

爱你的心 LOVE YOUR HEART

World Health Day is celebrated each 7 Apr to mark the creation of the World Health Organization. This year's theme being high blood pressure, **Jasmine Chung** debunks some myths about hypertension and coronary heart disease, and checks out the various treatment options.

2013年4月7日是世界卫生日，也是世界卫生组织的65周年庆。今年的焦点是高血压。《仁生》将带你去了解高血压与心脏疾病之间的关系，还有医药界对抗这个静默杀手的事迹。

1 out of 3

Singapore Heart Foundation reports that one out of three deaths locally is due to heart disease or stroke

A HEALTHY LIFESTYLE
is your best defence against heart diseases

**120
80**
MMHG

Normal blood pressure

ANGINA

chest pain or discomfort—is the most common symptom when the heart is not receiving enough blood or oxygen

Hypertension

is the most common risk factor and the major indicator of impending heart failure

CHD

ISCHAEMIC HEART DISEASE more commonly referred to as coronary heart disease (CHD), is caused by the narrowing of small blood vessels due to plaque build-up

HEART FAILURE IS NOT A HEART DISEASE

in itself, but a symptom stemming from other malfunctioning organs or diseases, including advanced heart disease

**970
MILLION**

There are at least 970 million people globally who have elevated blood pressure

Fans of local Chinese entertainment were saddened at the beginning of this year when John Cheng Yeow Nam—better known as Ah Nan—died from a heart attack. He was 52. The *getai* veteran and part-time actor had high cholesterol and blood pressure.

Just how prevalent is heart disease?

According to Singapore's Ministry of Health, ischaemic heart disease, or coronary heart disease (CHD), accounted for 18.7% of all deaths in Singapore and was the third leading cause of hospital admissions in 2010. The Singapore Heart Foundation reports that one out of three deaths locally is due to heart disease or stroke. In the bigger scheme of things, the World Health Organization reports that there are at least 970 million people globally who have elevated blood pressure. Hypertension is "one of the most important causes of premature death worldwide and the problem is growing." It reports. By 2030, it is estimated that almost 23.6 million people will die from cardiovascular diseases every year. The biggest increase will occur in Southeast Asia, in large part due to its huge portion of lower and middle class folk for whom healthcare may not be a priority.

As high blood pressure doesn't present symptoms, people frequently have it without knowing it. Diagnosing high blood pressure early can help prevent heart disease, stroke, eye problems and chronic kidney disease.

TYPES OF HEART DISEASES

Besides ischaemic heart disease, caused by the narrowing of the blood vessels, other types of heart problems include:

ARRHYTHMIA: refers to an irregular heartbeat—either too fast or too slow—which may lead to lack of blood flow to the heart

SUDDEN DEATH SYNDROME: refers to cardiac arrest brought on by irregular heart rhythms and ventricular fibrillation

CARDIOMYOPATHY: refers to heart failure due to the deterioration of the heart muscle

WHAT IS HYPERTENSION?

Blood pressure is a measurement of the force against the walls of your arteries as your heart pumps blood through your body.

Blood pressure readings show both the systolic and diastolic blood pressure. The systolic (the bigger value on top) measures the pressure when the heart contracts. The diastolic (the smaller value below) measures the pressure when the heart relaxes.

Normal blood pressure is around 120/80 mmHg. Hypertension, or high blood

TYPES OF HYPERTENSION

ESSENTIAL / PRIMARY: triggered by a combination of genetic and environmental factors

SECONDARY: triggered by other medical conditions

MALIGNANT: the most severe form; often leads to organ damage

ISOLATED SYSTOLIC: triggered by old age and poor diet

WHITE COAT / ANXIETY-INDUCED: triggered when patients are nervous, especially around doctors and clinics

RESISTANT: blood pressure doesn't dip below 140/90 mmHg despite strong medication



HEART MYTHS

People often stereotype hypertensive heart disease.

pressure, occurs when blood pressure readings are 140/90 mmHg or higher.

There are two major and four minor types of hypertension. The most prevalent form, affecting more than 90% of heart patients, is essential or primary hypertension. This is triggered by a combination of genetic and environmental factors, and can usually be controlled by a combination of medication and lifestyle modification.

Secondary hypertension, which afflicts about 5% of hypertension patients, is a side effect caused by other medical conditions, such as kidney damage, adrenal gland tumours, thyroid diseases, sleep apnoea and the narrowing of the aorta. This form of hypertension should subside when the underlying condition is treated.

The four minor types of hypertension are: malignant, isolated systolic, white coat (or anxiety-induced hypertension), and resistant (see table in previous page).

WHAT IS HEART DISEASE?

CHD is caused by atherosclerosis, which is the narrowing of arteries due to plaque build-up.

When we consume food with excessive fat, fatty material and other substances form a plaque that sticks to the walls of arteries. Over time, this narrows the arteries, slowing blood flow to the heart. Heart failure occurs when blood flow to the heart is partially obstructed even though it continues to beat. When there is complete obstruction, a heart attack may occur.

Angina—chest pain or discomfort—is the most common symptom when the heart is not receiving enough blood or oxygen. The pain may be brought about by intense stress or activity, and may subside with rest or medication. Other symptoms include shortness of breath or fatigue. Hypertension is the most common risk factor and the major indicator of impending heart failure: in the long-term Framingham studies, 91% of people with hypertension went on to suffer heart failure.

Other types of cardiovascular diseases include arrhythmia, sudden death syndrome and cardiomyopathy. These are beyond the scope of this article.

