

心力衰竭

Heart Failure

With heart failure, also called congestive heart failure, the heart muscle is weakened and does not pump as strongly as it should. The blood flow slows and fluid can build up in your lungs or other parts of your body. This does not mean that your heart has stopped pumping blood. Because heart failure does not go away, you will need to learn how to manage your condition.

心力衰竭也称为充血性心脏衰竭，患病时心肌减弱，不能正常地、强劲地泵动。血流量减慢，液体可能在肺部或身体其它部位积聚。这并不意味着您的心脏已经停止泵血。因为心力衰竭不会自行消失，您需要学习如何处理您的病情。

Causes of Heart Failure

- Heart disease
- High blood pressure
- Heart valve problems
- Lung diseases
- An infection or virus
- Heavy alcohol or drug use
- Heart problems at birth
- Thyroid or kidney disease

心力衰竭的原因

- 心脏病
- 高血压
- 心瓣膜问题
- 肺病
- 炎症或病毒
- 酗酒或吸毒
- 先天性心脏问题
- 甲状腺或肾脏疾病

Your Care

- Take your medicines as ordered by your doctor.
- Weigh yourself every morning at the same time. Keep a record of your daily weights.
- Limit salt or sodium in foods and drinks.
- Call your doctor for any of the signs listed below—do not delay calling.
- Pay attention to how you are feeling.
- Exercise each day, but rest as needed.
- Put your feet up to reduce ankle swelling.
- Keep your doctor appointments.
- Lose weight if you are overweight.

医疗护理

- 遵医嘱服药。
- 每天早晨同一时间秤体重。记录您每日的体重。
- 限制食物和饮料中的盐或钠。
- 如有以下任何症状，请打电话给您的医生—不要拖延。
- 注意自己的感觉。
- 每天锻炼，但酌情休息。
- 抬起双脚以减少踝部肿胀。
- 按时赴医生的约诊。
- 如果您体重过量，请减肥。

- Stop smoking.
- Avoid alcohol.
- Get the flu vaccine each year. Talk to your doctor about the pneumonia vaccine.
- Limit your daily liquids if ordered by your doctor.

Call your doctor right away if you:

- Gain 2 pounds or 1 kilogram in a day or 3 to 5 pounds or 1 to 2 kilograms in 5 days
- Have swelling in your legs, feet, hands or abdomen or feel that your shoes, waistband or rings are tighter
- Feel short of breath
- Use more pillows when you sleep or need to sleep in a chair
- Cough at night or have increased cough or chest congestion
- Are more tired or weak
- Have a poor appetite or nausea
- Feel dizzy or confused
- Urinate less often

Call 911 right away if you:

- Feel short of breath even with rest
- Have chest pain, pressure or tightness
- Faint
- Have rapid, irregular heartbeats

Talk to your doctor or nurse if you have any questions or concerns.

- 戒烟。
- 避免饮酒。
- 每年接受流感疫苗注射。和您的医生讨论肺炎疫苗一事。
- 如果有医嘱，限量摄入液体。

如有以下症状，请立刻打电话给您的医生：

- 如果一天体重增加2磅或1公斤或5天增加3到5磅或1到2公斤。
- 腿、足、手或腹部肿胀或感到您的鞋子、腰带或戒指比以前紧。
- 感到气短。
- 睡觉时用的枕头更多或需要在椅子上睡觉。
- 晚间咳嗽或咳嗽或堵痰感加剧。
- 更加疲累或虚弱。
- 食欲差或恶心。
- 觉得晕眩或精神混乱。
- 小便次数减少。

如有以下症状，请立刻拨打911：

- 甚至不动时也会感到气短
- 胸痛、有压迫感或胸闷
- 昏厥心跳快且不规则

如果您有任何疑问或关注事宜，请告知您的医生或护士。