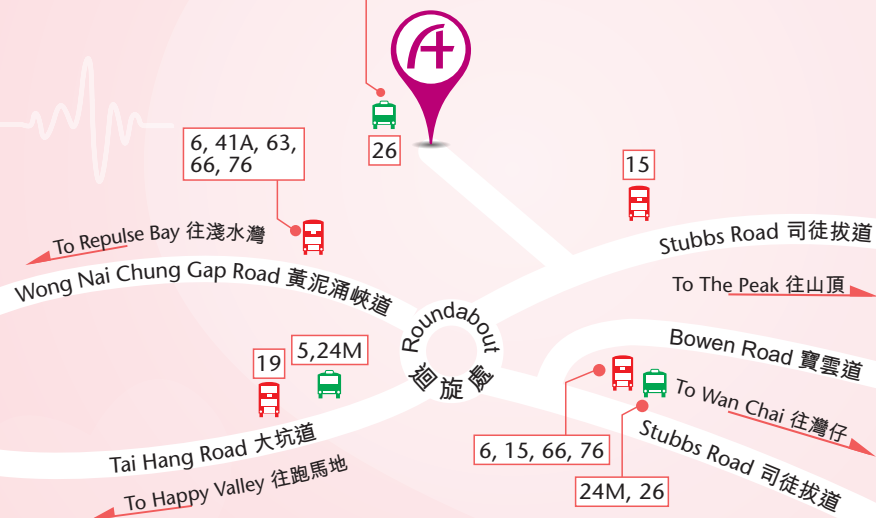
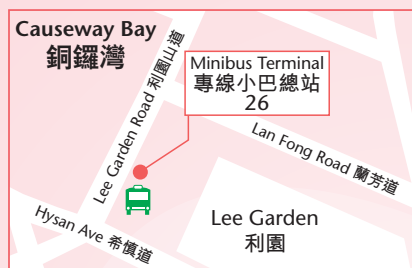


## Location 醫院位置



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

- 📍 First Floor, Hong Kong Adventist Hospital,  
40 Stubbs Road, Hong Kong  
香港司徒拔道40號香港港安醫院一樓
- ☎ (852) 3835 0578
- ☎ (852) 2591 4475
- ✉ heartctr@hkah.org.hk
- 🕒 Monday to Friday 9am-5pm  
週一至週五 上午9時至下午5時



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## Guide to a Healthy Heart 健康心臟指南



# Introduction

## 導言



**Coronary heart disease** (CHD) is one of the leading causes of death in Hong Kong. Risk factors such as smoking, diabetes, cholesterol and obesity have steadily risen in most western countries and in Hong Kong. Coronary heart disease may reveal its presence when chest pain occurs (known as angina), in a heart attack, or in sudden death. It can, however be asymptomatic (silent).

Prevention of the disease is the optimal approach. This booklet serves to provide a brief introduction to common heart diseases. It includes possible causes, presenting symptoms, diagnosis, and treatment. It also provides an explanation of the risk factors which are thought to contribute to the development of heart disease, as well as some practical suggestions as to how these may be reduced or preferably eliminated.

This booklet also aims to help patients with existing heart disease gain a better understanding of their condition, and remove any fear and anxiety that may accompany such conditions. Strictly in line with the primary goal of the Hong Kong Adventist Hospital and modern cardiology practice, the emphasis throughout this booklet is on prevention rather than cure. Please note that this information is only a guide and does not replace the need to seek advice from a health professional.



**冠心病** 是香港十大「殺手病」之一。在本港和大部份西方發達國家，吸煙、糖尿病、高膽固醇、肥胖等冠心病的風險因素愈趨普遍。可惜的是，它可以無聲無息地出現，許多人直至感到胸痛（所謂心絞痛）或心臟病發時，始知道自己患有冠心病，又往往在毫無症狀下病發猝死。由此可見，預防心臟病十分重要。

此小冊子簡介一般心臟病的資料，包括可能致病的原因、徵狀、診斷及治療方法，並介紹導致心臟病的各種風險因素，及提出一些有機會減輕、甚至排除這些風險的可行方案。

一如現代心臟醫學的要旨，本院一向深信「預防勝於治療」，希望藉着這本小冊子，加深大眾對心臟病的認識，以及早預防。同時，幫助心臟病患者消除因為不了解而產生的焦慮與恐懼。請注意，本小冊子內容謹供參考，詳情請向醫生查詢。



# Heart and Cardiovascular Diseases

## 認識心臟和心臟病

### The Normal Heart 心臟

The heart is a hollow muscular organ divided into four chambers. It contracts and relaxes to pump oxygen-rich blood throughout the body.

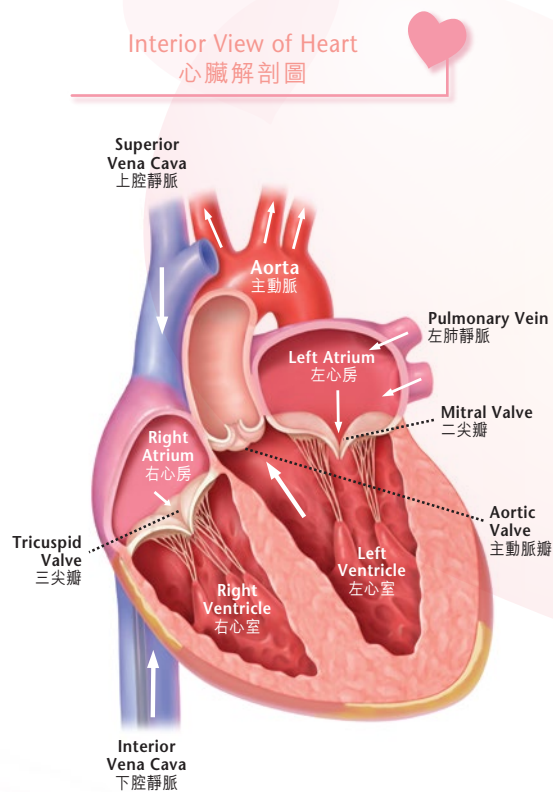
The right and left sides are divided by a wall or septum. The upper and lower chambers are divided by moving valves, which allow blood to flow from the upper chamber (atrium) to the lower chamber (ventricle). The right side of the heart receives blood from the body and pumps it to the lungs through the pulmonary artery.

In the lungs, carbon dioxide and other waste materials are exchanged for oxygen, which is then carried in the blood. The left side of the heart receives the oxygen-rich blood, and this blood is supplied to the heart through the coronary arteries, which branch off from the aorta. These arteries branch on to smaller arteries to provide the whole heart with a good supply of blood.