MYTH 1: CHD SUFFERERS ARE FAT & OLD PEOPLE WHO SMOKE

Dr Ewe See Hooi, a consultant with the Department of Cardiology at National Heart Centre Singapore, warns, "A young person with a family history of heart disease, who smokes, and who has high blood cholesterol, high blood pressure or diabetes, will have a significant risk of developing heart disease."

Dr Teo Swee Guan, a cardiology specialist and a consultant with Raffles Heart Centre shares, "One of the most common misconceptions is that only smokers or obese people suffer from heart diseases. Younger patients tend to underestimate their risk, ignore early symptoms of heart attacks, and delay treatment."

MYTH 2: HEART ATTACKS DON'T HAVE WARNING SIGNS

"Most heart attacks occur in people who have chest pains, and these can appear weeks or months before the actual event," reveals Dr Ewe. However, symptoms could be subtle (shortness of breath, excessive sweating, nausea, light-headedness, discomfort in the arms, jaw or neck). In Ah Nan's case, he had been having cold sweats and chest pains for some time prior to his demise.

MYTH 3: CHD IS A MALE DISEASE

Dr Eric Hong, a consultant cardiologist at EH Heart Specialist in Mount Elizabeth Hospital, says, "Heart disease and stroke combined is the leading cause of death among women in Singapore." Eu Yan Sang's Physician Lee Guang Jun comments that the male skew might have been the case decades ago, but certainly not now. "For women, the rate of incidence spikes only after menopause," he reveals.

MYTH 4: HEART FAILURE = HEART DISEASE

Physician Chen Ping, director of Internal Medicine at the Shanghai Hospital of TCM, who is also the advisor to Bao Zhong Tang TCM Centre, clarifies that heart failure is not a heart disease in itself, but a symptom stemming from other malfunctioning organs or diseases, including advanced heart disease.

MYTH 5: HEART DISEASE IS INCURABLE

Dr Girish Kumar Venkateshappa, an Ayurvedic Physician who consults for the Ayurveda Association of Singapore, says that, from an Ayurvedic perspective, heart disease can be cured if the root cause is treated. "There's a misconception that anti-hypertensive drugs, blood thinners, etc. are necessary for avoiding heart attacks. While these are necessary to manage the condition for the short-term, one has to treat the root cause in order to avoid and overcome the underlying disease," he explains. "It's a manageable disease," insists Physician Lee. "The key things to note are monitoring one's diet, maintaining a healthy lifestyle, and taking one's medication at the stipulated times."

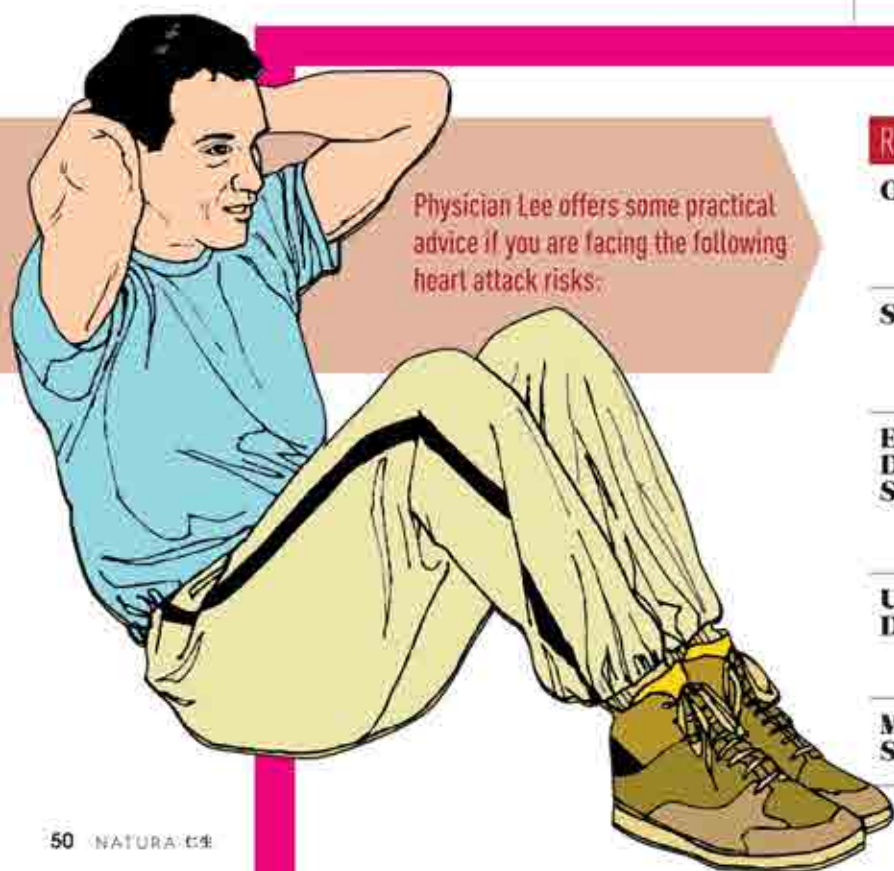
RISK FACTORS

There is no single cause for CHD, but there are risk factors that increase your chance of developing it. There are 'modifiable' risk factors and 'non-modifiable' risk factors (see side story).

Dr Hong quips, "In our fast-paced society, stress is a big factor, so it's important to keep a healthy work-life balance and get regular screening for blood pressure and cholesterol." He also emphasises that it is not enough to know about effective lifestyle changes such as quitting smoking, exercising more and having a healthier diet. "You have to actually do them," he insists. He advises that the more risk factors you possess, the more aggressively you have to manage all of them as "combinations of risk factors have multiplying detrimental effects."

