

WHAT IS A TIA? 什么是TIA ?



TRANSIENT ISCHAEMIC ATTACK 短暂性缺血发作

WARNING STROKE 警告性中风

MINI-STROKE 小中风

A TIA is the same as a stroke, except that the signs last for a short amount of time and **no longer than 24 hours.**

短暂性缺血发作与中风很相似，只是前者的症状持续时间很短，**不超过 24 小时。**

Although the signs do not last long, **a TIA is very serious.** It means there is a problem linked with a high risk of stroke. More than one in 12 people will have a stroke within a week after a TIA.

尽管症状并不长久,但短暂性缺血发作是非常严重的。它意味着存有一个与中风高危因素相关联的问题。每12人中将有超过一个人会在短暂性缺血发作后一周内中风。

Because of this, a TIA is often called a warning stroke or mini-stroke. It shouldn't be ignored.

正因为如此，短暂性缺血发作通常被称为警告性中风或小中风。它不应该被忽视。

DIAGNOSIS 诊断

A suspected TIA is a medical emergency. A person with signs should be taken to hospital immediately.

疑似短暂性缺血发作应视为急诊。有症状的人应立即送往医院。

TIA diagnosis is based on: 短暂性缺血发作的诊断是基于：

- understanding what signs occurred
- 了解发生了哪些症状
- thorough medical assessment including blood pressure, cholesterol, blood sugar tests
- 全面的医疗评估包括血压、胆固醇、血糖测试
- results of head scans and

- 头部扫描的结果和
- other relevant examinations and tests.
- 其他相关检查和测试

SIGNS OF TIA 短暂性缺血发作的迹象

Learning the FAST message will help you see the signs of a TIA and stroke.

学习快速 (FAST) 信息将帮助你看到短暂性缺血发作和中风的迹象

FAST 快速

FACE DROOPING ON ONE SIDE: 一侧脸下垂

ARM WEAKNESS ON ONE SIDE: 一侧手臂无力

SPEECH JUMBLED, SLURRED OR LOST: 语言混乱,含糊不清或失语

TIME TO CALL 111: 立即拨打 111

If you see any one of these signs, call 111 immediately. Getting help fast means a better chance of recovery.

如果你看到其中任何一个迹象立即拨打 111。 迅速求助意味着更好的康复机会。

There is no way of knowing if the signs are TIA or stroke. Getting help fast can reduce brain damage and give someone a better chance of recovery.

没有办法根据迹象区别短暂性缺血发作和中风。 迅速求助可以减少大脑损伤并给人以更好的康复机会。

CAUSE OF TIA 短暂性缺血发作的原因

In most cases TIA is caused by a blockage of blood supply to the brain. This blockage, which is temporary, is usually a clot.

在大多数情况下，**短暂性缺血发作**是大脑的血液供应被阻塞所致。这种短暂性阻塞通常是一个血块。

The clot then either dissolves or moves. After this the blood supply to the brain returns to normal and the signs disappear.

血块然后溶解或移动。这之后大脑血液供应恢复正常,症状消失。

TEMPORARY BLOCKAGE IN BRAIN CAUSING A TIA

短暂性阻塞大脑导致短暂性缺血发作

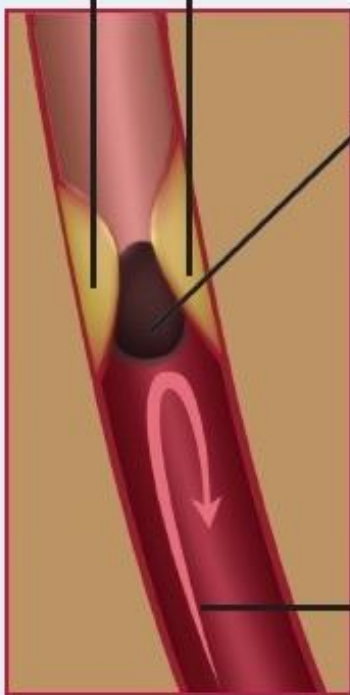
Blood supply in brain is blocked or insufficient
大脑血液供应阻塞或不足

THICKENED ARTERY
WALL (PLAQUE)

增厚的动脉壁(斑块)

BLOCKED
VESSEL

阻塞血管

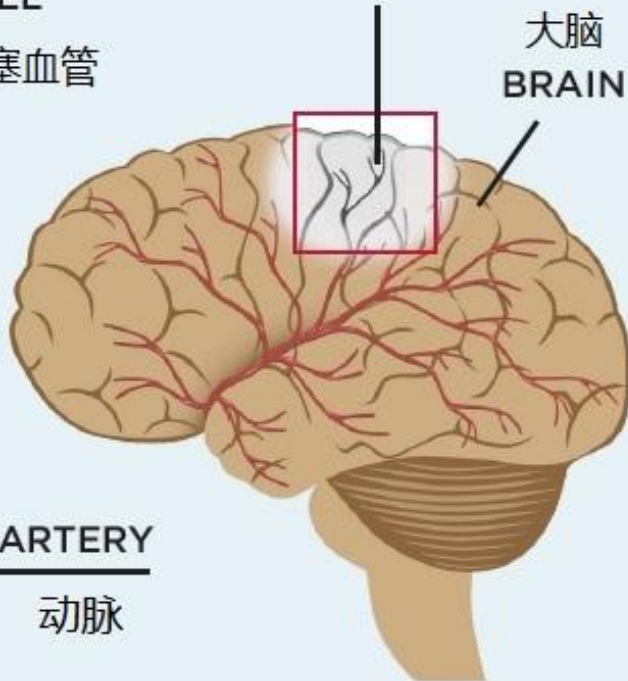


AREA OF BRAIN
DEPRIVED OF BLOOD

大脑缺血区域

大脑
BRAIN

ARTERY
动脉



TIA is not usually caused by bleeding in the brain.

