

# 世界心臟日

WORLD HEART DAY

2003年9月28日,星期日  
Sunday, 28 September 2003

## 女性

### WOMEN

心臟病與  
Heart Disease  
&  
中風  
Stroke

健康的心 快樂人生 A HEART FOR LIFE

香港活動合辦機構  
Hong Kong co-organizers



香港心臟專科學院



1979-2019

聯合發起機構  
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# 認識心臟病的訊號

Know the signs

女性患上心臟病的先兆與男性不同，症狀亦往往較為難以察覺。

Women experience different warning signs than men when suffering a heart attack and the symptoms are often much more subtle.

## 典型症狀

- ♥ 通常在胸部中央有沉重、脹滿、壓迫、擠壓、緊繃或其他不舒適的感覺。
- ♥ 疼痛可以延伸至頸部、下頷、背部、上腹部和左臂，疼痛延伸至左臂的情況比右臂更為常見。
- ♥ 疼痛時會出汗、惡心和嘔吐。
- ♥ 疼痛時或會出現呼吸短促、暈眩和軟弱無力。

## Classic symptoms

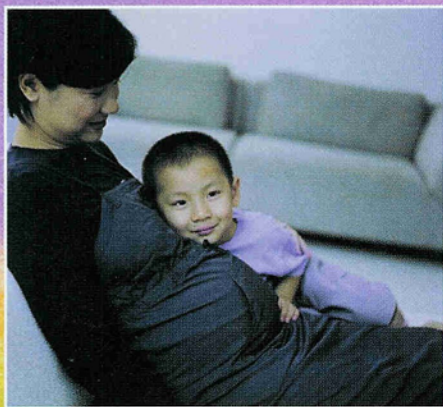
- ♥ Heaviness, fullness, pressure, squeezing, tightness or discomfort usually in the centre of the chest
- ♥ The pain may spread to the neck, jaws, back, upper abdomen and the left arm more usually than the right
- ♥ Pain is often accompanied by sweating, nausea and vomiting
- ♥ Pain may or may not be accompanied by shortness of breath, dizziness and fainting

## 其他較易在女性身上出現的症狀

- ♥ 不尋常的虛弱和疲累
- ♥ 焦慮和不正常的緊張
- ♥ 消化不良或氣脹疼痛
- ♥ 胸口中間或胸骨下方有沉重感覺，或壓迫性胸痛。
- ♥ 肩胛骨有不適或疼痛感

## Other symptoms more likely in women

- ♥ Unexpected weakness or fatigue
- ♥ Anxiety or unusual nervousness
- ♥ Indigestion or gas-like pain
- ♥ Feeling of heaviness or pressure-like chest pain between the breasts or beneath the breastbone
- ♥ Discomfort/pain between the shoulder blades



健康的生活方式可以預防心臟疾病和中風，正因如此，今年「世界心臟日」的活動重點在於向女性和她們的至愛推動健康生活方式。運動、戒煙、均衡營養、控制體重和有效地監測高血壓，是最為有效的預防措施。

Heart disease and stroke are largely preventable through healthy lifestyles. That is why the World Heart Day's

activities are focused on promoting healthy lifestyles for women and their loved ones this year. Physical activity, tobacco-free living, healthy nutrition, weight control, and opportunistic screening for high blood pressure, amongst other measures can all help.



以下標準被認為是量度女性心臟健康的指標：

The following measurements are considered "heart-friendly" for women.

血壓 低於 120-140/80-90mmHg  
腰圍 小於 80cm (31.5 英寸)  
體重 體質指數 (BMI\*) 21 至 23

Blood pressure 120-140/80-90 mmHg or less  
Waist measurement less than 80cm (31.5 inches)  
Weight Body Mass Index (BMI\*) 21-23

$$* \text{體質指數 (Body Mass Index, BMI)} = \frac{\text{體重 (公斤)}}{\text{身高 (米)}^2}$$

$$* \text{BMI} = \frac{\text{Weight in kilograms}}{\text{your height in meters} \times \text{your height in meters}}$$

香港心臟專科學院及東華三院將會繼續合辦世界心臟日，活動內容包括：

The Hong Kong College of Cardiology and the Tung Wah Group of Hospitals will continue to co-organize the World Heart Day. Activities include:

- ♥ 環球健步行2003 — 為響應世界衛生組織舉辦的環球健步行，3,000名市民將一同參與這個無分國籍、性別及年齡界限的健康步行活動，為嘉年華會揭開序幕。
- ♥ 心臟健康嘉年華 — 於維多利亞公園內舉行之節目包括歌星/藝人表演及健康百人操。
- ♥ 「世界心臟日」繪畫比賽（香港區選拔賽）— 六百名香港中小學生將會參加在嘉年華會中舉行的繪畫比賽。其中10幅優勝作品將會與來自北京、新加坡和台灣的得獎作品於稍後由「全球華人心臟保健網絡」舉辦的決賽中一較高下。
- ♥ 電視綜合節目 — 電視廣播有限公司將協助大會舉辦電視問答遊戲節目，以提倡心臟健康的重要性。