Dr Ewe echoes Dr Hong's sentiment: "A healthy lifestyle is your best defence against heart diseases."

THE MORE RISK FACTORS YOU POSSESS, THE MORE AGGRESSIVELY YOU HAVE TO MANAGE ALL OF THEM AS COMBINATIONS OF RISK FACTORS HAVE MULTIPLYING DETRIMENTAL EFFECTS



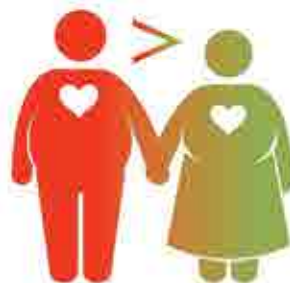
Physician Lee offers some practical advice if you are facing the following heart attack risks:

MODIFIABLE



Hypertension, Diabetes Mellitus, Hypertlipidemia (Raised Blood Lipids), Obesity, Smoking, Excessive Alcohol Consumption, Depression, Stress, Social Isolation and Lack of Social Support

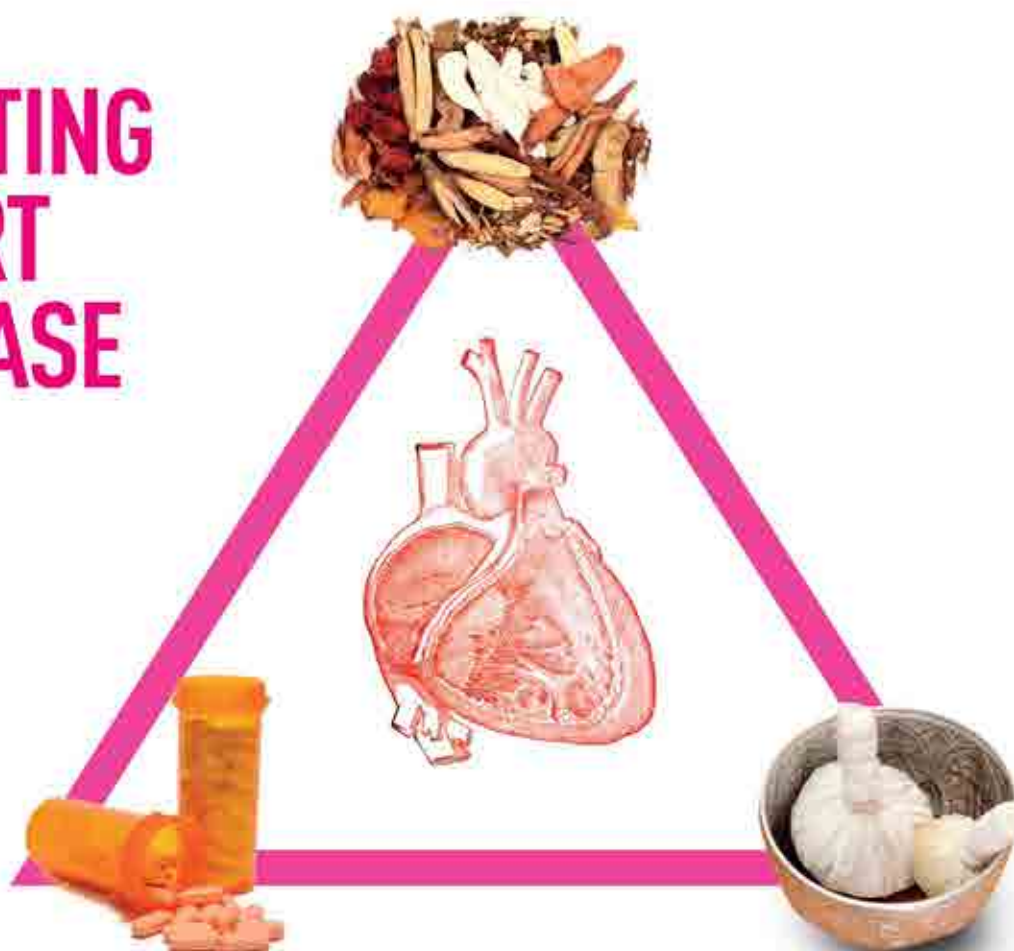
NON-MODIFIABLE



Gender: males are at a higher risk than females
Age: the elderly are at a higher risk than the young
Race: Indians and Hispanics are at a higher risk than other races

RISK FACTOR	ADVICE
OBESITY	Observe healthy diet, maintain exercise regime, go for regular health checks
STRESS	Ascertain and handle causes of stress, adopt a positive outlook
EXCESSIVE DRINKING/SMOKING	Stop drinking, quit smoking, drink plenty of water, eat plenty of fruits and vegetables
UNHEALTHY DIET	Avoid oily food, reduce salt intake, cook using steaming, stewing or boiling
MOOD SWINGS	Get plenty of rest, consciously keep temper in check

FIGHTING HEART DISEASE



VIA TCM

In TCM, heart disease may be caused by either deficiency or excess patterns. Treatment principles vary as every individual has differing conditions and body constitutions. It is advisable that you consult a licensed physician for a detailed diagnosis and corresponding treatment.

