

# 防止中风

## 什么是中风？

中风是一种急性脑血管疾病，即大脑血液循环突然发生障碍，造成脑组织受损。中风主要分为两种：缺血性中风和出血性中风。

### 1. 缺血性中风

缺血性中风的前因是大脑动脉血管变窄或发生梗塞，或大脑动脉血管被血块或血管上脱落的碎片阻塞。缺血性中风是最常见的一种中风。

### 2. 出血性中风

出血性中风（又叫脑溢血）是由于大脑动脉血管破裂出血造成的。血液溢入脑组织，导致脑组织受损，从而产生大脑局部功能障碍。天生的动脉缺陷和疾病导致的动脉血管变薄、变脆都可能引发脑溢血。

## 中风的后果

不同种类的中风所产生的后果大同小异。

**根据大脑受损部位的不同，中风的后果包括：**

- 意识丧失
- 偏瘫
- 言语不利、理解迟钝
- 吞咽和进食困难
- 大小便失禁
- 感知功能丧失或出现障碍
- 一侧失明
- 丧失记忆
- 丧失控制情绪的能力，出现情绪变化无常，沮丧，疲惫，情绪低落等现象

## 导致中风的因素

中风常常是由于疾病（如：高血压）、遗传、不良生活习惯（如：吸烟、暴饮暴食）等综合因素所造成的。突然受惊或争吵一般不会引起中风。

# Preventing Stroke

## What is a stroke?

A stroke is a brain attack – a sudden interruption of blood flow to parts of your brain causing damage to brain cells. There are two main types of stroke, ischaemic and haemorrhagic.

### 1. ISCHAEMIC STROKE

Ischaemic strokes are caused by narrowing or clogging of arteries leading to the brain, or by a blood clot or piece of debris breaking away from a blood vessel and causing a blockage in one of the brain arteries. Ischaemic stroke is the most common type of stroke.

### 2. HAEMORRHAGIC STROKE

A haemorrhagic stroke is caused by an artery in the brain bursting and bleeding. Blood is forced into brain tissue, damaging cells so that area of the brain can't function. This can happen because the person was born with a faulty artery, or because disease has caused the artery walls to become thin and brittle.

## THE EFFECTS OF STROKE

**Different types of strokes can cause similar damage.**

***These effects may occur depending on which area of the brain has been damaged:***

- Loss of consciousness
- Paralysis or weakness, involving face, arm, or leg on one side.
- Difficulty talking and understanding
- Difficulty with swallowing or feeding
- Incontinence, loss of bladder and bowel control
- Loss or impairment of sensation
- Partial loss of vision to one side
- Loss of memory
- Loss of emotional control, mood changes, depression, fatigue, frustration.

### Stroke risk factors

Usually strokes happen because of a combination of factors, such as certain medical conditions (*ie high blood pressure*), inherited characteristics or unhealthy lifestyle (*eg smoking or poor diet*). Sudden shocks or an argument almost never cause strokes.

## 预防中风的简易步骤

### 1. 量血压

高血压是引发中风的最危险因素之一。高血压患者发生中风的机会可比平常人高七倍。许多可以避免的中风都主要是因为没有检查出自己患有高血压症，或未能对高血压进行控制而造成的。

高血压很少有任何预兆，所以定期检查血压至关重要。一般来讲，一年检查两次血压是比较保险的做法，特别是对四十五岁左右以上的人而言，尤为如此。

患有高血压症的人必须遵医嘱接受治疗，这非常重要。医生会建议你改变生活方式，例如：减肥，改变不良的饮食习惯，多做锻炼，或戒烟等。

如果想尽可能地保持身体健康，采取上述措施至关重要。医生通常还会让你服用药物来控制血压。未经医生同意不要随意停药。停止服药会使发生中风的可能性升高。

### 2. 戒烟

吸烟使中风的可能性上升四倍。如果你从今天起开始戒烟，中风的可能性将开始降低。

戒烟对许多人来说都是一件困难的事，但有许多办法可以帮助你。你可以咨询家庭医生或致电“戒烟热线电话” 0800 778 778。

### 3. 锻炼

不爱运动的人发生中风的可能性比热爱运动的人要大。

一天至少应该适度的锻炼30分钟，这既可以增强体质，又能减少中风的可能性。任何一种能使你发热和呼吸加快的运动形式都很好，例如：上楼时不乘电梯，改作步行，在花园里劳动，或步行去便民店买报纸等。