心臟是一個中空的肌肉器官，並可分為四個部份。劃分左右兩邊的肌肉組織稱為中隔，而每邊各有一組心瓣膜，分為上下腔，上腔稱為心房，下腔稱為心室。心瓣膜負責控制血液由心房流入心室。

右心負責接收來自身體的血液，經肺動脈進入肺部，過程中將二氧化碳及其他廢氣排走，同時把吸入的氧氣輸送到血液。透過血液進行氣體交換，使肺部得到氧氣供應。當左心接收到這些高含氧度的血液，藉着各組織的協調而收縮擴張，為全身供應含氧充足的血液。

大動脈由兩支冠狀動脈組成，冠狀動脈又分成數支細小的動脈，以供應血液給整個心肌，維持心臟的正常運作。

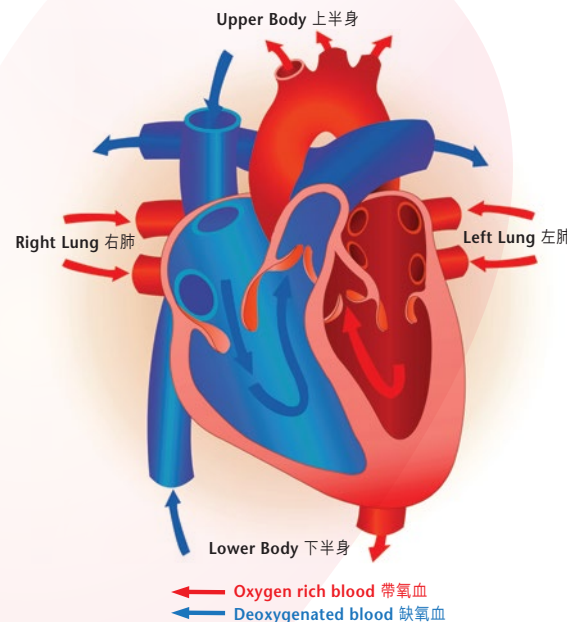


### What is a Heart Attack? 甚麼是心臟病發作?

When blood flow to the heart ceases temporarily due to severe narrowing or obstruction of the arteries, a portion of the heart becomes damaged. This is called a heart attack and it may give rise to severe pain. The medical term for heart attack is 'myocardial infarction' or 'coronary thrombosis'.

血管一旦嚴重狹窄或閉塞，前往心臟的血液流動短暫停頓，便會造成部份心肌缺血受損，有可能導致劇烈疼痛。醫學上稱之為「心肌梗塞」或「冠狀動脈血栓」。

### Blood Flow Through the Heart 心臟血液的流動方向



### What is Angina? 甚麼是心絞痛?

Angina is the chest pain or discomfort experienced when the heart muscle does not have an adequate supply of blood. It is not a heart attack! If the blood vessels supplying oxygen to the heart are narrowed, when extra demand for blood is made by the heart (during exercise, excitement, or following a heavy meal), the narrowed vessels cannot supply an adequate amount of blood to the heart. As the heart is deprived of oxygen, pain arises, but this kind of pain is not always severe and may disappear with rest. The pain is located in the upper mid chest and usually lasts a few minutes. It can be relieved with medication, such as nitroglycerin (NTG). If you have symptoms suggestive of angina, consult your doctor immediately.

心肌因缺血產生胸痛或不適的徵狀，稱為心絞痛，但不同於心臟病發作。由於部分負責供應含氧血液給心肌的血管變窄，故如果心臟需要較多含氧血液（如運動期間、情緒激動時或飽餐後），變窄的血管未能輸送足夠的含氧血液到心肌，便會造成心臟缺氧，令患者感到胸口痛楚。這種疼痛有時並不嚴重，持續數分鐘或休息後便會減退，服用藥物（如硝化甘油）亦有助舒緩。若出現心絞痛，必須向醫生求助。

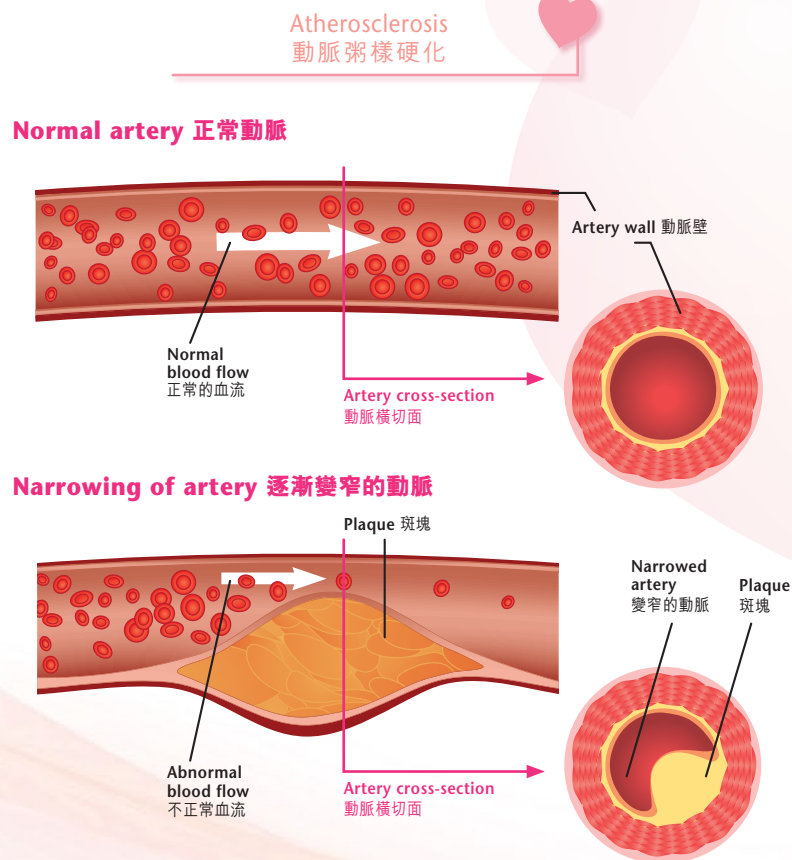
## What is Coronary Heart Disease? 甚麼是冠狀動脈心臟病（即「冠心病」）？

Coronary heart disease develops when the arteries supplying blood to the heart muscle become narrowed or blocked, resulting in part of the muscle not receiving enough oxygenated blood.

**Atherosclerosis** is caused by a build-up of fatty deposits (plaque) over many years on the walls of an artery. This causes the artery to narrow, resulting in reduction of blood flow.

冠心病的主因，是負責供應心肌血液的動脈（冠狀動脈）狹窄或阻塞，使部份心肌未能接收足夠含氧血液。

**冠狀動脈粥樣硬化**是指不正常的油脂組織（斑塊）長年累月積存在血管壁，令血管變窄，阻礙血液流動。



## How Do I Know I have a Heart Problem? 如何發現心臟隱患？

The signs and symptoms of heart disease vary considerably from person to person and according to the type of disease present. The symptoms described below may be attributed to heart disease. If you are suffering from any of these symptoms, you should seek medical advice.