EXCESS PATTERNS

- **Heart and Blood Stagnation Syndrome:** Symptoms include constant pain in the chest that worsens at night, palpitation and dark spots on the tongue.
Treatment Principles: Promote blood circulation, clear blood stasis, clear stagnation
- **Phlegm Stagnation Syndrome:** Symptoms include stuffiness in the chest that causes back and shoulder aches, shortness of breath, and heavy limbs.
Treatment Principles: Eliminate phlegm and stagnation
- **Yin Stagnation Syndrome:** Symptoms include pain in the chest and back, stuffiness, shortness of breath, palpitation, and weak pulse.
Treatment Principles: Unblock Yang, relieve numbness and cold

DEFICIENCY PATTERNS

- **Heart and Kidney Yin Deficiency Syndrome:** Symptoms include chest pain, palpitations, night sweats, dizziness and insomnia.
Treatment Principles: Nourish Yin, tonify kidney and heart systems, soothe the mind
- **Qi and Yin Deficiency Syndrome:** Symptoms include stuffiness and mild pain in the chest, palpitation and shortness of breath. All symptoms aggravated by physical activity.
Treatment Principles: Supplement qi, nourish Yin, promote blood circulation
- **Yang Deficiency Syndrome:** Symptoms include shortness of breath, palpitation, chest pains that spread to the back, cold limbs and aversion to cold.
Treatment Principles: Strengthen qi, warm Yang, and promote blood circulation

VIA AYURVEDA

Panchakarma is a five-step detoxification process. By cleansing the body's tissues of toxins and thus opening up subtle channels, energy flow is encouraged, thereby increasing vitality, inner peace, self-confidence and

well-being. *Panchakarma* reverses the negative effects of daily life by restoring the natural state of health and wellness, bringing balance and improving organ and physical function.

In order to dispel *ama*, the by-product of indigestion that leads to heatiness, which clogs our system and damages our tissues, *Panchakarma* involves a customised diet of special foods and herbs. It also includes deeply relaxing oil and heat therapies of *abhyanga* (a two-person synchronised oil massage), *swedana* (individual herbalised sweat therapy), *shirodhara* (pouring of warm oil to the forehead), *udhulana* (herbalised dusting of the body) and yoga in a supportive environment that provides space for contemplation and self-healing.

"*Panchakarma* is the main Ayurvedic method for physical purification," explains Dr David Frawley, Ayurvedic scholar and author of *Ayurveda and the Mind*. "It is useful for physical problems caused by excesses of the three *doshas*. Yet it can also be helpful for psychological problems caused by internal factors, emotions and karma."

VIA WESTERN MEDICINE

Doctors may prescribe the following medications to lower your blood pressure:

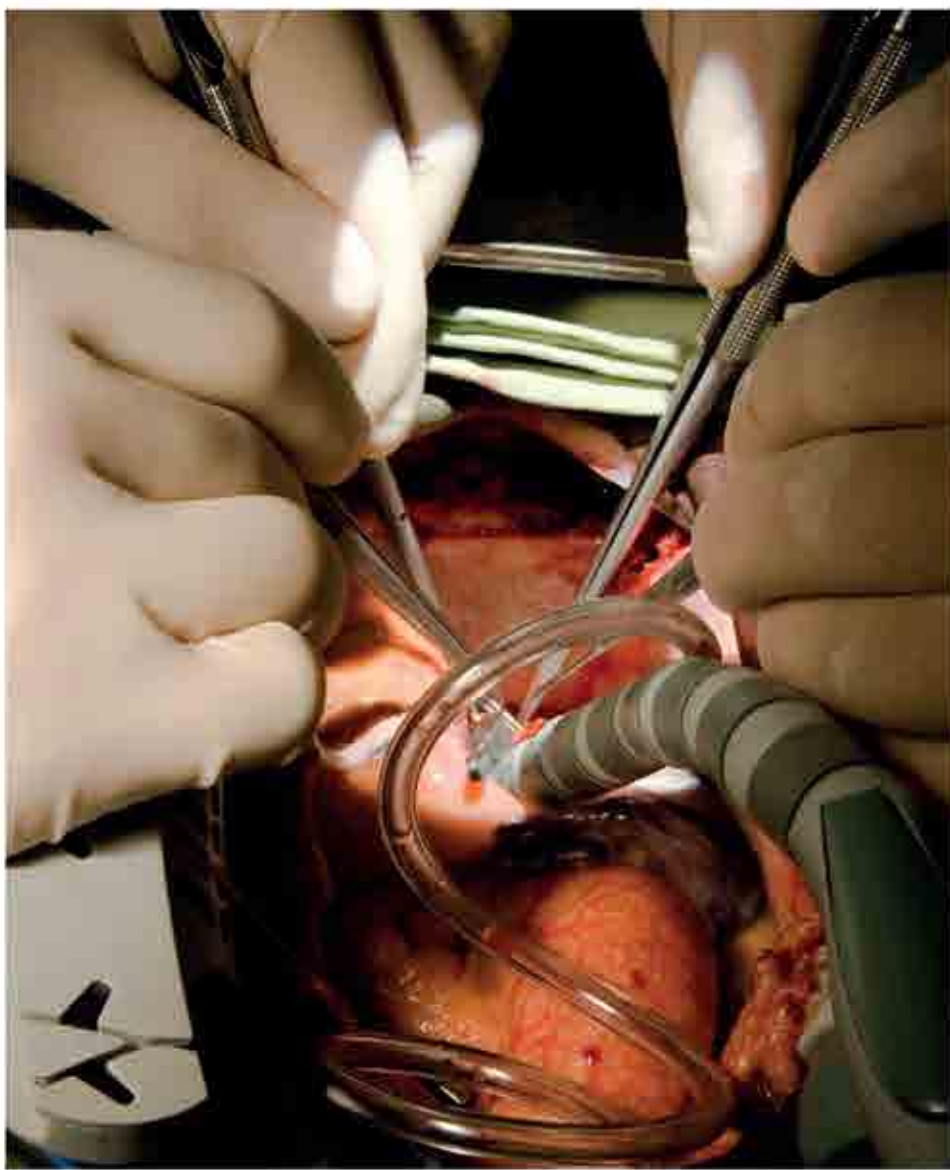
- Diuretics, or water pills, treat hypertension by increasing the excretion of water via urination. An example would be Eplerenone. It works by blocking aldosterone, which lowers the amount of sodium and water the body retains, thus lowering blood pressure. It is prescribed to treat hypertension on its own or with other drugs, or to people who have had a heart attack.
- Angiotensin-converting enzyme (ACE) inhibitors relax the blood vessels by preventing the body's production of angiotensin II, which narrows blood vessels and releases hormones that can raise blood pressure.
- Beta-blockers, or beta-adrenergic blocking agents, reduce your blood pressure by blocking the stimulatory effects of the hormone adrenalin. The heart beats slower with less force, and blood vessels open up.
- Blood thinners help to prevent the formation of blood clots. There are two types of blood thinners:

