



Chẩn đoán và điều trị Bệnh tim thiếu máu cục bộ

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Chẩn đoán bệnh tim thiếu máu cục bộ

Bệnh sử

Tiền căn

Yếu tố nguy cơ

Thăm khám

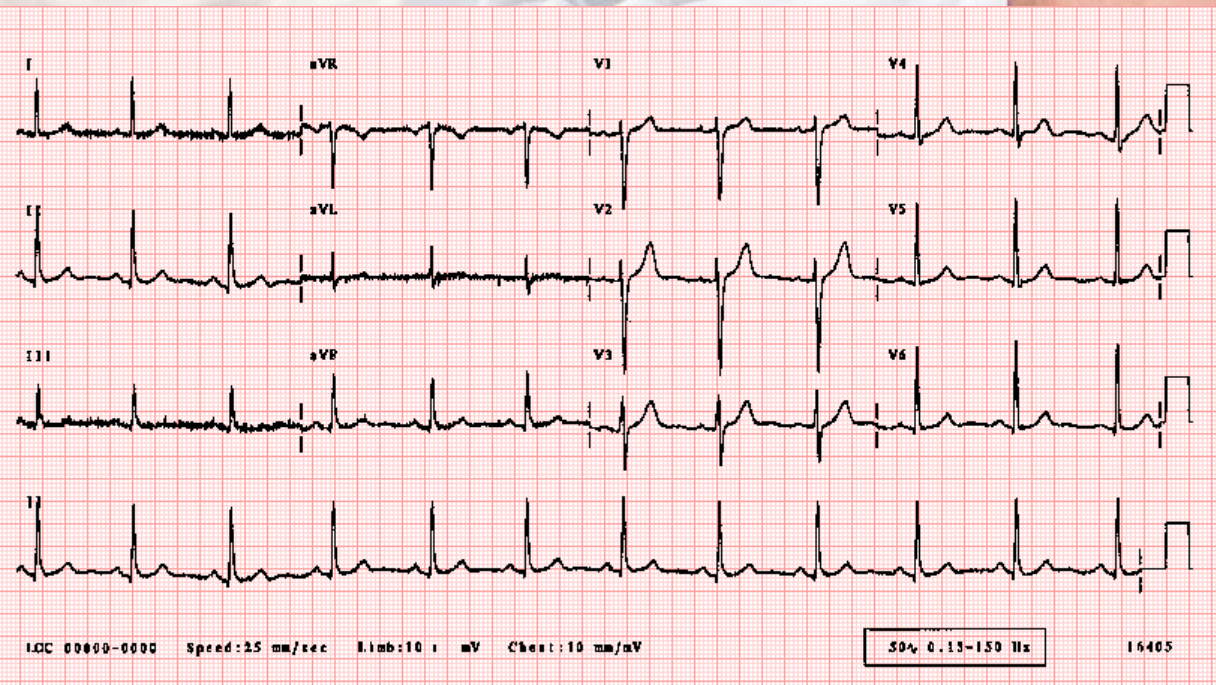
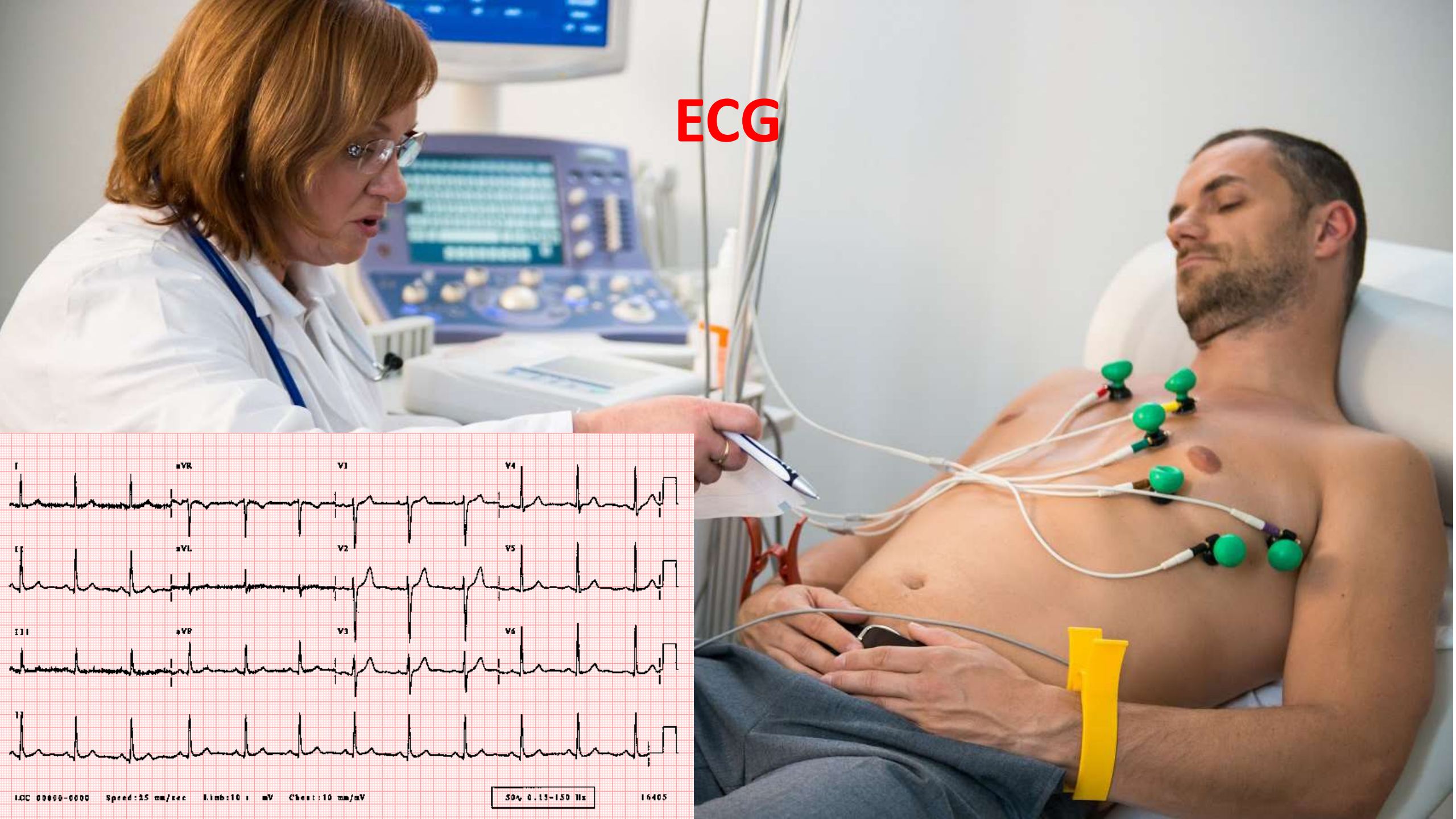
Cận lâm sàng