心臟病的徵兆因人因病而異。下列是一些可能因心臟病而引致的徵狀，若出現類似徵狀，應尋求進一步的醫學意見。

### 1 Fatigue 疲勞

Undue tiredness related to effort  
用力後過度疲勞

### 2 Palpitations 心悸

Rapid, forceful or irregular heartbeats  
急促、強力而不規則的心跳

### 3 Fainting 暈眩

Feeling weak and unsteady on your feet  
感到虛弱及腳步飄浮

### 4 Shortness of breath 呼吸短促

During exertion or when lying down  
運動或躺臥時感到氣促或冒汗

### 5 Chest pain 胸部疼痛

Feeling of discomfort or pressure in the chest; pain or tightness in the center of the chest; pain, tightness or numbness in one or both arms; pain in the jaw or throat  
感到胸部（通常在中間位置）的疼痛、不適或壓迫；一隻或兩隻手臂感疼痛、緊迫或麻痺；甚至下顎或喉部疼痛。

### 6 Fluid retention 液體滯留（俗稱水腫）

Abnormal accumulation of fluid in the ankles or feet when upright, or in the buttocks and back of thighs when resting in bed  
不正常的液體於站立時積聚在足踝或腳掌，或臥床時積聚在臀部及大腿背面。

## What Causes Coronary Heart Disease? 甚麼原因引致冠狀動脈心臟病呢？

The fundamental cause is unknown, although a number of factors may increase the risk. There are two groups of risk factors: those that are unchangeable and those that are changeable.

雖然引發此病症的根本原因不明，但一些或會增加患病機會的風險因素是能夠辨別的，並可歸納為不可改和可改兩種。

### Unchangeable Risk Factors 不可改的風險因素

- ♥ Age – The risk of coronary heart disease increases with age.  
年齡：患冠心病風險隨年齡遞增。
- ♥ Gender – Generally speaking, men are at greater risk than women, and tend to have heart attacks earlier in life. The risk for women increases after menopause.  
性別：一般而言，男性較女性有更高風險，並容易於年輕時心臟病發。更年期後，女性患病的機率亦隨之增加。
- ♥ Heredity – Those with a family history of heart disease, diabetes or high blood pressure have a higher risk of developing coronary heart disease.  
遺傳：家族病歷中有心臟病、糖尿病或高血壓者，患病機會較高。

### Changeable Risk Factors 可改的風險因素

- ♥ Smoking 吸煙
- ♥ High cholesterol 高膽固醇
- ♥ Physical inactivity 缺乏運動
- ♥ Stress 憂慮或精神緊張
- ♥ Excessive alcohol 飲酒過量
- ♥ High blood pressure 高血壓
- ♥ Being overweight 過重
- ♥ Diabetes 糖尿病



## Diagnostic Procedures 診斷檢查

If you suspect that you may have cardiovascular disease, you can contact our Health Assessment Center for details of health examination packages, or make an appointment with our cardiologists of the Hong Kong Heart Center at our hospital. Tests to diagnose heart disease can include:

若懷疑患上心臟血管疾病，可聯絡本院的香港心臟中心預約心臟科專科醫生，或向身體檢查中心查詢合適的檢查計劃。針對心臟健康的檢查項目包括：

### Blood Tests 血液檢查

A series of tests that may include monitoring of cholesterol levels, cardiac enzymes, and proteins. 涵蓋膽固醇指數、心臟酵素及蛋白質測試。

### Electrocardiogram (ECG) 心電圖

Examines the electrical current from the heart. Changes can be detected when the heart has been damaged.

檢查心臟活動的電流波動是否正常。透過心電圖頻譜，辨析心肌受損程度。

### Exercise Stress Test 運動心電圖

A multi-staged exercise test on a motorized treadmill with ECG and blood pressure monitoring. An abnormal response to exercise may suggest the presence of heart disease.

病人一邊做運動，一邊進行心電圖及血壓檢查，根據心臟對運動的反應，檢測心臟是否有不正常的狀況。

### Echocardiogram 心臟超聲波檢查

A simple ultrasound examination of the heart which shows valvular and other structural deformities and evaluates heart function.

可顯示心瓣膜及心臟其他結構有沒有缺陷，以評估心臟功能。

### Electrocardiogram (ECG) 心電圖



### Holter Monitor 二十四小時心電圖紀錄

Consists of a miniature tape recording device worn over a 24-hour period. It provides a continuous ECG recording as you go about your daily activities.

受檢查者需要佩戴一個小型儀器，以評估二十四小時內，於進行一般日常活動時，心跳的速率與節律，以作詳細的心電圖數據分析。

### Computed Tomography Coronary Scan 心臟電腦掃描（心臟血管造影）

A radiology test that reveals the amount of narrowing and indicates whether there is blockage in the coronary arteries.

利用高速多層螺旋電腦掃描，檢查心臟血管變窄程度及有否阻塞的放射性測試。

### Coronary Angiography 冠狀動脈造影

A minimally invasive procedure performed in the Cardiac Catheterization and Interventional Center, and involves placing a catheter in a major blood vessel and injecting a radio-opaque dye to create an image of the heart and coronary arteries. It is an essential tool for guiding therapeutic treatment and in evaluating the function of the heart chambers.

是一項評估心室功能的低侵入性的導管術，於心導管檢查及介入治療中心內進行。醫生在受檢查者的主要血管放入導管，並注射顯影劑，以取得冠狀動脈的解剖圖，對擬定治療方案有重要作用。



## Treatment and Prevention 心臟病的治療和預防

### Treatment of Coronary Heart Disease 冠心病的治療

#### Percutaneous Coronary Intervention (PCI) 冠狀動脈介入治療（即「通波仔」）

This is a common procedure used for the treatment of coronary artery disease. It involves a sophisticated balloon dilatation technique that opens an obstructed coronary artery without requiring the patient to undergo major surgery. If needed, a stent may be deployed following balloon dilatation. The stent acts like a scaffold, keeping the artery open. The latter procedure is known as coronary angioplasty with stenting. Depending on the extent of the narrowing, more than one stent may be required to dilate the arteries.

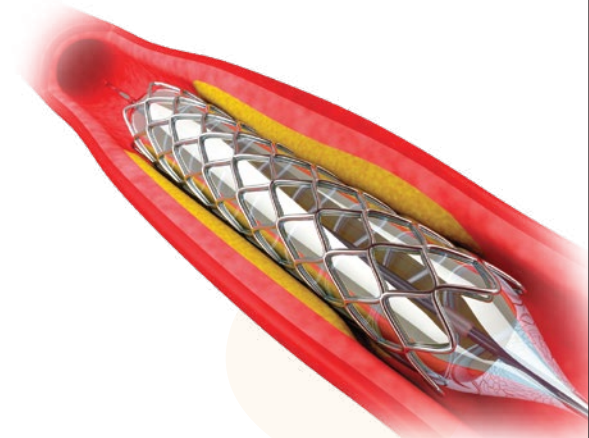
利用可脹大收縮的球體來開通阻塞的冠狀動脈，讓病人可避免進行大型外科手術，是常見的治療方法。必要時，醫生會為病人在血管植入支架，撐開血管，並視乎血管阻塞的程度，或植入多於一副支架，以保持血管開通，讓血液通過。

#### Coronary Artery Bypass Graft (CABG) 冠狀動脈搭橋手術

If angioplasty is not possible, your doctor may recommend that you undergo **coronary artery bypass graft surgery**. This is a surgical procedure whereby a vessels is taken (mostly from the chest) and grafted to the artery below the obstruction, providing the heart with a new pathway to restore adequate blood supply.