anticoagulants and antiplatelet drugs. The former prevents formation of fibrin, the protein that makes existing blood clots more stable and less likely to break off; the latter prevents platelets in the blood from sticking together.

- Cholesterol-lowering drugs such as statins inhibit the enzyme HMG-CoA reductase to prevent overproduction of cholesterol in the liver.
- Fibrates are effective in lowering elevated plasma triglycerides by inducing lipolysis (breakdown of fats).

NOVEL THERAPIES

- Capsaicin, the chemical that gives chilli its kick, helps to lower blood pressure, according to the Memorial Sloan-Kettering Cancer Center, by releasing proteins (called calcitonin gene-related peptide) that dilate the blood vessels. A Sep 2009



IN MORE SERIOUS CASES, THERE ARE SURGICAL PROCEDURES OF VARYING INVASIVENESS TO CLEAR THE BLOOD VESSEL BLOCKAGES IN THE HEART

report in *Science Daily* says capsaicin spread on skin is able to reduce damage caused by a heart attack because it signals some nerves, which then activate pro-survival pathways in heart tissues.

In more serious cases, there are surgical procedures of varying invasiveness to clear the blood vessel blockages in the heart:

- Coronary angioplasty and stent placement is a procedure to open the narrowed or blocked coronary arteries in order to insert a small, metal mesh tube that expands the artery and prevents it from closing up.
- Coronary artery bypass requires a piece of a vein from the leg or artery from the chest or wrist that is attached to the coronary artery above and below the narrowed area or blockage, allowing blood to bypass the blockage.
- An automated external defibrillator (AED) is a device frequently seen on TV and movies in scenes where doctors attempt to resuscitate a heart that has stopped beating. It delivers a therapeutic dose of electrical energy to the heart in order to regulate the cardiac rhythm, allowing the heart to beat as per normal.
- A pacemaker is a small device implanted in the heart or abdomen that sends electrical impulses to the heart in order to regulate abnormal heart rhythms.
- A heart transplant is performed on patients with final-stage heart failure, and involves surgically removing the diseased heart and replacing it with a healthy heart from a deceased donor.

NEW DEVELOPMENTS

- In FDA-approved cardiac resynchronisation therapy (CRT), small electronic devices are placed under the skin in the chest to help the left and right sides of the heart beat in unison.
- Chelation therapy, long used for mercury and lead poisoning, is believed to be able to remove the calcium that contributes to arterial plaque. The debate continues whether the results are conclusive and if risks outweigh benefits.
- Predictive blood test technology is being developed on the basis that odd-shaped blood cells are often the antecedent of specific symptoms, like heart attacks.

MANAGING HEART DISEASES



OUR AYURVEDIC PHYSICIAN RECOMMENDS:

DIETARY CHANGES

Eat More: spices, to enhance consumption and ease digestion; vegetables, for fibre; fresh foods

Eat Less: refrigerated and processed foods

LIFESTYLE CHANGES

Do More: have regular meal times, and set dinners early; exercise without overexertion; maintain a BMI lower than 25; regular monitoring and maintenance of blood sugar and lipid levels

Do Less: avoid yo-yo weight gain and loss; quit smoking; take alcohol in moderation; avoid mental stress where possible

OUR TCM PHYSICIAN RECOMMENDS:

DIETARY CHANGES

Eat More: fresh-water fish such as salmon

Eat Less: deep-fried, oily and salty food; processed products

LIFESTYLE CHANGES

Do More: exercise without overexertion; have balanced and regular meals; maintain a healthy outlook of life

Do Less: avoid late nights

OUR WESTERN PHYSICIAN RECOMMENDS:

DIETARY CHANGES

Eat More: foods rich in omega-3 fatty acids, vitamins, minerals and fibre but low in sodium, calories and fat; fruits, vegetables, wholegrain foods, fish,

skinless poultry

Eat Less: simple carbohydrates, saturated/trans fat, fried food, fatty meat, seasonings, alcohol [excessive drinking can raise blood pressure and contribute to high triglycerides and obesity]

LIFESTYLE CHANGES

Do More: exercise (30 minutes of activity on five or more days a week can reduce blood pressure, cholesterol and maintain healthy weight); be happy

