

4 Treating Arrhythmia 如何醫治心律不整？

There is a wide range of effective treatments available, depending on the diagnosis of arrhythmia.

Catheter Ablation

Rapidly advancing and one of the most common treatments used, catheter ablation is a minimally invasive surgery usually performed under local anaesthesia. The catheter with an electrode at its tip locates the damaged or affected heart area and corrects the condition. The benefit of this treatment is its flexibility to treat various types of arrhythmia and its high success rate. Depending on the patient's condition, long-term medication may no longer be required following this treatment.

Device Therapy

By delivering a controlled electric shock to the heart, devices such as ICD, pacemakers, and defibrillators "shock" the heart back to a normal heart rhythm, improve heart function, and prevent sudden cardiac death. Often, the electronics are implanted into the patient's chest.

Medications

Although medication will not cure the condition, it may reduce episodes of tachycardia or slow down the heartbeat when an episode occurs.

For further details or information on the best treatment for your condition, please consult your doctor.



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心律不整的治療方法有很多，視乎病症類型而定。

導管消融術

隨着這項技術迅速成熟，現已成為最常見和標準的治療方法之一。此項微創手術通常在局部麻醉下進行，以導管進入心室，利用導管末端的電極找出導致心臟不正常跳動的部分，然後糾正。其優點在於可應付多種心律不整，且成功率高，長遠還有望擺脫藥物治療。

植入儀器

心臟除顫器、起搏器或心臟再同步治療裝置一般植入於病人胸口，透過可調控的電脈衝刺激心臟，糾正心跳節奏，藉此改善心臟功能，減低猝死的風險。

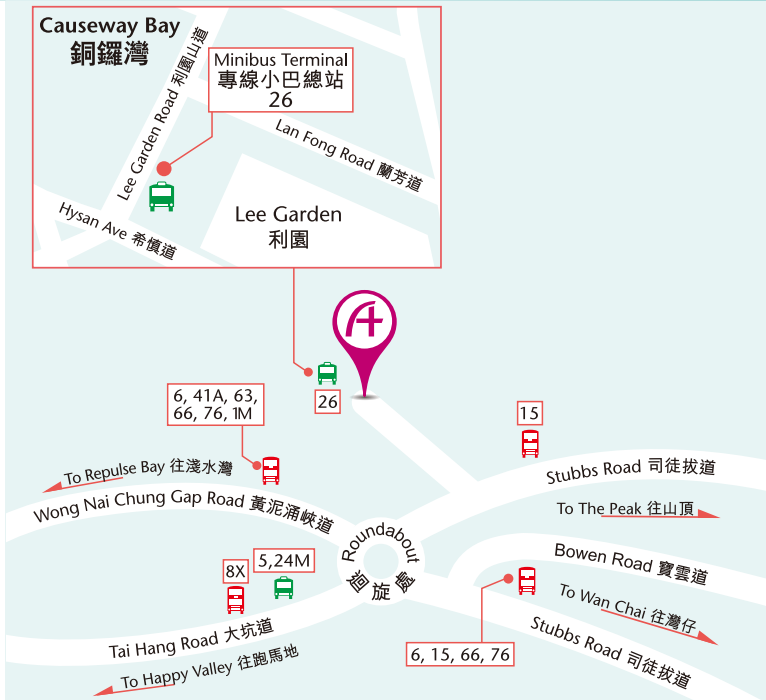
藥物治療

用藥雖然未能根治心律不正，但有助減少心跳過快的問題發作，或於發作時減慢心路。



如欲了解詳情，並擬定個人化的最佳療法，請向醫生查詢。



Map 路線圖



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心律治療中心暨
電生理導管室



4 A Dedicated Professional Medical Team 您的專業醫護團隊

The Hong Kong Adventist Hospital is proud to be the first private hospital in Hong Kong to establish its own Arrhythmia Center / Electrophysiology Laboratory. The center provides electrophysiology tests, catheter ablation, and other therapies such as implantation of pacemakers and implantable cardioverter-defibrillators (ICD), and cardiac resynchronization therapy (defibrillators) to treat arrhythmia. With the center's cutting-edge equipment, experienced cardiac specialists, and dedicated healthcare personnel, patients are treated with the utmost attention and care.

