper back. The pain is a signal that your heart is not getting enough oxygen. It is a sign that you need treatment to prevent a heart attack.

Angina may happen anytime but is more common with:

- Work, exercise or activity
- Eating a large meal
- Smoking or using tobacco
- Very hot or cold temperatures
- Emotional or stressful events

Signs of Angina

Signs of angina can be much like the signs of a heart attack.

- Pain or pressure, or a feeling of tightness or heaviness in the chest, arms, jaw, shoulders or neck
- Sweating
- Shortness of breath
- Nausea or vomiting
- Abdominal pain
- Feeling very tired, dizzy or faint
- Some people have no signs

Angina will often ease if you stop what you are doing and rest. If your doctor has told you that you have angina, you may be given medicine to take when you have pain. The medicine is called nitroglycerin.

心绞痛是由流向心脏的血流量减少而引起的胸部疼痛或压迫感。疼痛还会发生在手臂、下巴或背部的上端。疼痛是您的心脏供氧不足的信号。它是一种征兆，显示您需要治疗以防心脏病发作。

心绞痛可能会发生在任何时候，但会更经常发生在以下情况：

- 工作、锻炼或活动时
- 大吃一顿时
- 吸烟或嚼用(嗅)烟草时
- 高温或低温时
- 引起情绪激动或有压力的事件

绞痛症状

心绞痛症状可能与心脏病发作的症状非常相似。

- 胸、手臂、下巴、肩或颈部疼痛或有压迫感，或是感觉绷紧或沉重
- 出汗
- 呼吸急促
- 恶心或呕吐
- 腹痛
- 感觉很疲累、头晕或晕倒
- 有些人则没有症状

心绞痛通常在停止所进行的活动并休息后会得到舒缓。如果您的医生说您有心绞痛，那么医生可能给您药物，让您在疼痛时服用。这种药被称为硝酸甘油。

When to Seek Treatment

Call 911 if you:

- Are having signs and do not have medicine to treat your angina.
- Have taken your medicine, but your signs are not going away or you have new signs that you have not had before.

Sit or lie down until the emergency team arrives. Do not drive to the hospital or delay by calling your doctor.

Your Care

You will be tested to see if you have a heart problem. You may be started on medicine or have other procedures to improve blood flow to your heart. Your doctor may also want you to eat a low fat diet and exercise to improve your heart health.

If your doctor prescribes nitroglycerin, use the medicine as your doctor orders. For more information, ask for the handout, **Nitroglycerin**.

Talk to your doctor or nurse if you have any questions or concerns.

何时寻求治疗

拨打911，如果您：

- 出现症状而且没有药物治疗您的心绞痛。
- 已服药，但是症状仍不消退或者出现了以前未出现的症状。

坐下或躺下，等待急诊护理人员。不要开车前往医院或因给医生打电话而耽搁。

您的护理

您会得到检查以确定您是否有心脏病。您可能要开始服药或采取其他措施以增加流向心脏的血流量。您的医生也可能要您吃低脂食物并开始锻炼，以改善您的心脏健康。

您的医生如果给您开硝酸甘油，请遵医嘱服用。要获得更多信息，请索取名为**硝酸甘油**的手册。

如果您有任何疑问或关注事宜，请告知您的医生或护士。