Do Less: quit smoking and avoid second-hand smoke



年初，歌台阿哥钟耀南（阿南）在表演中途猝死，享年52岁。这对喜欢阿南的观众来说，无疑是一个噩耗。据了解，阿南生前就患有高血压及高胆固醇，需要服药控制。

高血压与心脏疾病

高血压是引起心脏病、中风及肾脏病的罪魁祸首。失控的高血压可造成失明、心律不整以及心脏衰竭。若伴随糖尿病等风险高的疾病，发病率将会加倍。

根据新加坡卫生部2010年的数据显示，缺血性心脏病造成18.7%的国人死亡，也是造成病人住院的第三大原因。新加坡心脏基金会的报告显示，本地每三个死亡病例当中，有一人是因心脏病或中风过世。事实上，造成中风或心脏疾病的祸首就是高血压，但它其实是可预防及根治的。

根据新加坡心肌梗死纪录显示，从2007年到2010年间，最多因急性心脏病发作而死亡的病例，发生在年龄介于75到79岁（每10万人口中有900人）的群体。35岁（每10万人口中有30人）以下的群体，则最不受这个疾病影响。在那四年里，急性心脏病最常发生在67到68岁的国人身上。

事实上，造成中风或心脏疾病的祸首就是高血压，但它其实是可预防及根治的

全球9.7亿人受影响

全球每三个成年人当中，就有一人患有高血压。20到30岁的人当中，每十个就有一人患病。但50来岁的群体中，则每十个人就有五人患病。世界卫生组织相信，全世界共有9.7亿人口（3.3亿来自已开发国家、6.4亿来自发展中国家）受高血压影响。世界卫生组织指出，高血压是造成全球人口早逝的主因，这个问题也日趋严重。到了2030年，每年估计会有2360万人口死于心血管疾病，幅度增加最多的将会在东南亚地区。

什么是高血压？

血压就是血液在血管内流动，对血管壁产生的侧压力。测量血压时所得到的结果，包括收缩压及舒张压。测量器上方较高的指数代表收缩压，测量的是心脏收缩时对血管壁造成的压力。另一个较低的指数则代表了舒张压，测量的是心脏舒张时对血管壁所造成的压力。

正常的血压指数应低于120 / 80mmHg。若指数在140 / 90mmHg或更高，就是所谓的高血压。医生通常会更注意收缩压，因为那是病人是否患有心脏疾病的指标之一。

什么是心脏病？

缺血性心脏病，俗称冠心病，是因动脉粥样硬化，也就是斑块累积所造成的小血管收缩。小血管一旦收缩，就会影响心脏的血液及氧气供应。

当我们进食时，脂肪及其他物质会形成斑块，沾在血管壁上。经过时间的累积，这些斑块就会造成血管变小，血液流向心脏的速度因此变慢。一旦流向心脏的血液部份受阻，即使心脏还在跳动，仍会造成心脏衰竭。一旦血流量完全受阻，就可能引发心脏病。在这种情况下，心脏的一些肌肉或会受损。

心绞痛，也就是胸痛或不适，是心脏的血液或氧气不充足时，最常引起的症状。巨大的压力或是剧烈的活动都可导致心绞痛，通常只要休息或是吃药，就能受到控制。心绞痛的症状还包括气喘及疲劳。



