

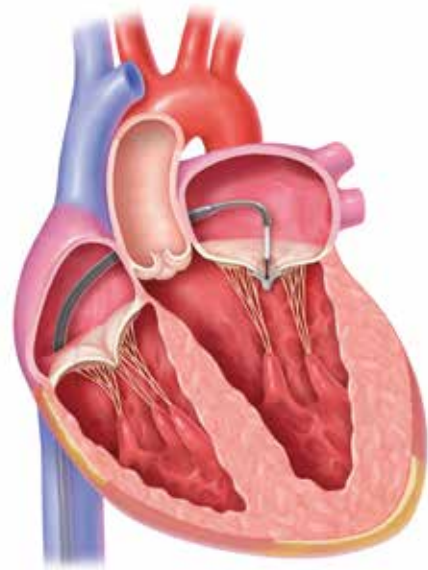
It is important that in the days leading up to your procedure you take all prescribed medicines and follow any instructions given by your doctor or nurse.

The procedure is performed under general anaesthesia and takes an average of three to four hours. Afterwards, you will be hospitalized for one to three days.

Following the procedure, you should avoid any demanding activity for at least 30 days. It is also very important to carefully follow your doctor's instructions regarding any medicines you need to take. Your doctor may also prescribe a blood thinner. Most patients who undergo MitraClip therapy do not normally need special assistance at home after the procedure, other than that for any unrelated health conditions.

MitraClip儀器將直接夾著二尖瓣，而病人無須進行開胸手術。

要植入儀器，病人須從大腿血管插入導管（一支幼長的軟性管子），引導至心臟。導管會將儀器運送至心瓣，然後夾著二尖瓣，令其能完全緊閉。MitraClip儀器非常細小，甚至較指尖還細，因此不可能感覺到它的存在。



在進行手術前幾天，請確保服用所有醫生處方的藥物，並遵照醫生或護士的指示。

手術在全身麻醉情況下進行，一般需三至四個小時。手術後，須留院一至三天，並在至少三十天內避免進行劇烈活動。

完成MitraClip治療後，大部分病人除了其他疾病的持續護理外，一般都無須特別照顧或協助。不過，醫生可能會在手術後處方薄血藥。病人須遵從醫生的指示服用藥物。



### Map 路線圖



Hong Kong Adventist Hospital – Stubbs Road  
香港港安醫院—司徒拔道

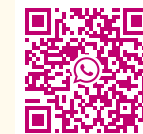
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Non Open Heart Surgery  
The MitraClip Therapy for Mitral  
Regurgitation  
非開胸手術MitraClip治療—  
改善二尖瓣倒流



## 4 MitraClip Therapy for Mitral Regurgitation 針對二尖瓣倒流的MitraClip治療

The MitraClip system is a catheter-based therapy aimed at reducing mitral regurgitation (MR) in a less-invasive way than open-heart surgery. Cardiologists who use this treatment are able to repair a mitral valve by attaching a “clip” (the MitraClip device) to the heart valve. The device allows the valves to close more completely, and therefore helps restore normal blood flow through the heart.

MitraClip therapy increases the options available for select MR patients. It can reduce symptoms of heart failure (HF) and improve their quality of life. Clinical trials in the United States have proven its safety and efficacy.

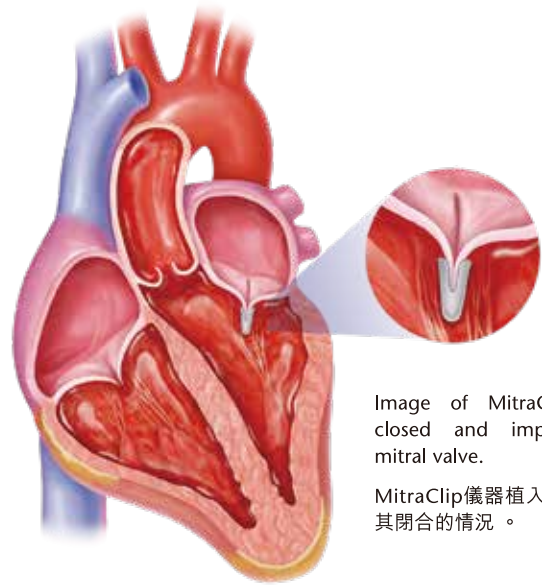


Image of MitraClip device closed and implanted on mitral valve.

MitraClip儀器植入二尖瓣，令其閉合的情況。

MitraClip治療是針對二尖瓣倒流的微創修補治療，即利用MitraClip儀器夾著二尖瓣，且無須像傳統手術一樣開胸。這種儀器可讓二尖瓣完全緊閉，因此有助恢復心臟的正常血液流動。

在美國，已進行了MitraClip治療的臨床實驗，並且已達致有關的安全及療效的目標。

## 4 What is Mitral Regurgitation? 甚麼是二尖瓣倒流？

Mitral regurgitation (or “MR”) is a condition affecting the mitral valve, one of the valves which control the flow of blood through the four chambers of the heart. Each heart valve is made up of thin, but strong flaps of tissue. As blood flows through the four chambers of the heart, the valves open and close to ensure that blood flows in the right direction.