- ♥ The Global Embrace 2003 – 3,000 citizens will join this worldwide intergenerational walk event organized by the World Health Organization to kick off the Heart Health Carnival.
- ♥ Heart Health Carnival – stage shows with singers/artistes and exercises in hundred, will be held at the Victoria Park
- ♥ Drawing Competition (Hong Kong Semi-final) – 600 primary/secondary school students will illustrate their ideas on heart health through drawings at the carnival. 10 drawings will be selected to compete with drawings from Beijing, Singapore and Taiwan in the final organized by the International Chinese Heart Health Network.
- ♥ TV Show – TVB will produce a TV quiz show to promote the importance of heart health.



9月28日見..... See You On September 28!



## 世界心臟組織聯會

世界心臟組織聯會是一家設在日內瓦、致力於在全球預防和控制心血管疾病的非政府組織，共有來自100個國家的168個心血管和心臟基金會會員團體，會員來自亞太地區、歐洲、地中海東部、美洲和非洲等地。

[www.worldheart.org](http://www.worldheart.org)

## WORLD HEART FEDERATION

The World Heart Federation is a Non Governmental Organization based in Geneva and dedicated to the prevention and control of cardiovascular diseases around the world. The World Heart Federation is comprised of 168 member societies of cardiology and heart foundations from 100 countries and continental members covering the regions of Asia-Pacific, Europe, East Mediterranean, InterAmerica and Africa.

[www.worldheart.org](http://www.worldheart.org)



## 香港心臟專科學院

香港心臟專科學院於一九九二年成立，共有會員150多位。其宗旨是維持心臟醫療的水平，及改善香港人心臟的健康。香港心臟專科學院是根據《稅務條例》第88條所認可的慈善機構。

## Hong Kong College of Cardiology

The Hong Kong College of Cardiology was founded in January 1992. There are now more than 150 fully accredited fellows. The College aims to maintain the standard of cardiovascular practice, and works towards improving the heart health of the people of Hong Kong. It is a charitable institution approved as exempted from tax under Section 88 of the Inland Revenue Ordinance.

<http://www.medicine.org.hk/hkcc/>



## 東華三院

東華三院成立於一八七〇年，現時屬下共五間醫院，包括東華醫院、廣華醫院、東華東院、東華三院黃大仙醫院及東華三院馮堯敬醫院，為貧病者提供免費中西醫門診服務及免費病床服務，每年受惠人數超過一百二十萬人次。除提供醫療服務外，東華亦因應社會要求積極拓展教育及社會福利服務，現時轄下服務單位共一百八十九個。

## Tung Wah Group of Hospitals

The Tung Wah Group of Hospitals was founded in 1870. It is now providing free Chinese and Western outpatient service and free hospitalization service in its five hospitals, namely Tung Wah Hospital, Kwong Wah Hospital, Tung Wah Eastern Hospital, TWGHs, Wong Tai Sin Hospital and TWGHs, Fung Yiu King Hospital for the people in need, servicing over 1.2 million patient-cases each year. Besides medical services, Tung Wah is also providing education and community services to cope with the need of the community. It has under its management 189 service centres.

<http://www.tungwah.org.hk>



請慷慨支持世界心臟日

Thank you for your generous support to the World Heart Day

我願意捐助 I would like to donate  
港元 HKD:  \$100  \$500  \$1,000  其他金額多少無拘 Any amount will help \$ \_\_\_\_\_

我欲參加「環球健步行」的步行籌款活動，請將有關資料寄給本人。  
I would like to join The Global Embrare Walkathon. Please send me the information.

中文姓名 Name in Chinese: \_\_\_\_\_  先生 Mr  女仕 Ms  醫生 Dr 英文姓名 Name in English: \_\_\_\_\_

地址 Address: \_\_\_\_\_

聯絡電話 Telephone: \_\_\_\_\_ 傳真 Fax: \_\_\_\_\_

支票 Cheque 號碼 Number: \_\_\_\_\_ 抬頭請寫 Payable to: "HONG KONG COLLEGE OF CARDIOLOGY - WORLD HEART DAY"

請寄回收據。Please send me a receipt. 捐款港幣一百元以上可憑收據申請免稅。Donations over HKD100 are tax deductible with a receipt.

日期 Date: \_\_\_\_\_

請連同支票寄回 香港心臟專科學院 中環夏慤道12號美國銀行中心1220室

Please enclose donation cheque and mail to : Hong Kong College of Cardiology, Room 1220, Bank of America Tower, 12 Harcourt Road, Central, Hong Kong