### 4. 饮酒限量

一次饮太多的酒会使血压升高，从而增加了血管破裂和发生脑溢血的可能性。

时常酗酒也会增加中风的可能性。

## SIMPLE STEPS TO REDUCING THE RISK OF STROKE

### 1. Check your blood pressure

High blood pressure is one of the greatest risk factors for stroke. The chance of having a stroke is up to seven times higher for people with high blood pressure than for those with normal or low blood pressure. Failure to detect and control high blood pressure is the number one cause of avoidable strokes. High blood pressure rarely gives any warning signs so have your blood pressure checked regularly – twice a year is a good rule of thumb, especially for those over about 45 years of age.

If you have high blood pressure, it is important that you take the advice and treatment suggested by your doctor. Your doctor will recommend changes to your lifestyle such as losing weight, changing unhealthy eating habits, exercising more or stopping smoking. These measures are essential if you are going to stay as well as possible.

In many cases your doctor will also prescribe medication to control your blood pressure. Never give up taking your tablets without talking to your doctor first. If you stop taking them your risk of stroke will rise.

### 2. Stop smoking

Smoking quadruples the risk of stroke. If you stop smoking today your risk of having a stroke will begin to drop. Many people find it difficult to stop smoking but there are a lot of things that can help you. Talk to your GP for advice and support or call the **Smoking Quit Line on 0800 778 778**.

### 3. Exercise

Physically inactive people have more risk of stroke than people who keep active. As little as 30 minutes of moderate exercise a day can increase your fitness and reduce your risk of stroke. Any physical activity is good as long as it is enough to make you slightly warm and a little out of breath. Try taking the stairs instead of the lift, gardening, walking to the dairy to get the paper...

### 4. Limit the amount of alcohol you drink

Drinking lots of alcohol at once can raise your blood pressure. This increases the risk of a blood vessel bursting and bleeding into the brain. Regular heavy drinking also increases your risk of stroke.

## 5. 注意饮食，控制体重

少吃脂肪和盐有助于降低血压和胆固醇。饮食过于油腻还可能导致动脉粥样硬化和形成血栓，这两者皆是中风的前因。

平时应注意均衡饮食，多吃新鲜的水果、蔬菜，另加适量的主食、瘦肉或低脂肪的蛋白质食物。

超重会影响周身的血液循环系统，导致高胆固醇、高血压和糖尿病，这些都会增加中风的可能性。

## 6. 降低血液中的胆固醇

胆固醇是人体细胞的重要组成部分。一般来讲，体内产生的胆固醇已经可以满足自身的需要。胆固醇和饱和脂肪含量高的食物会加速动脉粥样硬化。家庭医生可以安排你通过验血检查胆固醇，并向你推荐降低胆固醇的最好方法。

## 7. 检查是否有心房纤维性颤动

心房纤维性颤动（简称房颤）是心脏高频率、无规律跳动的一种。房颤症患者发生中风的危险性较大。

如果你知道或怀疑自己患有房颤，应立即求医。医生会帮你决定如何最好的控制病情。

### 其他危险因素：

## 8. 服用避孕药

口服避孕药可能增加中风的可能性。避孕药会使血液变稠并较容易形成血栓，患高血压的机会因此增加。

高血压患者和吸烟者如果服用避孕药，发生中风的危险性就更大。请向医生咨询有关事宜，这非常重要。

## 5. Eat a healthy diet & control your weight

Cutting down on the amount of fat and salt in your diet should lower your blood pressure and your cholesterol level. Too much fat in your diet can also cause atherosclerosis (*narrowing of the arteries*) or clots which can cause strokes.

