

Heart Disease Health Education

Q1: What is heart disease?

The beating of the heart can send the oxygen and nutrients needed through the blood to the whole body. When the blood flow to the heart is insufficient or even not available due to abnormal tissue structure or obstruction, the heart will not receive enough oxygen to meet its needs, and some of the heart muscles will be deprived of oxygen or even die, which affects the function of the whole body.

Common types of heart disease:

1. Hypertensive heart disease
2. Coronary artery heart disease
3. Rheumatic heart disease
4. Congenital heart disease



Symptoms:

Dizziness, palpitations, chest discomfort or pain, shortness of breath, irregular heart rhythm, cold extremities, cyanosis, unconsciousness, paled face.

In severe cases, myocardial hypoxia can be life-threatening.

Q2: What is the risk factor of heart disease?

- Congenital heart disease: The formation and development of the heart is hindered by some specific external or internal factors during pregnancy, which can cause malformations, known as congenital heart disease.
- Age and gender: Older people and men are at the high risk for cardiovascular disease.
- Heart disease or family genetics: People who have had a stroke, myocardial infarction, hypertension, or diabetes in a close family member are more likely to have a stroke.
- High blood pressure: High blood pressure will harden the arteries and increase the chance of coronary artery disease.
- Hyperlipidemia: People with high cholesterol or triglyceride levels in the blood are more likely to occur.
- Diabetes mellitus: Atherosclerosis is easily caused by abnormal lipid metabolism.
- Obesity: Those who exceed 20% of their ideal body weight are more likely to suffer the disease.
- Smoking: Because nicotine affects myocardial function, and the carbon monoxide produced during smoking can cause platelets to clump together and cause blood clots.

Q3: How to control and prevent?

1. It is advisable to lead a regular life, with at least 6 to 8 hours of sleep in a day, avoid staying up late and overworking.
2. Keep a good mood, avoid anger, nervousness, tension or overwork.
3. Smoking and drinking, including second-hand smoke are strictly prohibited.
4. Measure blood pressure regularly and daily weight measurement.
5. Diabetes should be treated early and medication should be taken as directed by the doctor and follow-up to the clinic
6. Avoid colds and prevent infections. Those who have rheumatic fever or frequent sore throats should consult a doctor to take medication to prevent rheumatic heart disease.
7. Dress according to the weather changes and keep warm at all times.
8. Take your medication as directed by your doctor to maintain and protect your heart function and never self-medicate or stop your own medication.

Q4: What are the Dietary Precautions?

1. Take a low sodium diet and avoid salty foods such as canned, pickled or preserved foods.
2. Low cholesterol diet, avoid deep-fried cooking methods, use more steamed, boiled, and cold dressing. Eat less animal fats, preferably vegetable oils. The limit cholesterol is (approximately 300mg a day), high-content foods such as liver, pig, beef offal, oysters, squid, cuttlefish, shellfish, fish roe, shrimp, egg yolk, cream.
3. Eat more fruits and vegetables to prevent constipation.
4. Reduce stimulating foods such as tea and coffee, or stimulating seasonings, such as: chili peppers.
5. Obese people should adopt a low-calorie diet to gradually reduce body weight in order to reduce the burden on the heart.

Q5: What are the precautions of activity and exercise?

1. **Discuss with your cardiologist** whether your current exercise program is suitable for you and recommend from your cardiologist.
2. Exercise form: It is better to use a large muscle groups and rhythmic aerobic exercise, such as jogging, brisk walking and etc.
3. Exercise time: Do warm-up and gentle exercise 10 minutes before and after the exercise.
4. Exercise frequency: At least 20~40 minutes per exercise, exercise more than three times per week.
5. Exercise volume: 85% of the maximum heart rate (age - 200) is the best exercise volume.
6. Before exercise: Do not exercise if your pulse rate is higher than normal 20 beats per minute or if you have symptoms of discomfort.
7. During exercise: If there is chest congestion, difficulty in breathing, dizziness and other discomfort symptoms, stop the activity and rest immediately.
8. The best time to exercise: Rest 2 hours after meals before starting.
9. Avoid exercise environment temperature is too hot or too cold.
10. According to your physical condition, gradually increase the amount of exercise and exercise time, do not exceed your ability to cause heart discomfort.

Q6: Other Precautions?

1. If there is **weight gain**, **lower limb edema** or **wheezing** occurs, **PLEASE see a doctor immediately**.
2. If there are any symptoms such as **fainting**, **weakness**, you should **lie down immediately** and **raise up your feet** to promote blood flow to the brain.

冠心病患者日常預防5字訣

A



- (1) Aspirin/抗凝血藥
- (2) ACEI、ARB/降血壓藥

B



- (1) Beta-blocker/乙型降壓藥
- (2) Blood Pressure/控制血壓

C



- (1) Cholesterol/降低膽固醇
- (2) Cigarettes/戒菸

D



- (1) Diet/控制飲食
- (2) Diabetes/治療糖尿病

E



- (1) Exercise/運動
- (2) Education/接受衛教