The mitral valve is located between the heart’s two left chambers and allows blood to flow forward through the heart during a normal heart-beat. When the mitral valve fails to close completely, blood flows backwards in the opposite direction. This backward flow is called mitral regurgitation.

Mitral regurgitation places an extra burden on the heart, lungs, and other organs. Some patients may develop an enlarged heart because it has to work harder to pump blood through the body. Eventually, this extra burden can cause other, more serious heart problems, such as heart failure, and may result in irregular heart beats, stroke, and even sudden death.

二尖瓣乃心臟其中一塊瓣膜（亦即心瓣），位於左心房和左心室之間。與其他心瓣一樣，它是由細薄而強韌的組織瓣組成，通過自然地開合，以控制心房和心室的血液往適當的方向流動。

正常的情况下，二尖瓣會讓血液流往心臟，但如果二尖瓣不能完全閉合，流經的血液便會往相反方向倒流，也就是「二尖瓣倒流」。血液倒流會令心臟、肺部及其他器官負荷加重，有些病人的心臟因為需要更用力將血液泵往全身，致心臟變得肥大。最終，這額外的負荷會導致其他更嚴重的心臟問題（如心臟衰竭），並可能會引致心跳不規律、中風，甚至猝死等情況。

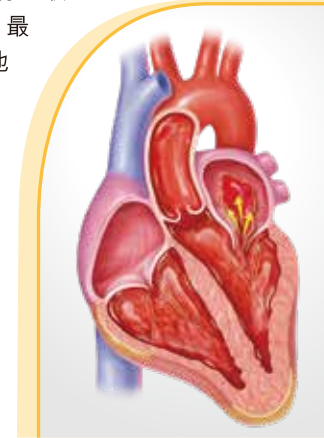


Image showing chamber of heart affected by mitral regurgitation.

Yellow arrows show blood flowing backwards.

受二尖瓣倒流影響的心臟。  
黃色箭嘴顯示血液倒流的情況。

## 4 Options for Mitral Regurgitation Treatment 二尖瓣倒流的治療

Treatment for mitral regurgitation depends on how advanced the condition is and whether it is likely to get worse. If needed, a physician may prescribe medicines to help make symptoms more manageable.

In mild cases, treatment may not be necessary but patients need regular monitoring by a doctor. More serious cases may require surgery or a less-invasive mitral valve repair.



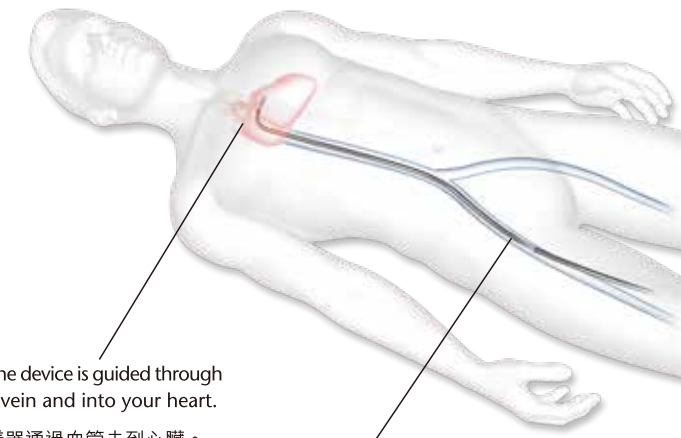
MitraClip device  
MitraClip 儀器

其治療視乎病情的嚴重程度，以及情況有否持續惡化。如有需要，醫生或會處方藥物以幫助控制病情。

病情輕微的個案可能只需定期接受醫生的檢查和監察，而不需要任何治療。嚴重個案便可能需要進行手術或微創二尖瓣修補治療，例如MitraClip治療。

## 4 What to Expect with MitraClip Therapy MitraClip治療如何進行及哪些事項須注意？

The MitraClip device is attached directly to the mitral valve. This is done by accessing the mitral valve without opening the chest but with a catheter (a long, thin, flexible tube) which is guided through a vein in your leg to reach your heart. The device is passed through the catheter and then clipped to the mitral valve, allowing it to close better. The MitraClip is very small - less than the size of a fingertip – and its presence is undetectable by the patient.



1. The device is guided through a vein and into your heart.
1. 儀器通過血管去到心臟。

2. The right femoral vein is the usual entry site
2. 一般情況下，導管會從右大腿血管進入身體。