In improving the effectiveness of diagnosis and treatment, the center is equipped with built-in **EnSite Velocity™ (cardiac mapping system)**, **Cool Point™ (irrigation pump)**, and **IBI-1500T11 (cardiac ablation system)**. They are essential in:

- + Collecting precise and clear three-dimensional (3D) images of the heart
- + Rapid diagnosis and effective treatment
- + Handling various types of heart rhythm disorders

香港港安醫院是全港首間設置「心律治療中心暨電生理導管室」的私家醫院，中心支援電生理檢查和導管消融術，並且提供起搏器、除顫器和心臟再同步治療裝置等各種植入手術，為心律有問題人士提供先進而可靠的治療。本院的心臟科專科醫生經驗豐富，加上專業的醫護人員，能體貼和關懷病人需要。

為提高診斷效率和治療成效，**EnSite Velocity™心臟繪圖系統**、**Cool Point™灌洗泵**和**IBI-1500T11心導管射頻消融系統**已內置於心律治療中心，以：

- + 收集更清晰的心臟三維影像
- + 縮短診斷時間，提升治療效果
- + 處理不同類型的心律不整個案

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4 What is Arrhythmia? 甚麼是心律不整？

Any kind of irregular heartbeat is known as arrhythmia, such as when the heart beats **too fast (heart rate of over 100 beats per minute)**, **too slow (heart rate of below 50 beats per minute)**, or **experiences palpitations**. The most common disorders is **atrial fibrillation (AF)**. It is estimated that around 100,000 people in Hong Kong are affected by arrhythmia. The risk of this disease increases with age.

心臟不規則地跳動，包括：**過快 (心跳每分鐘超過100次)**、**過慢 (心跳每分鐘少過50次)** 或**心悸**，一概稱為心律不整。香港約有十萬人受此症影響，而患病風險還會隨着年紀增長而上升，其中又以**心室纖維顫動**最為普遍。

+ Cause 原因

Regular contraction of the heart is generated by electrical impulses that originate from the atrium of the heart (SA node). Any damage to the area (nodes) or problems in the cardiac conduction system may lead to arrhythmia.

協調心臟收縮的電脈衝源自位於心房的竇房結，這區域的功能一旦受損，又或心房心室傳導出現問題，就有機會引起心律不整。



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+ Symptoms 病徵

Sometimes, patients without symptoms may be totally unaware of their condition, while others may experience a quickened heartbeat, a slow heartbeat, or irregular heartbeats. In severe cases, patients may experience dizziness, fainting (syncope), shock, or even sudden cardiac arrest.

部分病人可以症狀全無，或是感覺到心跳加快，減慢，或不規則的心跳。當情況嚴重時，可引起頭暈、昏暈 (昏厥)、休克，甚至心臟性猝死。

4 Who is at Risk for an Arrhythmia? 哪些人有較高機會出現心律不整？

Some conditions may increase the risk for arrhythmias, such as:

- + Hereditary disease (genetic disorder) and family history
- + Cardiac and coronary problems
- + Heart failure
- + Hypertension
- + Thyroid disorder
- + Diabetes
- + Electrolyte imbalance
- + Urban stress and nervousness

如有下列風險因素，就有較大機會出現心律問題：

- + 遺傳病 (遺傳基因失調)、家族病史
- + 心血管疾病
- + 心臟衰竭
- + 高血壓
- + 甲狀腺失調
- + 糖尿病
- + 電解質不平衡
- + 都市生活壓力、精神緊張

4 Diagnosis of Arrhythmia 如何診斷心律不整？

Depending on the condition, the following methods may be considered:

- + **Holter 24-hour Monitoring:** A tiny portable device carried by the patient to monitor and record the electrical activities of the heart.
- + **Cardiac Ultrasound Scan:** Through ultrasound, clear images of the heart are shown to reveal any irregularity of the heart's contraction.
- + **Electrophysiology Test:** A procedure in which catheters are directed into a patient's heart through blood vessels to measure the electrical activities and pathways of the heart. A detailed recording of the heartbeat pattern is produced.

根據病人情況，可考慮以下方法檢查：

- + **24小時心電圖紀錄**—— 即由病人隨身攜帶小型儀器，以監察和記錄心跳情況。
- + **心臟超聲波掃描**—— 利用超聲波獲取清晰的心臟影像，以檢驗不規則的心臟收縮。
- + **電生理檢查**—— 數條極幼細的導管經由血管進入心臟，測量心臟電流活動和傳導路徑，以取得詳細的心跳頻率紀錄。



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