若無法施行通波仔，醫生或會建議進行「**冠狀動脈搭橋手術**」。這是一種外科手術，需要在病人身體取出適當的血管，移植到阻塞的冠狀動脈下方，使血液可以繞過阻塞部位繼續流通，從而增加心臟的血液供應。

#### Percutaneous Coronary Intervention 冠狀動脈介入治療



## Treatments for Other Heart Problems 其他心臟問題的治療

Sometimes, the valves of the heart become narrow or weak, impairing the function of the heart. The narrowed valves may be repaired by a procedure very similar to a PCI called valvuloplasty. The valves that cannot be repaired by this method may have to be replaced through surgery. It is not uncommon for people to be born with a defect in the septum of the heart – these defects may also be repaired through surgery.

若因心瓣膜狹窄令心臟功能受損，可以「球囊瓣膜成形術」來修補，這手術類似通波仔。若心瓣膜不能經此手術修補，例如較為普遍的先天性心房或心室中隔缺損（俗稱「心漏病」），就需要施行外科手術來修補。

## How Can I Reduce the Risk of Heart Disease? 如何減少心臟病發作的風險？

### 1 Smoking 吸煙

Cigarette smoking can cause constriction of the arteries. This is worsened if the arteries are already narrowed with atherosclerosis. Smoking also raises blood pressure and by adding carbon monoxide to the lungs, smoking makes it harder for the blood to take up oxygen. It also irritates the lungs, leading to breathing difficulties, which further increases the workload of the heart. Positive benefits of not smoking include saving money, prospects of a longer life, improved appearance, and being able to taste and enjoy the flavors of your food.

吸煙令動脈血管收縮，引致血壓增高，令原本因粥樣硬化而變窄的血管情況惡化。肺部吸入的一氧化碳更阻礙血液吸收氧氣；而且吸煙會刺激肺部，引致呼吸困難，增加心臟負擔。戒煙同時為日常生活帶來許多正面的影響，例如節省金錢、活得更長久、改善外觀及享受食物的味道等等。



### Tips to help you stop smoking 戒煙貼士

- ♥ Set a date and stick to it. Draw up a plan of action, including specific items such as enrolling in a smoking cessation course
- ♥ Become more active. Exercise helps you to relax and boost your morale. Walk instead of taking the bus and opt for stairs instead of lifts
- ♥ Change your routine. Avoid the shop where you used to buy your tobacco. Develop healthy hobbies to engage in
- ♥ Get support from family and friends. Ask them to encourage you to stick to the program. Avoid having smokers around you and try not to visit the places where you used to buy tobacco
- ♥ Treat yourself – this is important. Use the money saved from buying cigarettes to treat yourself to a holiday
- ♥ Take it one day at a time. Remember each day without a cigarette is good for your heart, your health and your family
- ♥ 訂立並恪守戒煙計劃，建議參加戒煙課程
- ♥ 多做運動有助放鬆，建議以步行代替坐巴士，行樓梯代替搭升降機
- ♥ 改變日常生活，避免經過平日買香煙的店舖，培養良好的嗜好
- ♥ 邀請家人、朋友支持和鼓勵您堅持戒煙，同時遠離吸煙者
- ♥ 善待自己，儲起平日購買香煙的錢，以其他方法獎勵自己，例如去旅行
- ♥ 每天提醒自己，戒煙對自己的心臟、整體健康及家人均有利

Withdrawal symptoms from not smoking can be unpleasant, but it is a sign that your body is recovering from the effects of tobacco. The symptoms usually pass after a few weeks, so don't give up!

戒煙期間，身體或有可能感到不適。這些症狀通常在數星期後消失，而且是身體正在擺脫煙癮的最佳證明。請勿放棄，堅持到底！

## 2 High Blood Pressure 高血壓

Blood pressure is the force that moving blood applies to the walls of the arteries. When blood pressure is high, the constant pressure damages arteries. This in turn attracts cholesterol and other material, which form fatty plaques. Long-standing high blood pressure may lead to heart failure and kidney failure, as well as stroke. High blood pressure commonly has no symptoms, which is why it can be so dangerous. Causes of high blood pressure include heredity factors, increasing age, obesity, smoking, and excess salt and alcohol intake. If you have a history of high blood pressure, ensure you get it checked regularly.



血壓是指血液流動對動脈血管壁造成的壓力。長期高血壓會損壞動脈內壁，使膽固醇及其他物質更容易聚合，形成脂肪斑塊。長期高血壓更會引致心臟衰竭、腎臟衰竭或中風。高血壓通常沒有任何徵兆，所以非常危險。遺傳、年齡增長、肥胖、吸煙及攝取過量鹽份和酒精，均會導致高血壓。若發現血壓有上升的趨勢，建議經常監察血壓的變化，早作防範。

Figure 1 表一：Blood Pressure Category 血壓水平分類

Blood Pressure Category 血壓情況類別	Systolic / Upper (mmHg) 收縮壓 / 上壓 (毫米汞柱)	and / or 及 / 或	Diastolic / Lower Pressure (mmHg) 舒張壓 / 下壓 (毫米汞柱)
Normal 正常	<120	and / or 及 / 或	<80
Elevated 偏高	120 - 129	and / or 及 / 或	<80
High Blood Pressure (Hypertension) Stage 1 第一階段高血壓	130 - 139	or 或	80 - 89
High Blood Pressure (Hypertension) Stage 2 第二階段高血壓	≥140	or 或	≥90
Hypertensive Crisis (Emergency care needed) 高血壓危象 (需要即時處理)	>180	and / or 及 / 或	>120

Source 資料來源：American Heart Association 2017 美國心臟學會2017



High blood pressure can be controlled by:  
高血壓可通過以下幾種方法控制：

- ♥ Taking prescribed medication as directed
- ♥ Maintaining a healthy body weight (people with a body mass index (BMI) of 30.0 or higher have an increased risk of high blood pressure)
- ♥ Maintaining a healthy and well-balanced diet. Limit your salt and alcohol intake, as both are known to increase blood pressure
- ♥ Engage in regular physical activity five times a week for at least 30 minutes each time
- ♥ Stop smoking
- ♥ 服用處方藥物
- ♥ 保持理想體重 (如果體質指數高過或等於30，患高血壓的風險相應增加)
- ♥ 維持均衡飲食，減少攝取鹽份及酒精
- ♥ 保持適量運動 (每星期五次，每次最少30分鐘)
- ♥ 戒煙

## 3 High Cholesterol 高膽固醇

Cholesterol is a soft, fat-like substance found in the blood stream. It is made in the liver and contained in many foods we eat such as animal fats. While it is healthy to have a certain amount of cholesterol in your body, too much is harmful, and may cause narrowing of your coronary and other main arteries. Cholesterol moves through your blood stream as part of lipoproteins (molecules made of cholesterol and proteins).

