

Living Care of Cardiac Patients

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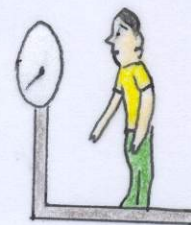
Hypertension

- no smoking
- low salt low calorie diet, maintain ideal body weight
- healthy life style
- maintain regular bowel movement
- maintain emotional stability
- regular exercise
- avoid temperature difference
- good sleep
- measure blood pressure, pulse rate, medications and OPD follow up regularly
- observe signs and symptoms, if any.



Ischemic heart disease

- no smoking
- low salt low fat low calorie diet. Maintain ideal body weight
- avoid excessive drinking of alcohol, coffee, tea etc.
- healthy life style
- regular exercise
- maintain regular bowel movement
- avoid temperature difference
- good sleep
- measure blood pressure, pulse rate, medications and OPD follow up regularly
- always bring along nitroglycerin
- If chest discomfort --> calm down --> sublingual intake of nitroglycerin --> if no improvement, consult doctors immediately
- refrain from precipitating (eg. emotional upset, temperature difference) and risk factors (eg. smoking, obesity)
- observe signs and symptoms, if any.



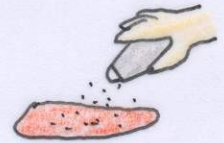
Heart failure

- low salt low calorie diet. maintain ideal body weight.
- healthy life style
- regular exercise
- good sleep
- avoid temperature difference
- measure blood pressure, pulse rate, medications and OPD follow up regularly
- refrain from precipitating and risk factors
- observe signs and symptoms of heart failure such as increase in body weight, poor appetite, dyspnea, pedal or abdominal distention, persistent coughing, nocturia, obliguria, insomnia etc.



Cardiac arrhythmias

- diet control, healthy life style, regular exercise, good sleep
- measure blood pressure, pulse rate, medications and OPD follow up regularly
- refrain from precipitating and risk factors
- observe signs and symptoms, if any.



Valvular heart disease

- avoid over working, strenuous exercise and emotional upsets
- measure blood pressure, pulse rate, medications and OPD follow up regularly
- prevent heart failure (refer to living care in heart failure)
- prevent infection (inform doctors before undergoing any operations)
- observe signs and symptoms, if any.