短暂性缺血发作通常不是由脑出血引起的。

MEDICATION 药物治疗

Medication can help reduce the risk of stroke and improve your health.

药物治疗可以降低中风的风险并改善你的健康。

Medications prescribed after a TIA work in different ways.

短暂性缺血发作后的处方药物以不同的方式起效。

They may 它们可能

- **make blood less sticky.** Anti-platelet medication e.g. aspirin, clopidogrel
- **使血液粘性降低。** 抗血小板药物如阿司匹林，氯吡格雷
- **prevent fatty deposits from building up.** Cholesterol lowering medication e.g. simvastatin, atorvastatin
- **防止脂肪聚集沉积。** 降低胆固醇的药物如辛伐他汀，阿托伐他汀
- **lower blood pressure.** e.g. cilazapril, quinapril, others
- **降低血压。** 如西拉普利，喹那普利等
- **thin blood to prevent clotting.** e.g. warfarin or dabigatran.
- **稀释血液预防凝血。** 如华法林或达比加群。

It's important to take your medication as prescribed by your doctor. Never stop taking it without talking to your doctor.

遵从医嘱服药很重要。在未告知医生的情况下严禁私自停药。

REDUCING YOUR RISK 减少你的风险

Many people consider having a TIA as a 'wake-up call' and a sign that they need to make some changes to their lifestyle. Here are some tips to help make this change.

许多人认为短暂性缺血发作是个警钟,是他们需要改变生活方式的征兆。这里有一些提示以助于改变。

Check your blood pressure regularly so you can take steps to reduce it if necessary

定期检查你的血压,这样你可以在必要时采取措施降低它

Check your cholesterol so it can be reduced if the levels are too high

检查你的胆固醇,这样你可以在水平太高时降低它

Check your heart beat. An irregular heart beat called atrial fibrillation can cause stroke. Medication can treat this.

检查你的心跳。 不规则心跳称为房颤会导致中风。通过药物可以治疗。

- **Eat a healthy diet and reduce salt.** This helps lower blood pressure and reduce cholesterol
- **健康饮食少吃盐。** 这有助于降低血压和胆固醇
- **Stop smoking.** If you smoke and have high blood pressure you are up to 18 times more likely to have a stroke than a non-smoker your own age with normal blood pressure
- **戒烟。** 如果你吸烟且患有高血压病，你发生中风的危险性比你吸烟且血压正常的同龄人高 18

倍以上

- **Move more.** Regular exercise and being active will help reduce many risk factors
- **多运动。** 经常锻炼和活动将有助于减少许多风险因素
- **Keep your alcohol intake low.** Drinking more than two small alcoholic drinks per day can increase your risk of stroke
- **将你的酒精摄入量保持在低水平。** 每天喝超过两种低酒精饮料会增加你患中风的风险
- **Lose weight.** Being overweight puts extra strain on your blood vessels and heart. Eating a healthy diet and exercising regularly will help control your weight
- **减肥。** 超重会给你的血管和心脏增添额外的压力。健康饮食和规律锻炼将有助于控制体重
- **Take medication** as prescribed by your doctor.
- **遵医嘱服药。**

DRIVING AFTER A TIA 短暂性缺血发作后驾车

A TIA doesn't usually have an impact on day to day activities.

短暂性缺血发作通常不会影响日常活动

However a person who had a TIA shouldn't drive for at least one month, because of the risk of a stroke occurring after TIA.

然而短暂性缺血发作过的人至少一个月不应该驾车,因为短暂性缺血发作后会出现中风的风险。

A doctor must give a medical clearance before you can drive again.

在你能重新驾车前必须获得医生的医疗许可。

RISK OF A STROKE AFTER A TIA

短暂性缺血发作后中风的风险

A TIA is a sign that there is a problem with the blood supply to the brain.

短暂性缺血发作是一个迹象,它表明大脑的血液供应有问题。

Anyone who has had a TIA is at an increased risk of stroke.

短暂性缺血发作后的人中风的风险会增加。

The greatest risk of having a stroke is within the first few days after a TIA. This is why it's important to call an ambulance and seek immediate medical help if any stroke signs develop.

短暂性缺血发作后最初几天内中风的风险最大。一有中风迹象发展就要立即呼叫救护车并寻求医疗帮助。

Specialised treatment with ‘clot busting medication’ can be given for some strokes. Act FAST because time is a crucial factor for this treatment to be considered.

对于一些中风可予以“血栓溶解药物”的专业治疗。要快速行动，因为时间是决定采用这种治疗方案的一个关键因素。

TIA INFORMATION AND ADVICE **短暂性缺血发作信息和建议**

Stroke Foundation of New Zealand 新西兰中风基金会

www.stroke.org.nz

www.strokewise.org.nz

0800 78 76 53 free phone for advice and link with community stroke advisors 免费咨询电话和社区中风顾问网络链接.

Healthline健康热线 24 hour telephone advice 24 小时电话咨询 0800 61 11 16 **Other sources of information 其他信息资源**

Stroke Association UK 英国中风协会 www.stroke.org.uk

National Stroke Foundation Australia 澳大利亚国家中风基金会 www.strokefoundation.com.au

American Stroke Association USA 美国中风协会 www.strokeassociation.org