The two lipoproteins that are specific to cholesterol are low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is known as 'bad' cholesterol and is responsible for the fatty build-up within the coronary artery walls, while HDL is known as 'good' cholesterol. Maintaining high levels of HDL can lower the risk of developing plaque in the arteries, thereby reducing the risk of a heart attack.



膽固醇是一種在血液裡流動的柔軟脂肪狀物質，大部份由肝臟製造。膽固醇與蛋白質結合，組成脂蛋白。脂蛋白又可細分為「低密度脂蛋白」及「高密度脂蛋白」。前者稱為「壞膽固醇」，有機會黏在冠狀動脈壁上，積聚脂肪；後者則稱為「好膽固醇」，能降低動脈積聚斑塊的風險，有助減低心臟病發的機會。

很多食物如動物脂肪都含有膽固醇，只要小心選擇，並攝取適量的膽固醇，是對身體有益的。惟攝取過多，則有可能會導致冠狀動脈和其他主要動脈變窄，對健康構成威脅。故此，我們應維持低水平的低密度脂蛋白及高水平的高密度脂蛋白。



#### To help keep your LDL low:

以下方法有助保持低水平的低密度脂蛋白：

- ♥ Maintain a diet low in saturated and trans fatty acids (see figure 5)
- ♥ Engage in regular physical activity five times a week for at least 30 minutes each time
- ♥ Maintain a healthy body weight
- ♥ If you are diabetic, maintain good glucose control
- ♥ If you smoke, give it up as smoking affects LDL levels
- ♥ Maintain a healthy blood pressure
- ♥ 只攝取少量飽和脂肪和反式脂肪（見表五）
- ♥ 保持適量運動（每星期五次，每次最少30分鐘）
- ♥ 保持理想體重
- ♥ 若為糖尿病患者，應妥善控制血糖水平
- ♥ 戒煙，因為吸煙會拉高低密度脂蛋白的水平
- ♥ 保持理想血壓水平

#### To help raise your HDL, the following actions may be helpful:

以下方法有助於保持高水平的高密度脂蛋白：

- ♥ Do not smoke
- ♥ Maintain a healthy body weight
- ♥ Engage in regular physical activity five times a week for at least 30 minutes each time
- ♥ Eat foods rich in unsaturated fats, especially mono-unsaturated fats, such as olives, almonds, and avocados (see figure 5)
- ♥ 戒煙
- ♥ 保持理想體重
- ♥ 保持適量運動（每星期五次，每次最少30分鐘）
- ♥ 多吃含有豐富單元不飽和脂肪或不飽和脂肪的食物，如橄欖、杏仁、牛油果（見表五）



Triglycerides are another type of fat found in the blood and are a major source of energy. They are found in foods we eat. Regularly eating more calories than you burn especially fats, carbohydrates, sugary foods, and alcohol increases triglyceride levels.

血液中尚有另一種脂肪，稱為「三酸甘油酯」，可透過日常飲食吸收，是主要的能量來源。當我們平日吸收的熱量比所消耗的多，或常常吸收來自脂肪、碳水化合物、甜食和酒精的熱量，就很有機會令三酸甘油酯水平上升。



To lower your triglyceride level:  
以下方法有助降低三酸甘油酯水平：

- ♥ Maintain a healthy body weight
- ♥ Eat foods low in saturated fat, trans fat, and cholesterol
- ♥ Engage in regular physical activity at least five times a week for 30 minutes each time
- ♥ Do not smoke
- ♥ If you drink alcohol, do so in moderation. Men should consume no more than two drinks per day while women should limit to one drink per day
- ♥ 保持理想體重
- ♥ 避免吃含有大量飽和脂肪、反式脂肪及膽固醇的食物
- ♥ 保持適量運動（每星期五次，每次最少30分鐘）
- ♥ 戒煙
- ♥ 減少飲酒（男士每日不多過兩杯，女士每日不多過一杯）

A high triglyceride level, combined with low HDL cholesterol or high LDL cholesterol, has been shown to speed up the development of atherosclerosis. Ask your doctor to explain the test results for you. The blood test used to check your cholesterol is called a lipoprotein profile. You will be asked to fast for 8 to 12 hours prior to the test and results will include total cholesterol, LDL, HDL, and triglyceride levels.

If you have high blood cholesterol levels, or have a family history of heart disease, ensure that your cholesterol levels are checked regularly. A healthy diet and regular physical activity are not always enough to lower cholesterol levels and it may be necessary to also take cholesterol-lowering medicine.

若三酸甘油酯和低密度脂蛋白水平偏高、高密度脂蛋白偏低，會令動脈粥樣硬化加速惡化，增加患上冠心病的機會。一個名為「脂蛋白檢查組合/脂蛋白概況」的血液測試（為提高準確度，測試者需檢查前8至12小時禁食），可檢測總膽固醇、低密度脂蛋白、高密度脂蛋白、三酸甘油酯的水平，以評估患病的風險。

當膽固醇處於高水平，或家族有心臟疾病史，請定期檢查，並詢問醫生除了健康飲食和定期運動，是否亦需要服用降膽固醇藥。

#### 4 Being Overweight 過重

If you are overweight, your heart has to pump harder to supply your body with blood.

Many overweight people are likely to have high blood pressure and high blood cholesterol.

People with excess body fat, especially around the waistline, have an increased risk of developing cardiovascular disease and other chronic health problems (see figure 2). Waist measurement and BMI are recommended ways to estimate a person's total body fat. The BMI assesses a person's weight relative to their height (see figure 3).



