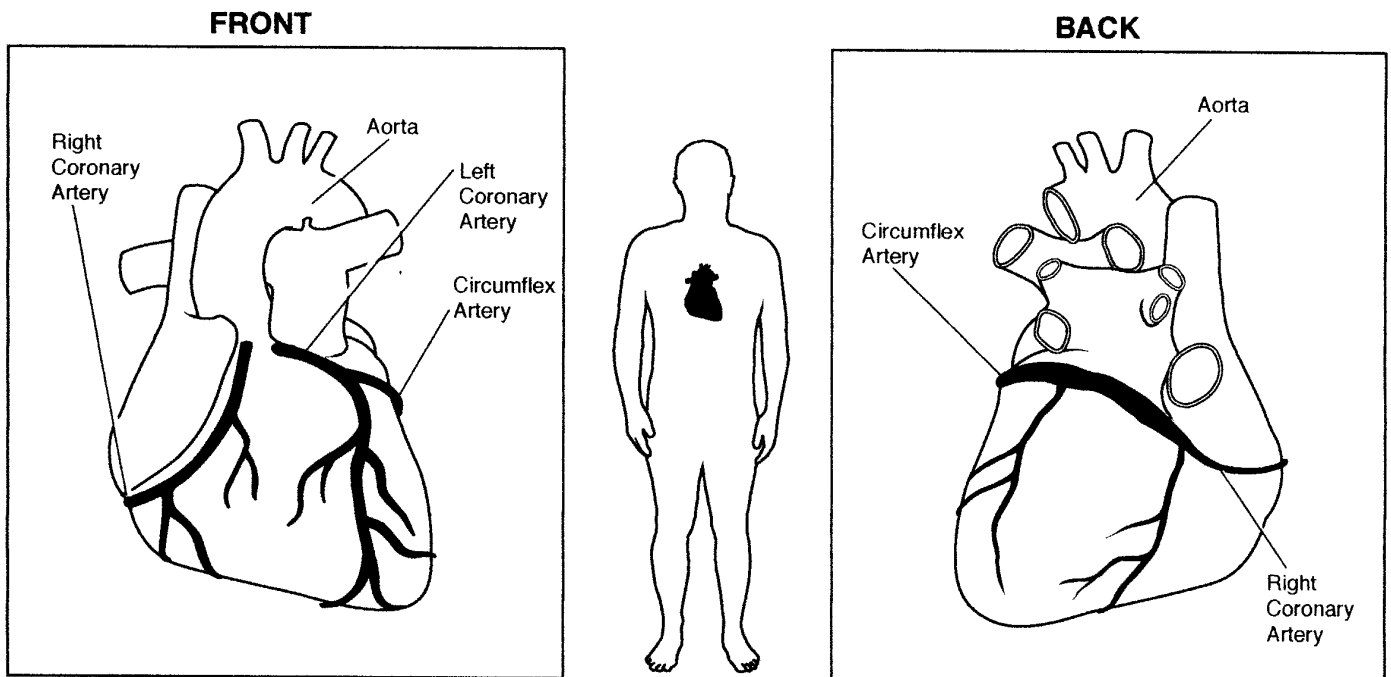


# Coronary Artery Disease (CAD)

Coronary artery disease is also called heart disease or atherosclerosis. It is the hardening of the blood vessels by fatty deposits called plaque.

The heart must get oxygen and nutrients to work well. Blood carries the oxygen and nutrients to the heart through the blood vessels called arteries. As the plaque builds up, blood flow to the heart muscle is decreased. When blood flow is decreased, it can cause chest pain, shortness of breath, or a heart attack to occur.

