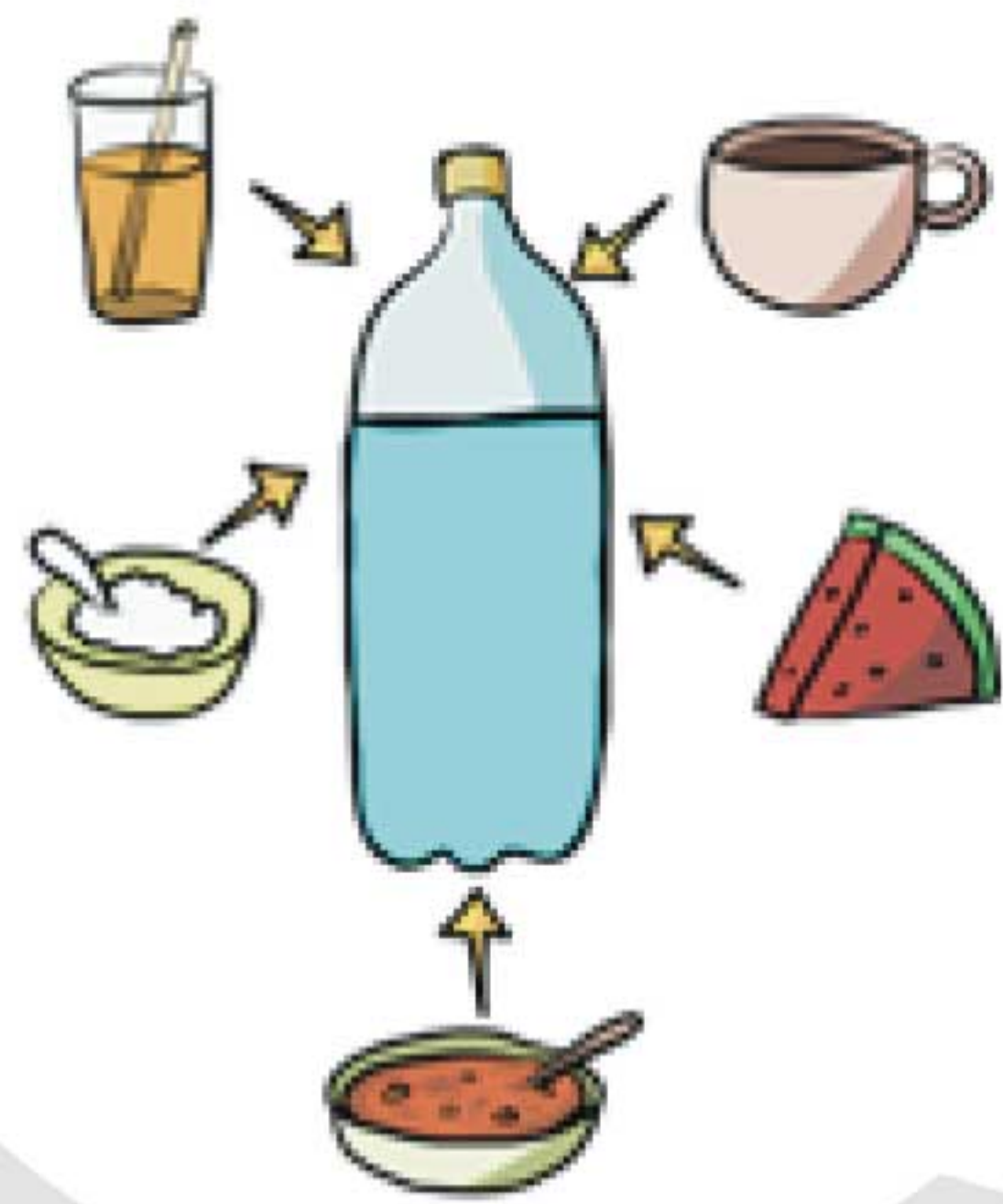




心脏衰竭： 自我保健手册



01

液体摄入

- 计算您每日的饮水量。
- 控制每日饮水量在1至1.2公升。这包括所有种类的液体，比如咖啡，茶，水，水果，汤和粥。

02

盐分摄入

- 限制食用高盐食物。
- 外出用餐时避免浇汁，要求少盐。
- 避免食用罐装食品。



03

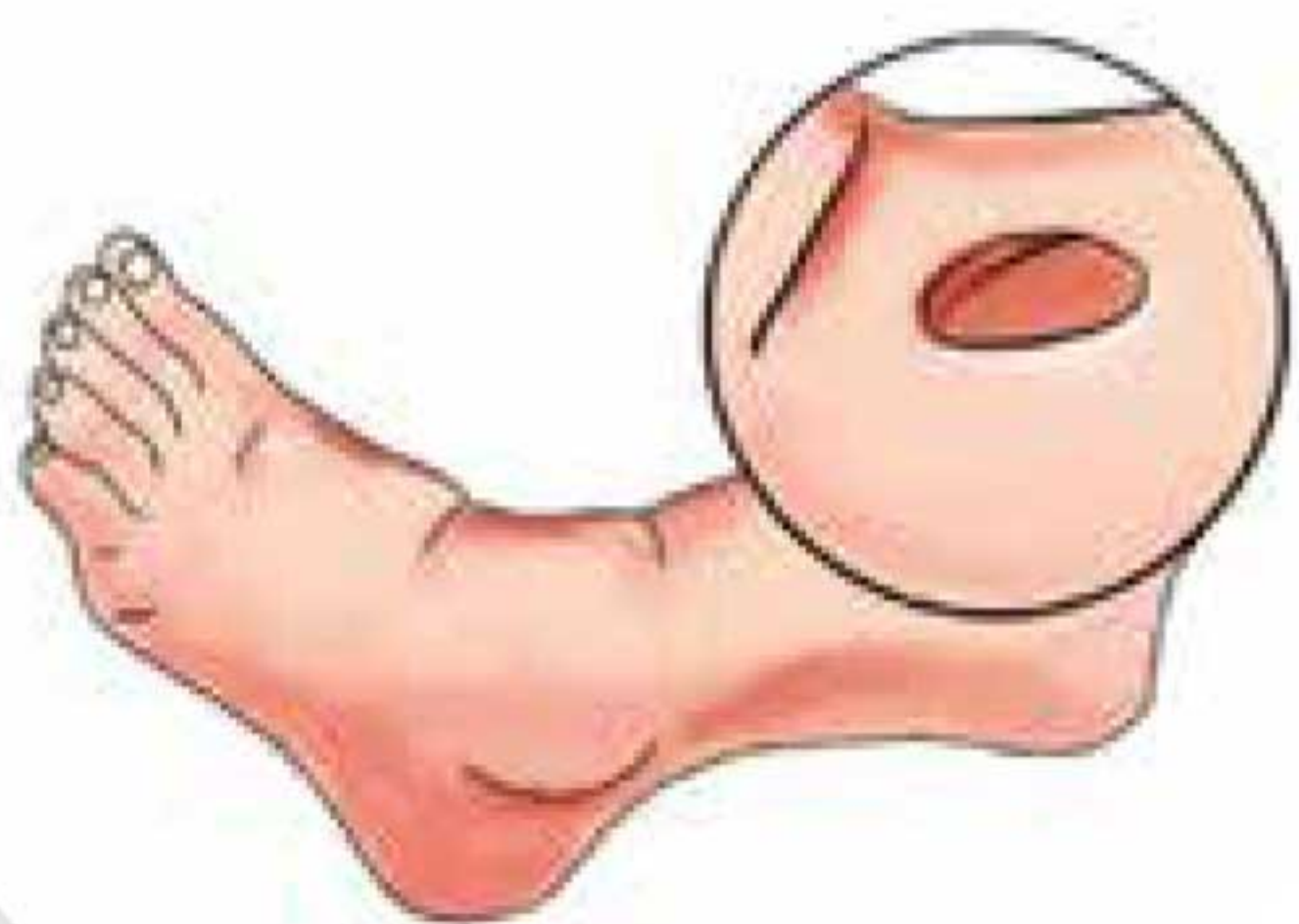
药物

- 按时服用您的药物以控制病情。这些药物会减轻心脏负荷并改善心脏泵功能。
- 请勿擅自停止服药即使您的身体状况有所改善。

04

运动

- 每周运动至少3次。每次至少15至30分钟。
- 如果出现胸痛或呼吸困难，立即停止运动。
- 运动时应当穿插适量的休息时间。



05

检查腿部肿胀

- 轻轻按压腿部几秒钟来检查是否有肿胀，并观察是否有持续压痕。这种压痕应该会持续几分钟。

06

监测体重

- 每天称重以检查是否有体重增加。在每天早晨空腹和排尿后进行称重。
- 将您的体重记录在日历或日记中。



如果您发现您的体重增加(每天一公斤或者每周三公斤)，脚踝浮肿，呼吸困难或者无法平躺，请马上就医。



扫描QR码获取电子手册

Ng Teng Fong General Hospital

1 Jurong East St 21, Singapore 609606

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.ntfgh.com.sg



Scan for
more information

Take charge of your health and
access health information and
services across NUHS institutions.

Download the OneNUHS App now!



Scan to download

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

© 2023, Ng Teng Fong General Hospital. All rights reserved. No part of this publication may be reproduced or shared without prior permission from Ng Teng Fong General Hospital.

Information is correct at time of printing [Oct 2023] and subject to revision without prior notice.