過重人士患上心血管疾病的風險較高。如果身體過重，心臟需要加大力度，才能輸送血液至全身，故此很多過重人士亦患有高血壓及高膽固醇。

若積聚過多脂肪，尤其在腰間，發展成心血管疾病和其他慢性心臟問題的風險會相應增加。（見表二）腰圍和體質指數都是估計個人身體總脂肪的可靠方法。體質指數以個人體重和身高的比率評估體重水平，如表三示。

Figure 2 表二：  
Waist Measurements and Health Risk for Men and Women (Caucasian and Asian Origin)  
腰圍與健康風險的關係（白人和亞洲人）

	Increased risk (Asians) 風險增加（亞洲人）	Increased risk (Caucasians) 風險增加（白人）	Substantially increased risk 風險明顯增加
Men 男性	>90cm 厘米	>94cm 厘米	>102cm 厘米
Women 女性	>80cm 厘米	>80cm 厘米	>88cm 厘米

Source 資料來源：British Heart Foundation 2019 英國心臟基金會 2019 (bhf.org.uk/myweight)

Figure 3 表三：  
Reference Guide for BMI (Caucasian and Asian Origin)  
體質指數、健康水平和危機的關係（白人和亞洲人）

BMI 體質指數		Classification 級別	Health Risk 健康危機
Caucasian 白人	Asian 亞洲人		
≥40 35 - 39.9 30 - 34.9	≥25	Obesity Class I-III 癡肥	High risk of developing heart disease, high blood pressure, stroke and diabetes 患心臟疾病、高血壓、中風和糖尿病的風險偏高
25 - 29.9	23 - 24.9	Pre-obesity 過重	Moderate risk of developing the above diseases 患以上疾病的風險屬中等
18.5 - 24.9	18.5 - 22.9	Normal Range 正常	Low risk of developing the above diseases 患以上疾病的風險偏低
<18.5	<18.5	Underweight 過瘦	At risk of developing nutritional deficiency diseases and osteoporosis 有患上營養缺乏症及骨質疏鬆的風險

Source 資料來源：World Health Organization 2020 世界衛生組織2020  
National Institutes of Health 2018 國家衛生機構2018  
Centre for Health Protection 2019 衛生防護中心2019  
BMI 2013  
Association between body mass index and cardiovascular disease mortality in east Asians and south Asians  
體質指數2013  
體重指數與東亞和南亞人心血管疾病死亡率之間的關聯



A healthy diet combined with regular exercise can help you control your weight.  
良好飲食習慣加上適量運動，有助控制體重

- ♥ Eat a variety of nutritious foods from all the different food groups (see figure 4)
- ♥ Limit intake of foods and beverages that are high in calories and low in nutrients, e.g. alcohol, sugary fizzy drinks and sweets
- ♥ Cut back on foods known to be high in cholesterol (see figure 5)
- ♥ Cut back on fried foods, fast foods, cakes and pastries
- ♥ Use liquid vegetable oil instead of butter
- ♥ Do not eat and drink more calories than you are able to burn up in a day
- ♥ Avoid foods with high salt content. Consume less than 1,800mg per day of sodium and choose foods with little or low sodium (see figure 6)
- ♥ Reduce portion sizes
- ♥ Exercise regularly to burn off excess calories
- ♥ 從各食物類別選擇不同食物進食，以攝取多種營養（見表四）
- ♥ 減少進食高熱量、低營養的食品和飲料，例如含酒精飲品、汽水和甜食
- ♥ 減少進食高膽固醇食物（見表五）
- ♥ 減少進食油炸食品、快餐、蛋糕和糕點
- ♥ 使用液態植物油代替牛油
- ♥ 避免攝取過多熱量
- ♥ 選擇含少量或無鈉的食物，避免含鹽量高的食物，建議每日攝取鈉的份量應少於1,800毫克（見表六）
- ♥ 減少飲食份量
- ♥ 定期運動以消耗多餘的熱量



An average portion depends on the particular food group. For example, one serving of fruit could be an apple or a bunch of grapes. Portion sizes for fruits and vegetables should be about the size of your fist.

進食份量因應不同類別的食物而異，例如一份水果可以是一個蘋果，或一串葡萄。一份水果或蔬菜的體積大約如拳頭般大小。

- ♥ A fist = 1 cup  
一個拳頭 = 1杯
- ♥ The palm of your hand = 55-85 grams (small palm)  
一隻掌心 = 55至85毫克
- ♥ A cupped hand = half a cup  
一隻手掌 = 半杯
- ♥ The tip of a thumb = 1 teaspoon  
一個拇指尖 = 1茶匙

Before attempting to lose weight, seek advice from a health professional. He/she will help you decide how much weight you need to lose, prescribe a healthy eating plan, and design an exercise program that is suitable for your age and fitness level.

減肥前，應尋求專業意見，以助訂立一個適合個別年齡和健康水平的減重目標、進食餐單和訓練計劃。

Figure 4 表四：  
Examples of Serving Sizes for Different Food Groups 舉例說明不同食物類別的建議攝取量

Food Group 食物類別	1 Serving Size Equals 1份相等於	Daily recommendation 每日建議攝取量	
		Male 男	Female 女
Grains 穀物	1 slice of bread; ½ cup cooked rice or pasta 1片方包、半杯飯或麵食	6 - 8	5 - 6
Fruits 水果	1 medium fruit; ½ cup fresh fruit; ½ cup fruit juice 1個中等大小的水果、半杯新鮮水果、半杯果汁	4	3 - 4
Vegetables 蔬菜	1 cup raw leafy vegetable; ½ cup cooked vegetable 1杯生菜葉、半杯煮熟的蔬菜	2 - 4	2 - 3
Protein 含蛋白質的食物	25mg cooked meat; 1/4 cup cooked beans; 1 egg (Choose lean meat without skin) 25毫克煮熟的肉類、1/4杯煮熟的豆類、雞蛋1隻 (選擇去皮的無脂肪肉類)	5 - 6.5	5 - 5.5
Dairy products 奶製品	1 cup skim milk; 1 cup low fat yogurt; 40g low fat cheese 1杯脫脂奶、1杯低脂乳酪、40克低脂芝士	3	3
Fats and oil 脂肪及油	1 teaspoon margarine; 1 teaspoon vegetable oil 1茶匙人造牛油、1茶匙植物油	< 5	< 5
Alcohol 酒精類	340ml beer; 110ml wine 340毫升啤酒、110毫升餐酒	< 2	< 1

Figure 5 表五：  
Examples of Different Types of Fat and Their Effect on Cholesterol  
舉例說明不同食物所含的脂肪及其對膽固醇的影響

(▼ = Less impact 表示低影響, ▲ = More impact 表示高影響, — = No impact 表示無影響)

Types of Fat 脂肪類別	LDL 壞膽固醇	HDL 好膽固醇	Total Cholesterol 總膽固醇	Food Source 含該類別脂肪的食物
Mono-unsaturated Fat 單元不飽和脂肪	▼	▲	▼	Olives, canola, almonds, avocado 橄欖、菜籽、杏仁、牛油果
Poly-unsaturated Fat 多元不飽和脂肪	▼	—	▼	Sunflower oil, corn oil, oily fish 葵花籽油、玉米油、油性魚類
Saturated Fat 飽和脂肪	▲	▼	▲	Red meat, egg yolks, dairy products 紅肉、蛋黃、奶製品
Trans Fat 反式脂肪	▲	▼	▲	Most bakery products and fried food, such as cookies, muffins, pie crusts and french fries 大多數烘焙及油炸食品，如曲奇、鬆餅、餡批、薯條



