

# 中風

## Stroke

A stroke occurs when the blood flow to the brain is decreased or stopped. The blood flow can be blocked from a blood clot, plaque or a leak in a blood vessel. Sometimes the blood flow to the brain is blocked for a brief time.

If you have signs of a stroke, but the signs go away in minutes to hours this is called a TIA or transient ischemic attack or “mini stroke”. This is a strong warning that there is a problem and a stroke could occur in the future.

When the blood flow to the brain is blocked causing permanent damage, it is called a stroke. Tests can be done to find the type, location and cause of the blockage to the blood flow of the brain.

### Signs

The effects of a stroke depend on the location and amount of damage to the brain. Signs are sudden and may include:

- Numbness, tingling or weakness in the face, arm or leg, often only on one side of the body
- Confusion or trouble understanding
- Problems speaking
- Problems seeing out of one or both eyes
- Dizziness or trouble with balance, coordination or walking
- Sudden severe headache with no known cause

當流向腦部的血流減少或停止時，就會發生中風。血流會由一塊血栓、一塊斑或一個血管漏洞而遭到阻塞。有時流向腦部的血流只是短暫遭到阻塞。

如果有中風症狀，但是這些症狀在幾分鐘至幾個小時之後消失，這稱為TIA或短暫性腦缺血發作或小中風。這是有問題而且將來可能發生中風的強烈警告。

當流向腦部的血流遭阻塞而造成永久損害時，就稱為中風。流向腦部的血流遭到阻塞時，可透過檢查來發現阻塞的類型、位置和原因。

### 徵兆

中風的影響取決於腦部損傷的位置和程度。徵兆會很突然，可能包括：

- 麻木，面部、手臂或腿部有麻刺感或感到虛弱，經常只是在身體的一側
- 意識錯亂或理解有問題
- 說話有問題
- 一隻眼睛或雙眼看東西有問題
- 暈眩，難以保持平衡、協調或走路有問題
- 原因不明的突發性劇烈頭痛

## Your Care

**Call 911 as soon as you have any signs of a stroke.** The goal of care is to stop further damage to the brain. It is important to get to the hospital right away.

Sometimes it takes a few days to see what type of damage has occurred. It is hard to predict how you will recover from a stroke. Care is planned based on your needs. It may include:

- Therapy for rehabilitation
- Exercise to strengthen your muscles
- Adapting your activity to use the strong side of your body
- Learning how to talk and communicate
- Learning ways to eat and drink safely

## Risk Factors

You are at risk for a stroke if you:

- Have high blood pressure, diabetes, high blood cholesterol, heart disease or a prior stroke
- Are from a family where others have had a stroke
- Are overweight
- Are inactive or do not exercise
- Have a lot of stress
- Eat foods high in cholesterol and fat
- Smoke or use tobacco
- Drink too much alcohol
- Use street drugs
- Have a head injury or a bleeding disorder

If you have any of these risk factors, talk to your doctor or nurse about ways to manage them.

## 您的護理

**一有任何中風症狀就請撥打 911。**醫療的目的是停止對腦部進一步的損害。立刻趕到醫院是很重要的。

有時需要幾天時間才能查出發生了何種類型的損害。中風的康復情況很難預測。將根據您的需求進行醫療護理，其內容可能包括：

- 復健治療
- 練習加強您的肌肉
- 調整您的活動，使用身體強壯的一側
- 學習如何說話及溝通
- 學習安全吃喝的方法

## 風險因素

如有下列情形，您則有中風的風險：

- 有高血壓、糖尿病、高血液膽固醇、心臟病或有過中風
- 家族有中風史
- 體重過量
- 不活動或不做運動
- 有很多壓力
- 吃高膽固醇和高脂肪食物
- 吸菸或嚼（嗅）用菸草
- 喝太多酒
- 使用街頭毒品
- 頭部受傷或有出血病變

如果您有任何這些危險因素，請和您的醫生或護士談一談控制這些因素的方法。

## To Prevent a Stroke

- Treat high blood pressure, diabetes, high cholesterol and heart disease if present
- Quit smoking
- Exercise
- Eat a healthy diet and lose weight if you are overweight
- Limit alcohol to 1 to 2 drinks a day
- Avoid falls and injuries

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

## 如何避免中風

- 治療高血壓、糖尿病、高膽固醇和心臟病（如果有這些病）
- 戒菸
- 做運動
- 如果您體重過量，請吃健康飲食並減肥
- 將飲酒量限制到一天 1-2 杯
- 避免摔倒和受傷

**如果您有任何疑問或關注事項，請告知您的醫生或護士。**