

# 心房纖維顫動

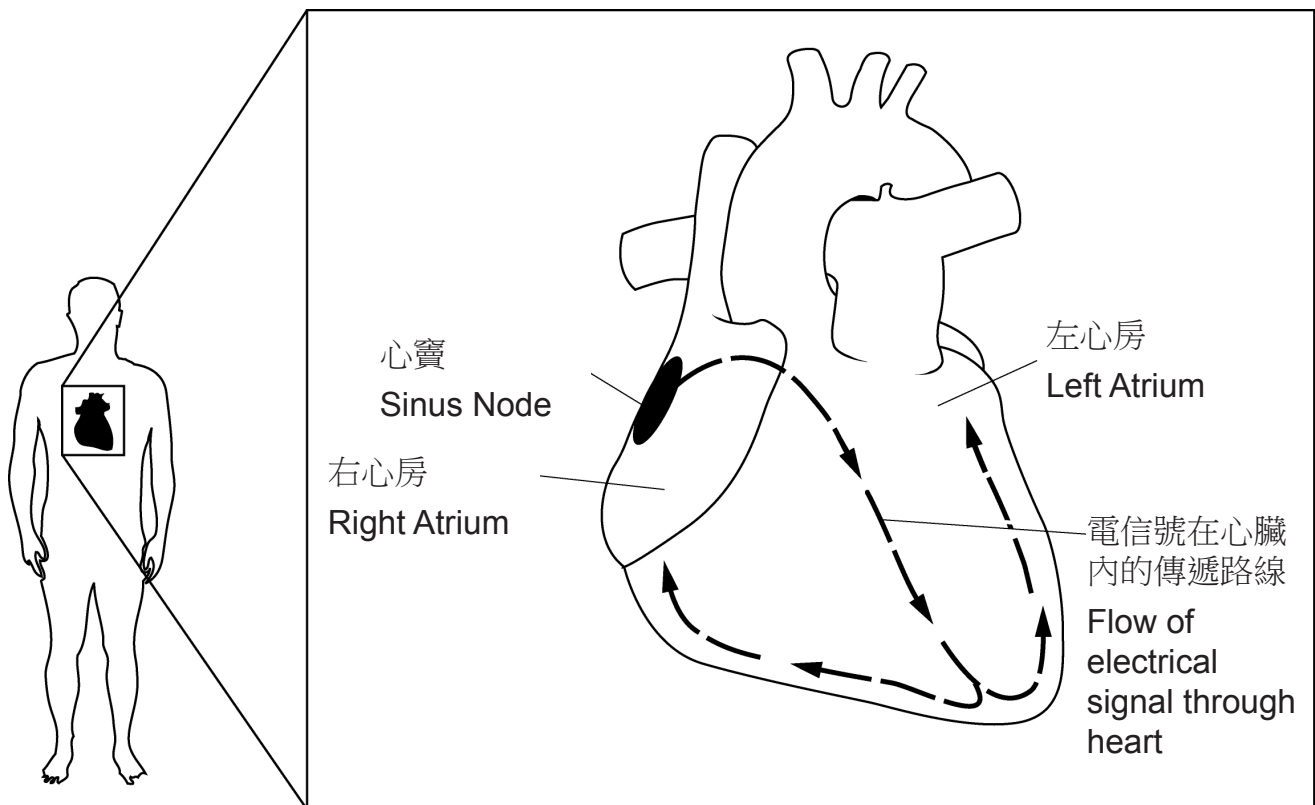
## Atrial Fibrillation

Atrial fibrillation is also called A-fib or atrial fib. This is an abnormal heart rhythm.

The heart's rhythm is controlled by electrical signals in the heart. The **sinus node** sends electrical signals to the rest of the heart. These signals cause the heart to contract and pump blood. Normally, the heart contracts and relaxes at a regular rate. With atrial fib, the sinus node does not start the electrical signal. Signals come from other spots in the right or left atrium. This causes the heart to beat irregularly and at times very fast.

心房纖維顫動（Atrial fibrillation），英文亦簡稱A-fib或atrial fib。心房纖維顫動是心律失常的表現。

心臟內的電信號控制心律。心竇向心臟其他部位發出電信號，促使收縮，泵送血液。正常情況下，心臟收縮和舒張有固定的節律。發生心房纖維顫動後，電信號不再是由心竇發出，而是來自左心房或右心房的其它部位。這導致心臟跳動不正常，有時候非常快。



## Signs of Atrial Fib

- Irregular heart beat
- The feeling of rapid thumping inside the chest called heart palpitations
- Shortness of breath
- Tire easily with activity
- Feel faint, dizzy or lightheaded

## Your Care

Your doctor will check your pulse and listen with a stethoscope for an irregular heart beat. Your doctor may order tests such as:

- An electrocardiogram (ECG or EKG) - a record of your heart's electrical activity
- Holter monitoring - a record of your heart rate for 24 to 48 hours
- Other tests to check for heart disease

### Your treatment may include:

- Medicine to help regulate your heart rhythm and rate. You may also need to take a blood thinner called an anticoagulant to reduce the risk of blood clots and stroke.
- A cardioversion if medicine does not help. This is a low energy electrical shock applied through the skin to the heart to convert an abnormal heart rhythm to a normal rhythm. Sedation medicine is given before this is done.

## 心房纖維顫動的跡象

- 心跳不規律
- 心悸，即自覺心跳加速
- 呼吸急促
- 稍作活動即感疲勞
- 感到暈眩、頭暈或頭重腳輕

## 治療

醫生會檢查脈搏，用聽診器檢查心跳是否不規律。醫生可能要求作下面的檢查：

- 心電圖（ECG或EKG）—記錄心臟的電活動情況
- Holter監測（動態心電檢查）—記錄24至48小時的心率
- 心臟疾病的其他檢查

### 治療方法：

- 用藥物調節心律和心率。此外，可能還需要使用稱為抗凝血藥的血液稀薄劑，以降低血液結塊和中風的風險。
- 如藥物無效，則作心臟電擊術，即透過皮膚對心臟進行低能量電擊，使不正常的心臟節律轉為正常節律。作心臟電擊術之前，須使用鎮靜藥物。

- An ablation, which is a procedure that destroys cells in the left atrium of the heart that are causing the irregular rhythm. Catheters are inserted through a blood vessel leading to the heart. The problem area is found and is scarred or ablated with energy sent through the catheter. You are asleep during when this is done.
- 消融術可殺死左心房中導致不規則節律的細胞。導管經血管送入心臟。問題區域確定後，透過導管輸送電流使之結疤或消融。在此過程中，您處於睡眠狀態。

People with atrial fib are at a higher risk for stroke or serious heart problems if atrial fib is not controlled. It is very important to be under a doctor's care.

有心房纖維顫動者，如不加以控制，患中風或嚴重心臟疾病的風險較高。有心房纖維顫動者務必要就醫。

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

如有任何疑問或擔心，請向醫生或護士提出。