Figure 6 表六：

Examples of Foods and Their Sodium Content 高鈉和低鈉食物舉例

Food High in Sodium 高鈉食物	Food Low in Sodium 低鈉食物
Junk food (e.g. potato chips, apple pie, pizza) 零食或速食 例如：薯片、蘋果批、薄餅	A variety of fresh vegetables (e.g. broccoli, cauliflower, pumpkin) 各種新鮮蔬菜 例如：西蘭花、椰菜花、南瓜
Highly processed food (e.g. sausage, ham) 高度加工食物 例如：香腸、火腿	A variety of fresh fruit (e.g. apple, grapes, kiwi) 各種新鮮水果 例如：蘋果、葡萄、奇異果
Fast food (e.g. burgers, instant noodles) 快餐 例如：漢堡包、即食麵	Fresh soy products (e.g. tofu, unseasoned gluten) 新鮮豆製品 例如：豆腐、未經醃製的麵筋
Canned food (e.g. luncheon meat, ketchup, beans) 罐頭食品 例如：午餐肉、茄汁、豆類	Herbs, natural spices (e.g. ginger, pepper, onion) 香草、天然香料 例如：生薑、辣椒、洋蔥
Highly seasoned food (e.g. salted fish, pickles) 醃製食物 例如：鹹魚、醃菜	Whole grain cereal products (e.g. low-sodium crackers and breads) 全穀物製品 例如：低鹽餅乾和麵包
Seasoning (e.g. soy sauce, ketchup, salt, oyster sauce) 調味料 例如：豉油、茄汁、鹽、蠔油	Fresh meat (e.g. chicken breast) 新鮮肉類 例如：雞胸肉



## 5 Physical Inactivity 缺乏運動

Exercise tones your muscles, helps you lose weight, and lowers blood pressure and cholesterol. It improves the efficiency of the heart muscle and helps you to relax. Regular exercise can reduce your risk of developing heart disease. You do not have to become an athlete to help your heart. The American Heart Association recommends 30 minutes, five times a week, of moderate-intensity exercise such as brisk walking.

Daily activities such as housework, walking, dancing, and gardening, are all examples of moderate activity. Before starting any physical activity program, it is advisable to check with your doctor, especially if you have not exercised for a long time. It is important to exercise safely, aiming to build up to the recommend guidelines gradually.

適當運動可強化肌肉，幫助減輕體重，降低血壓及膽固醇水平。定期運動更有助放鬆身心和提高心肌效能，降低患上心臟疾病的風險。

美國心臟協會建議每星期進行五次、每次30分鐘的中等強度運動，如急步行。另外，日常活動如做家務、散步、跳舞和園藝均屬中等強度運動。若長時間沒有定期做運動，應在重新開始鍛鍊前諮詢醫生意見，以安全和不勉強為大前提，循序漸進地培養適合自己的運動習慣。



### Tips 做運動貼士

- ♥ Exercise indoors when it is too hot or too cold, or when the air quality is poor
- ♥ Drink plenty of water before, during and after exercise
- ♥ Check your pace. You should be able to talk without being out of breath. If you are out of breath, slow your pace down. Your fitness level will improve with time
- ♥ Do not exercise if you are feeling unwell
- ♥ Remember that exercise should be fun and enjoyable
- ♥ 若天氣太熱、太冷或空氣質素太差時，應在室內做運動
- ♥ 做運動前、期間及運動後，應多喝水
- ♥ 不時檢查運動節奏，確保運動期間呼吸暢順。若感到呼吸困難，應減慢速度，不應勉強，您的體能和健康狀況會逐漸改善
- ♥ 若感到不適，應停止做運動
- ♥ 常記運動應該是充滿樂趣和使人愉快的

## 6 Diabetes 糖尿病

If you have diabetes, your body either does not make enough insulin, or it cannot use its own insulin as well as it should. There are two different types of diabetes:

糖尿病患者身體不能製造足夠的胰島素，或不能運用自體產生的胰島素。病者分為兩種：

### Type 1 第一種：

Usually occurs in children and young adults. The pancreas makes little or no insulin. Daily injections of insulin are required in order to stabilize blood sugar levels.

患者通常為兒童和青年。他們的胰腺只能製造少量，甚至不能製造胰島素。這類患者需每天注射胰島素，以穩定血糖水平。

### Type 2 第二種：

This is the most common type of diabetes and usually appears in middle-aged adults. It can be managed by diet, oral medication, or a combination of both.

這是最常見的一種糖尿病，患者通常為中年人，可以透過節制飲食、口服藥物，或雙管齊下，來控制病情。

Regular medical checkups and maintaining good blood sugar control are essential to reduce the risk of coronary artery disease. A sedentary lifestyle and being overweight increase the risk of developing type 2 diabetes.

為減低患上冠心病的風險，應定期進行身體檢查及妥善控制血糖水平。過重和經常久坐不動都會增加患上二型糖尿病的風險。

## 7 Stress 緊張

Stress is an indirect risk factor for coronary heart disease. We may all feel stressed at certain times and react in different ways. Stress leads to the release of adrenaline into the blood, causing the heart to beat faster and harder, which can create high blood pressure. Blood cholesterol levels may also increase. People suffering from prolonged stress may overeat, start smoking, or drink too much alcohol, and prolonged stress, together with unhealthy responses, can create health problems.

You need to identify the factors causing stress in your life, such as driving in heavy traffic, work pressure, family worries, financial troubles, and an inability to relax. You may benefit by learning how to relax and developing good coping strategies.

壓力是其中一個導致心血管病的間接風險因素。當我們感受到壓力，身體便會釋放腎上腺素，令心跳更快速有力，最終形成高血壓，還會令膽固醇水平上升。而且，長時間面對壓力容易導致暴飲暴食、吸煙、喝酒等不良的生活習慣，令健康進一步受損。

要處理壓力，首要是了解其來源，是因為生活節奏太急促、工作繁忙、經濟原因還是家庭因素？學習妥善面對和紓緩壓力，並且適當放鬆，對身心均有百利而無一害。

## 8 Alcohol 酒精

Drinking too much alcohol can raise your blood pressure, which in turn may lead to heart failure and stroke. Stick to the recommended guidelines of no more than two drinks per day for men and one drink per day for women. One drink is defined as 40ml of 80-proof spirits (such as gin or vodka), 110ml of wine, or 340ml beer.

喝酒過量會令血壓升高，導致心臟衰竭及中風。男士每日不應喝超過兩杯酒，女士以一杯為限。一杯的定義是40毫升烈酒（如毡酒或伏特加）或110毫升葡萄酒或340毫升啤酒。

## 9 Medication 藥物治療

Different medications are prescribed for different reasons. You should know the names of the drugs you are taking and what they are for, the dosage of each of them, and how they are to be taken. Do not stop taking your medication without first consulting your medical doctor.