高血压的六大类型

原发性高血压

最普遍、影响超过90%患者的就是原发性高血压。这种类型没有一种可识别的原因，通常由数种基因或环境因素所引发，只要通过药物及改善生活习惯，就能受到良好的控制。

继发性高血压

这种类型影响约5%的患者，主要是控制肾衰竭、肾上腺肿瘤、甲状腺疾病、睡眠呼吸暂停以及主动脉缩窄等病症的副作用所引起。

恶性高血压

最严重及渐进型，这种类型的高血压所幸不常见，但突如其来的症状却往往会对器官造成一定的损害。

老年收缩期高血压

年老或营养不均衡，又或者是收缩压指数持续在160mmHg以上，但舒张压却正常的情况下，较容易造成这种高血压。

白大衣高血压

看见穿着白袍的医疗人员就产生莫名的压力，导致血压上升，因此也称为焦虑引起的高血压。

顽固性高血压

即使服用很强的药物，血压依旧维持在140/90mmHg，需要用至少四种药物才能起一定的作用。

破解迷思

迷思一

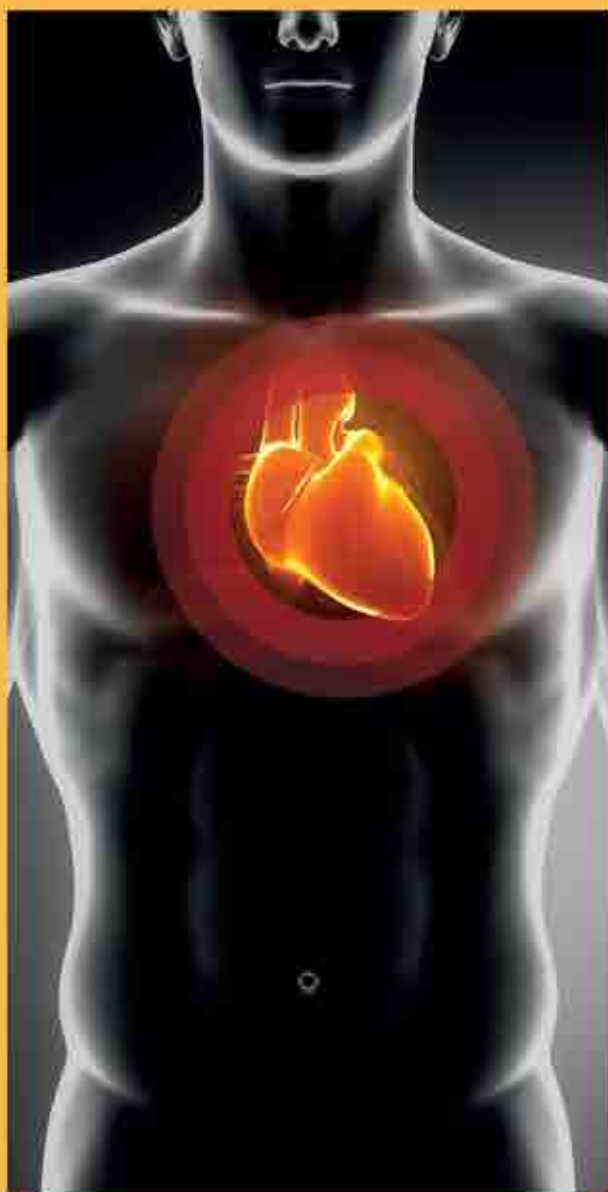
冠心病只影响吸烟者、老人及肥胖人士

新加坡国家心脏中心心内科部门的顾问医生尤席惠医生警告，“我们不能假设年轻人就不会患上心脏病。若一个年轻人的家族中有人患病，加上他本身抽烟又患有高胆固醇、高血压或糖尿病，那他患上心脏病的机率就会大大提高。像这样的病例，最重要的就是治疗及控制其他的风险因素，例如改变生活习惯或是吃适当的药物。”

莱佛士心脏医疗中心的心脏科专科医生张瑞源透露，他的病人当中有约15%是年轻人。心脏病发作的病人当中，不少是吸烟者。

“人们因此最常有的误解就是只有吸烟者或是肥胖人士才会患上心脏疾病。”张医生指出，“年轻病患通常会低估他们所面对的风险，忽略心脏病的初期症状，结果耽误治疗。”

张医生说，30来岁看起来壮硕的男士，最难接受自己的病况。“即使我就要为他们进行紧急球囊血管成形术来疏通他们阻塞的动脉，他们还是不相信自己患上心脏病。”张医生说，这些病人通常会把病状归咎于其他问题，就是不愿面对自己心脏病发作的事实。“他们总是希望休息一下，或是喝了一杯热饮后，症状就会消失。这当然就延误了救命的最佳时机。”



迷思二

心脏病没有预警

方氏心脏专科的心脏专科顾问医生方祖德医生指出，“不幸的是，初期的高血压确实没有预警，但后期就不同。最可靠的方法就是经常检查血压。”

然而，后期的高血压是会出现症状的。“多数的心脏病会伴随胸口疼痛的症状，这些症状有时甚至会在心脏病发作前数个星期到数月出现。”方医师说，虽然胸口疼痛比较常见，但心脏病的症状也可以是比较不起眼或是非典型的，例如呼吸困难、大量出汗、恶心、头昏或是手臂、颈项及颌感觉不适。“一旦怀疑是心脏病，就要立刻传召救护车，或是寻求紧急治疗。”

迷思三

冠心病只影响男性

方医生指出，“许多女性认为，心脏病只影响男性，事实上，心脏疾病及中风是本地女性的头号杀手。”新加坡心脏基金会在2006年到2009年间进行的“霓虹映爱心”心脏健康意识调查显示，少过10%的受访者知道，心脏疾病及中风导致最多女性死亡。



迷思四

心脏病无法根治

阿育吠陀医师 Dr Girish 指出，从阿育吠陀的观点来看，只要治疗导致心脏病的源头，心脏病其实是可以根治的。“有这么一个误解，以为抗高血压的药物或是血液稀释剂，能有效预防心脏病。虽然这些在短期内有效，但还是必需治本才能消除疾病。”



风险因素

方医生透露，“社会节奏太快，压力难免成为心脏疾病的主要起因。正因为这样，工作人士更应该在工作及生活上取得平衡，同时要经常进行血压及胆固醇检查。”

其实，很多时候只需要一些自我认知就可以做出适当的改变。例如，吃得健康些，或是戒烟及更常运动。值得注意的是，知道需要做什么并不足够，你还需要着实去做，而且要做得正确。“如果你有超过一种风险，那就要更积极向治疗目标迈进，因为每一种风险都会大大增加你患上心脏疾病的可能。”

尤医生同意方医生的说法，“健康的生活习惯，就是你对抗心脏疾病的最佳保障。”



