

Acute Heart Disease

In 2004, 5,866 people died of heart diseases according to statistics of Department of Health of HKSAR. There are more than a thousand death cases of sudden heart failure annually, and some of them are asymptomatic acute heart failure.

The heart is the organ supplying blood to all parts of the body enabling it to function properly. A healthy adult has 100,000 heartbeats everyday, pumping 8,000 litres to the body. The coronary artery of the heart is vital for supporting heart and if it is blocked or narrowed, heart failure, heart palpitation and even death will emerge.

People should seek medical advice if they have symptoms of heart failure such as shortness of breath, lower limb swelling, persistent tiredness, insomnia, coughing, bubbles in phlegm, abdominal distention, loss of appetite, deterioration of memory, etc. As coronary heart disease is the major cause of acute heart disease, people should pay attention to the risk factors including hypertension, high cholesterol level, obesity, smoking, family history of cardiovascular disease, stress and lack of regular exercises.

Maintaining a healthy life style, a balanced diet and regular body examination are important preventive measures for heart diseases.