醫生會因應個別情況處方不同藥物，患者需清楚了解服用的藥物名稱、使用劑量、服用方法及其效用。切勿在沒有醫生建議下擅自停藥。



In summary, the three major risk factors for coronary heart disease are high blood pressure, raised cholesterol, and diabetes. These conditions in the early stages have no symptoms. Regular medical checkups are important to help detect hidden risk factors for coronary artery disease early and even more so for people with a family history of coronary heart disease.

總括而言，高血壓、高膽固醇及糖尿病是引致冠心病的三大主因，三者的早期病徵都不明顯，定期身體檢查能偵測潛在病因，是預防心血管疾病的關鍵。若家族有心臟病史，就更需要定期檢查。

# Cardiac Rehabilitation Services

## 心臟復康計劃



Comprehensive cardiac rehabilitation consists of exercise training together with education and psychological support. The aim is to help patients return to a normal life and encourage them to make lifestyle changes to prevent further cardiac events.

Taking part in a cardiac rehabilitation program can help you recover from a heart attack and other significant cardiac conditions, improve your overall health, reduce your risk factors of coronary heart disease and prevent its progression. Our multidisciplinary team of health professionals provides full support and encouragement to patients to help them achieve their optimum physical and psychological health.

If you have undergone heart surgery or PCI, suffered a heart attack, been diagnosed with coronary heart disease, or are at risk of developing coronary heart disease, your doctor may recommend you to join a cardiac rehabilitation program. The Hong Kong Adventist Hospital offers a comprehensive six-week cardiac rehabilitation program, which is medically supervised and available by referral from your physician.

全面的心臟康復治療包括運動訓練、教育和心理支援，目的是協助病人重過正常生活，及鼓勵他們改變生活方式，防止心臟再次出現問題。

「心臟復康計劃」是專為心臟病發及患上其他嚴重心臟病的病人而設計，不僅有助病後康復，更可改善整體健康，並減少冠心病的風險因素及防止其惡化。心臟復康計劃的團隊由本院多個專科的醫護專業人員組成，全力支持和鼓勵病人，助其身心達到最佳狀態。

如果您曾經進行心臟手術或心臟介入治療、曾經心臟病發、診斷患上冠心病或有此風險，醫生可能會建議您接受心臟康復治療。香港港安醫院提供為期六週的全面性「心臟復康計劃」，由醫護人員監督，可由醫生轉介參加。



## HEALTH HISTORY 健康紀錄

### Diagnosis 診斷

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### Medical History 病歷

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### Cardiac Procedures and Date 心臟手術及手術日期

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### Medications and Date Prescribed 處方藥物及處方日期

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### Your Cardiovascular Risks 心臟病風險因素

- Hereditary / Family History 遺傳 / 家族病史
- Hypertension 高血壓
- Hyperlipidaemia 膽固醇過高
- Diabetes 糖尿病
- Overweight 過重
- Alcohol 飲酒
- Smoking 吸煙
- Lack of Exercise 運動不足
- Stress 生活及工作壓力

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## YOUR CARDIAC REHABILITATION SCHEDULE 心臟復康時間表

### Phase II (Out-patient) Cardiac Rehabilitation 心臟復康第二階段 (出院後)

Date Joined 參加計劃日期: \_\_\_\_\_

Appointments 約見對象	Date of appointment 約見日期	Remarks 備註
Cardiac Rehabilitation Nurse 心臟復康護士		
Rehabilitation Therapist 物理治療師		
Lifestyle Management Center 健康生活促進中心		

## FIRST CONSULTATION WITH CARDIAC REHABILITATION NURSE

### 首次約見心臟復康護士

Date 日期: \_\_\_\_\_

Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg      Pulse 脈搏 \_\_\_\_\_ bpm  
 Body Weight 體重 \_\_\_\_\_ kg      Body Height 身高 \_\_\_\_\_ cm  
 Body Mass Index 體質指數 \_\_\_\_\_      Body Fat 體脂 \_\_\_\_\_ %  
 Waist 腰圍 \_\_\_\_\_ cm      Hip 臀圍 \_\_\_\_\_ cm

## CARDIAC REHAB PROGRESS NOTES 心臟復康進展紀錄

### Rehab Session One 第一次復康運動

(Date 日期: \_\_\_\_\_)

Pre-exercise 運動前      Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg      Pulse 脈搏 \_\_\_\_\_ bpm  
 Post-exercise 運動後      Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg      Pulse 脈搏 \_\_\_\_\_ bpm

Exercise Regime and Duration 運動計劃及所用時間:

\_\_\_\_\_

\_\_\_\_\_

Rehabilitation Therapist Recommendations 物理治療師的建議:

\_\_\_\_\_

\_\_\_\_\_

### Rehab Session Two 第二次復康運動

(Date 日期: \_\_\_\_\_)

Pre-exercise 運動前      Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg      Pulse 脈搏 \_\_\_\_\_ bpm  
 Post-exercise 運動後      Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg      Pulse 脈搏 \_\_\_\_\_ bpm

Exercise Regime and Duration 運動計劃及所用時間:

\_\_\_\_\_

\_\_\_\_\_

Rehabilitation Therapist Recommendations 物理治療師的建議:

\_\_\_\_\_

\_\_\_\_\_



### Rehab Session Three 第三次復康運動

(Date日期: )

Pre-exercise 運動前 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm  
Post-exercise 運動後 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm

Exercise Regime and Duration 運動計劃及所用時間:

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Rehabilitation Therapist Recommendations 物理治療師的建議:

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### Rehab Session Four 第四次復康運動

(Date日期: )

Pre-exercise 運動前 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm  
Post-exercise 運動後 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm

Exercise Regime and Duration 運動計劃及所用時間:

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Rehabilitation Therapist Recommendations 物理治療師的建議:

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### Rehab Session Five 第五次復康運動

(Date日期: )

Pre-exercise 運動前 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm  
Post-exercise 運動後 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm

Exercise Regime and Duration 運動計劃及所用時間:

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Rehabilitation Therapist Recommendations 物理治療師的建議:

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### Rehab Session Six 第六次復康運動

(Date日期: )

Pre-exercise 運動前 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm  
Post-exercise 運動後 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm

Exercise Regime and Duration 運動計劃及所用時間:

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Rehabilitation Therapist Recommendations 物理治療師的建議:

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### Rehab Session Seven 第七次復康運動

(Date日期: )

Pre-exercise 運動前 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm  
Post-exercise 運動後 Blood Pressure 血壓 \_\_\_\_\_ / \_\_\_\_\_ mmHg Pulse 脈搏 \_\_\_\_\_ bpm

Exercise Regime and Duration 運動計劃及所用時間:

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Rehabilitation Therapist Recommendations 物理治療師的建議:

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