Try to eat a balanced diet with lots of fresh fruit and vegetables, grains and a moderate amount of lean meat or low fat protein each day. Being overweight strains the entire circulatory system and predisposes you to higher cholesterol levels, high blood pressure and diabetes, all of which increase your risk of stroke.

## 6. Lower your serum cholesterol

Cholesterol is essential to the body's cells. Normally your body produces all the cholesterol you need. Foods high in cholesterol and saturated fats can accelerate atherosclerosis. Your doctor can arrange a blood test to check your cholesterol levels. Your doctor will recommend the best way to reduce your cholesterol levels.

## 7. Find out if you have atrial fibrillation

Atrial fibrillation is a type of rapid irregular heartbeat. People with this condition have a greater risk of stroke. If you know or suspect you may have atrial fibrillation it is important you see your doctor, who will help you decide the best way to manage this problem.

### Other Risk Factors:

## 8. Taking the contraceptive pill

Taking oral contraceptives can increase your risk of stroke. The Pill makes the blood stickier and more susceptible to forming clots and increases the chance of high blood pressure. If you have high blood pressure or smoke and take the Pill your risk increases. It is important to discuss these things with your doctor who will be able to advise you on the risks and benefits.

## 小中风（又叫短暂性缺血发作，简称TIA'S）

部分中风发生得非常突然，但也会有预兆，其中最常见的预兆即是小中风或TIA'S。

短暂性缺血发作（TIA'S）的症状与中风很相似，只是前者持续不到24小时。（症状如果持续24小时以上，则叫中风）

任何人如果出现以下症状都应立即求医：

- 脸部或肢体（特别是一侧肢体）麻木、震颤或瘫痪
- 突发性一只眼睛或双眼视力模糊
- 突发性语言不利或理解迟钝
- 突发性头晕、失去平衡、动作不利
- 突发性剧烈头痛，通常在头部一侧或向下靠近颈部位置
- 短暂昏厥
- 短暂糊涂

## 危险因素会成倍增长的情形

如果你在导致中风的因素中占两项或两项以上，那么你发生中风的危险性会成倍增长，例如：

- 吸烟+高血压=发生中风的危险性比常人高18倍以上
- 吸烟+高血压+另一项中风因素=发生中风的危险性大大增加
- 拥有四项或四项以上危险因素者随时都可能发生中风

只要除去一项危险因素，你在今后几年内发生中风的可能性都会大大减少。

有关详情，请联系0800 STROKE（0800 78 76 53）

## MINI STROKES (TIAS)

Some strokes are very sudden but there can be warning signs. Usually the warning is in the form of a mini stroke or Transient Ischaemic Attack (TIA) Transient Ischaemic Attack symptoms are very similar to those of a stroke but last for less than 24 hours (*symptoms lasting longer than 24 hours are called a stroke*).

**Anyone with these symptoms should see a doctor immediately.**

### Common symptoms include:

- Numbness, tingling, paralysis of face, arm or leg especially on one side of the body
- Sudden blurred or limited vision in one or both eyes
- Sudden difficulty speaking or understanding what others are saying
- Sudden dizziness, loss of balance, difficulty with movements
- Sudden intense headache, often on one side or down the neck
- Brief spell of fainting
- A brief episode of confusion

### Risk factors multiply, for example:

If you have two or more risk factors for stroke then your risk of stroke multiplies.

- **Smoking + high blood pressure** = risk of at least 18 times higher than normal
- **Smoking + high blood pressure + one other factor** will increase the risk significantly more.
- **If you have four or more risk factors** you are sitting on a bomb!

Getting rid of even one risk factor will significantly reduce your chance of having a stroke over the next few years.

**For further information contact 0800 STROKE (0800 78 76 53)**



[www.stroke.org.nz](http://www.stroke.org.nz)  
[www.strokewise.org.nz](http://www.strokewise.org.nz)