可控制的风险

压力、肥胖、吸烟、高血压、糖尿病、高脂血症、过量饮酒、抑郁、自闭

导致冠心病的因素

不可控制的风险

性别：男性比女性更易患病
遗传：有家族病史更易患病
年龄：年长者比年轻人更易患病
种族：印度人和西班牙人更易患病



西医进行的手术

冠状动脉血管成形术或支架放置

能让收缩或受阻的冠状动脉开启，然后再插入细小的金属丝网管来使动脉扩张，及预防它关闭。



Stent 支架

冠状动脉旁路

需从脚、胸腔或手腕取出静脉，然后接驳到受阻的冠状动脉的上下，来让血液通行。



Pacemaker 起搏器

起搏器

放置在心脏或腹部内的小仪器，它能传送电脉冲到心脏，来让心律正常化。

体外自动除颤器

就是电视上常见，医生用来让停止跳动的心脏复苏的仪器。这个仪器能将电流传送到心脏，来使心律正常。



Automated External Defibrillator 体外自动除颤器

心脏移植

用在心脏衰竭末期的病人身上。医生会将衰竭的心脏取出，再移植已故捐赠者的健康心脏。

管理 心脏疾病

阿育吠陀医师建议：

饮食习惯

多吃：香料（增进食欲及增强消化能力）、蔬菜（纤维）、新鲜食物。

少吃：冰冷或加工食品。

生活习惯

多做：固定用餐时间、提早吃晚餐、适量运动、体质指数维持在25以下、定期监测和维持血糖与血脂水平。

少做：避免体重快速增减、抽烟、喝酒过量、压力过大。

中医建议：

饮食习惯

多吃：有益心脏的三文鱼。

少吃：油炸、油腻、过咸的食物及加工食品。

生活习惯

多做：适量运动、吃得均衡及定时、保持健康的人生观。

少做：熬夜。

西医建议：

饮食建议

多吃：含大量omega-3脂肪酸的食物、维生素、矿物质及纤维，如全麦、鱼类、蔬果及去皮鸡肉。

少吃：简单的碳水化合物、饱和/反式脂肪、油炸食物、肥肉、调味料、过量饮酒。

生活习惯

多做：每周进行至少五次、每次长达30分钟的运动、保持心境开朗。

少做：抽烟、吸入二手烟。

年轻人， 你怎么了？

26岁的男子，今年春节前一个星期，在下班回家的路上突然不支倒地，不久后便遗憾人间。男子的逝世叫人难以置信，因为他的体重和健康都维持良好水平，家人都很想知道，他究竟为什么会突然离世。

在金仁生中医诊所任职的李广军医师说，男子的验尸报告显示，他原来心脏有孔却不自知。

李医师指出，其实不少人出生时，心脏都有孔，但一般健康婴儿心脏的孔都能自行愈合。至于那些无法自行愈合的人，则需要动手术。

“心脏有孔会造成心脏的血液供应不足，若没有及时发现，就容易发生猝死的情况。”

除了先天性的问题外，其他原因还包括年轻人饮食不健康、缺乏运动以及肥胖

年轻病倒上升

近年来，35岁以下的青年患上心脏疾病，如冠心病或是高血压性心脏病的比率不断上升，心脏疾病已不是老人的专利。李医师认为，除了先天性的问题外，其他原因还包括年轻人饮食不健康、缺乏运动以及肥胖。“50岁以前，男性冠心病发病率明显高于女性，比例是约2.5:1，女性的发病率在停经后才逐年增加，到了60岁以后就与男性差不多。”



心脏病的症状



呼吸困难、气喘



心跳加速、心悸

中医对冠心病的辩证



【一】实证

- ① **心血瘀阻证**：胸部持续刺痛，到了晚上痛楚更严重。时有还会心悸不宁、舌头出现斑点、脉象沉涩。

治法：活血化痰，通络止痛。

- ② **痰浊壅塞证**：胸闷如窒而痛或痛引肩背。气短喘促、肢体沉重、形体肥胖、痰多、苔油腻、脉滑。

治法：通阳泄浊，豁痰开结。

- ③ **阴寒凝滞证**：胸痛彻背、感寒而痛、胸闷气短。心悸、喘息，不能平卧、面色苍白、四肢厥冷、舌苔白、脉沉细。

治法：辛温通阳，开痹散寒。

【二】虚证

- ① **心肾阴虚证**：胸闷且痛、心悸盗汗、心烦难入睡、腰膝酸软。耳鸣、头晕、舌红或有紫斑、脉细涩。

治法：滋阴益肾，养心安神。

- ② **气阴两虚证**：偶尔产生胸闷隐痛、心悸气短、精神不佳。头晕目眩、劳动后情况更严重。舌偏红或有齿印、脉细弱。

治法：益气养阴，活血通络。

- ③ **阳气虚衰证**：胸闷气短、严重时则胸痛彻背。心悸、出汗、畏寒、肢冷、腰酸、乏力。面色苍白、唇甲淡白或青紫。舌淡白或紫暗、脉沉细。

治法：益气温阳，活血通络。



身体虚弱、头晕



食欲不振、水肿



心律不齐、胸痛

心脏疾病导因与预防方法

导因	预防
身材肥胖	注意饮食，定期运动及进行身体检查。
生活紧张	找出紧张原因，克服困难，培养能纾解情绪的嗜好。
烟酒过量	戒烟、戒酒，多喝水。吃大量蔬果。
饮食不当	少吃油腻、过咸食物，以蒸、炖、煮等烹调法取代。
情绪波动	保持平静心情，充分休息，确保睡眠充足。

食疗【一】

三七山楂汤

材料

山楂 20克（若选用新鲜山楂则40克）
三七粉 3克



山楂

做法

先将山楂煎汤，对入三七粉，可加适量冰糖，每天喝。

食疗【二】

菊楂决明饮

材料

洗净菊花 3克
生山楂片 15克
草决明 15克



菊花

做法

放入保温杯中，用沸水冲泡，盖紧浸泡半小时，每天服用数次。

食疗【三】

首乌百合粥

材料

制何首乌 15-30克
百合 30克
枸杞子 9克
大枣 6颗
粳米 100克



首乌

做法

何首乌以沙锅煎煮，去渣取液汁，与洗净的百合、枸杞子、大枣、粳米、适量白糖，一起煮成粥，早晚服食。冠心病偏阴虚者宜服食。