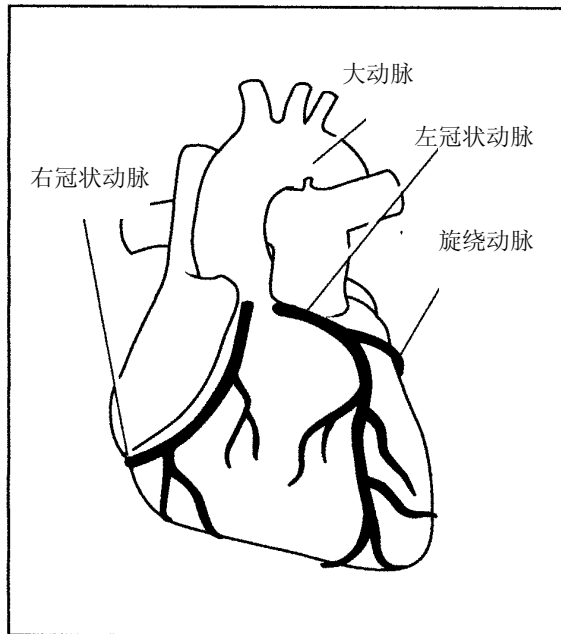


# 冠状动脉疾病 (CAD)

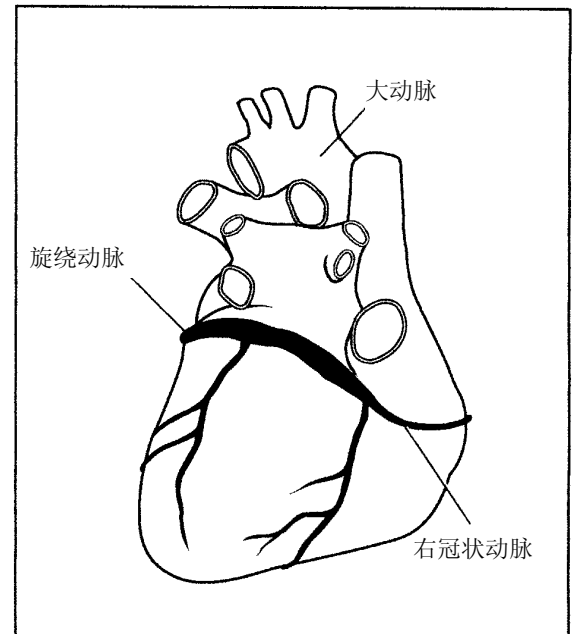
冠状动脉疾病也称为心脏病或动脉硬化症。是由于称作斑块的脂肪积聚物而使血管硬化。

心脏必须得到氧气和营养才能良好运作。血液将氧气和营养通过称为动脉的血管带到心脏。斑块在积聚之时，通往心肌的血流量减少了。血流量减少可引起胸痛、呼吸短促或心脏病发作。

正面



背面



Coronary Artery Disease. Simplified Chinese.

## **Signs**

You may not have any signs or you may have:

- Pain or pressure in your chest, arm, jaw, shoulders or neck. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating
- Shortness of breath
- Nausea
- Feeling very tired, dizzy or faint

## **Risk Factors**

You are at higher risk for getting coronary artery disease if you:

- Have a family history of the disease
- Have high cholesterol, diabetes, or high blood pressure
- Smoke or use tobacco
- Are inactive
- Have stress
- Are overweight

Changing even one risk factor can improve your heart health. You can prevent the disease from getting worse and may even help to improve it.

## 症状

您可能但不一定有以下任何症状：

- 您的胸、手臂、下巴、肩或颈部疼痛或有压迫感。可能感觉会从一处扩散到另一处。
- 感到气闷、沉重、挤压或灼痛
- 出汗
- 呼吸急促
- 恶心
- 感到非常疲累、头晕或昏厥

## 风险因素

下列情况下，您患冠状动脉疾病的风险会较高：

- 有此家族病史
- 有高胆固醇、糖尿病或高血压
- 抽烟或嚼用(嗅)烟草
- 不活动
- 有压力
- 体重过量

即使改变一项风险因素都能改善您的心脏健康。您可预防疾病恶化，甚至可能有助于改善病况。

Coronary Artery Disease. Simplified Chinese.

## **Your Care**

The goal is to improve blood flow to your heart muscle and decrease your risk of heart attack. Your care may include:

- Medicines
- Exercise
- A low fat diet
- Treatment or Surgery
- A cardiac rehab program

No matter what type of care is done, it does not “cure” the disease. You need to change your risk factors and follow your care plan.

**Talk to your doctor about your care or any questions you may have.**

## 您的护理

目的是要改善流向您心肌的血流量并减少您心脏病发作的风险。您的护理可包括：

- 药物
- 锻炼
- 低脂肪饮食
- 治疗或手术
- 参加一个心脏康复计划

无论采用何种护理，都不能“治愈”此病。您需要改变您的风险因素并遵守您的医疗计划。

**和您的医生讨论您的医疗或告知其您可能有的任何疑问。**

Coronary Artery Disease. Simplified Chinese.

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