Chẩn đoán

**Khả năng BTMCB tắc nghẽn dựa vào
tuổi, giới và tính chất đau ngực (Gender.T.SS-2011)**

Tuổi	ĐTN điển hình		ĐTN không điển hình		Đau ngực không do tim	
	Nam	Nữ	Nam	Nữ	Nam	Nữ
30-39	59	28	29	10	18	5
40-49	69	37	38	14	25	8
50-59	77	47	49	20	34	12
60-69	84	58	59	28	44	17
70-79	89	68	69	37	54	24
>80	93	76	78	47	65	32

ECG



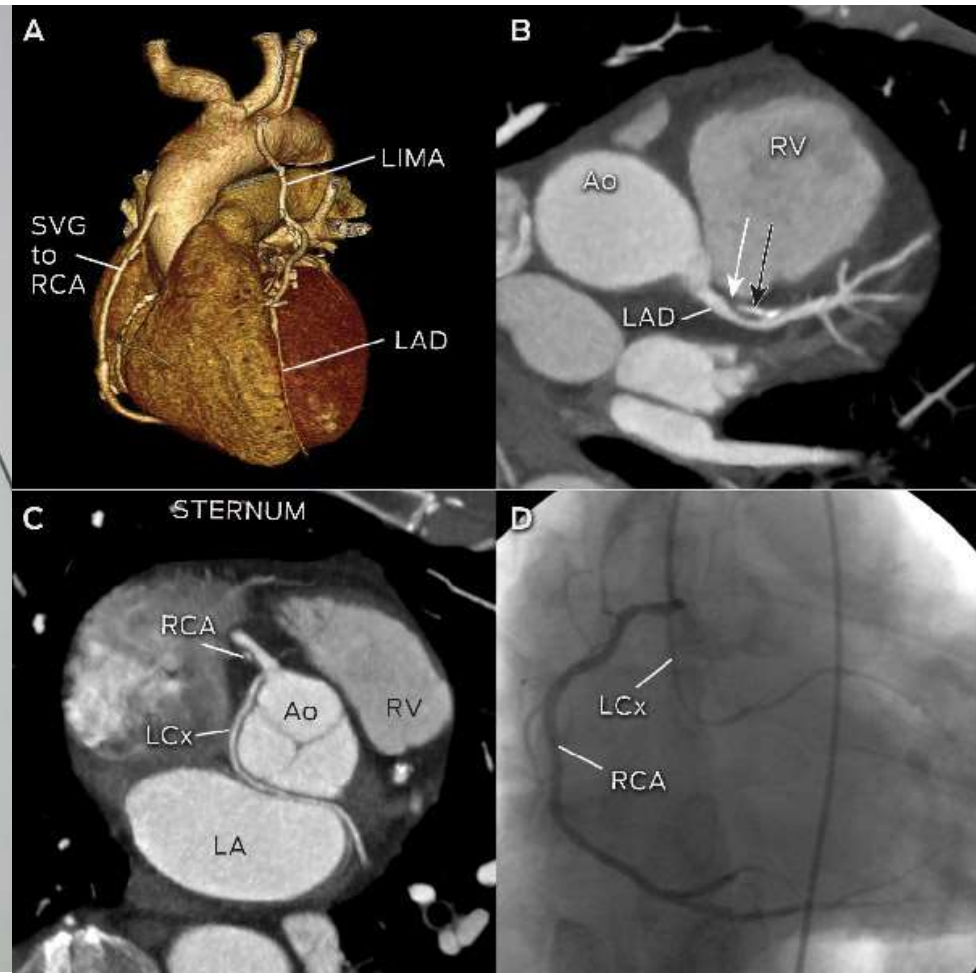
ECG gắng sức



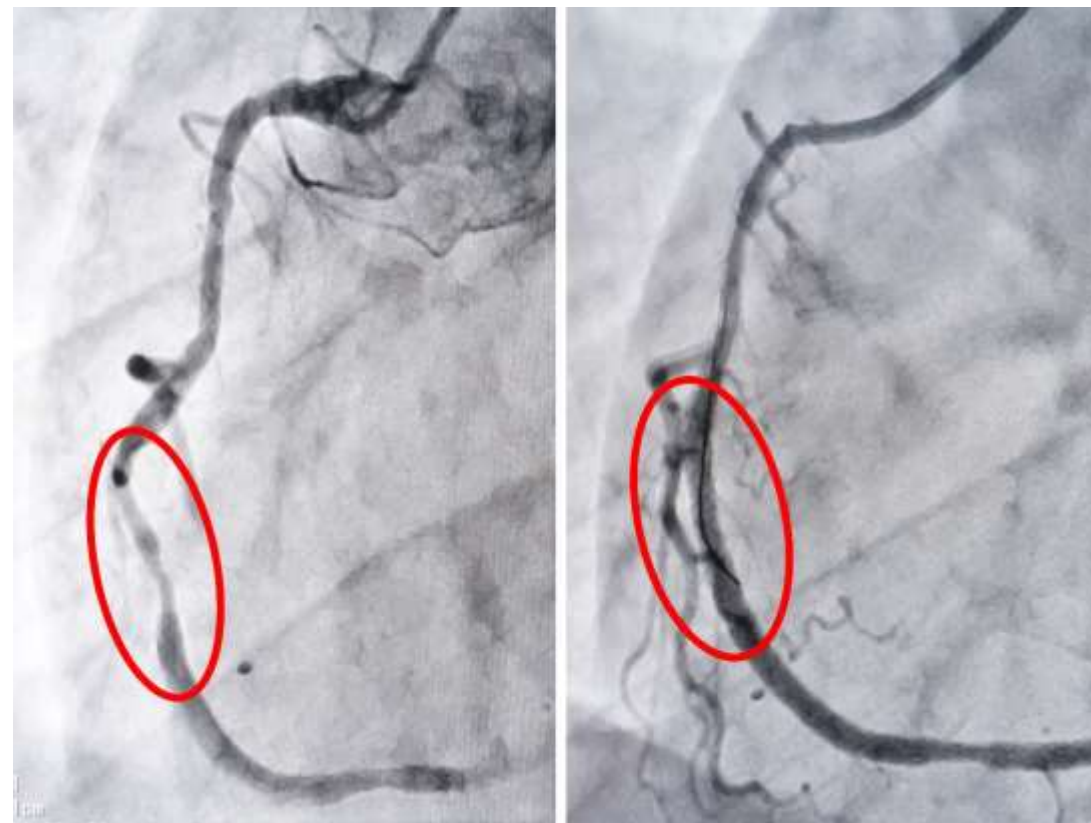
Siêu âm tim



MSCT động mạch vành



Chụp DSA mạch vành



Xét nghiệm máu - Các cận lâm sàng khác



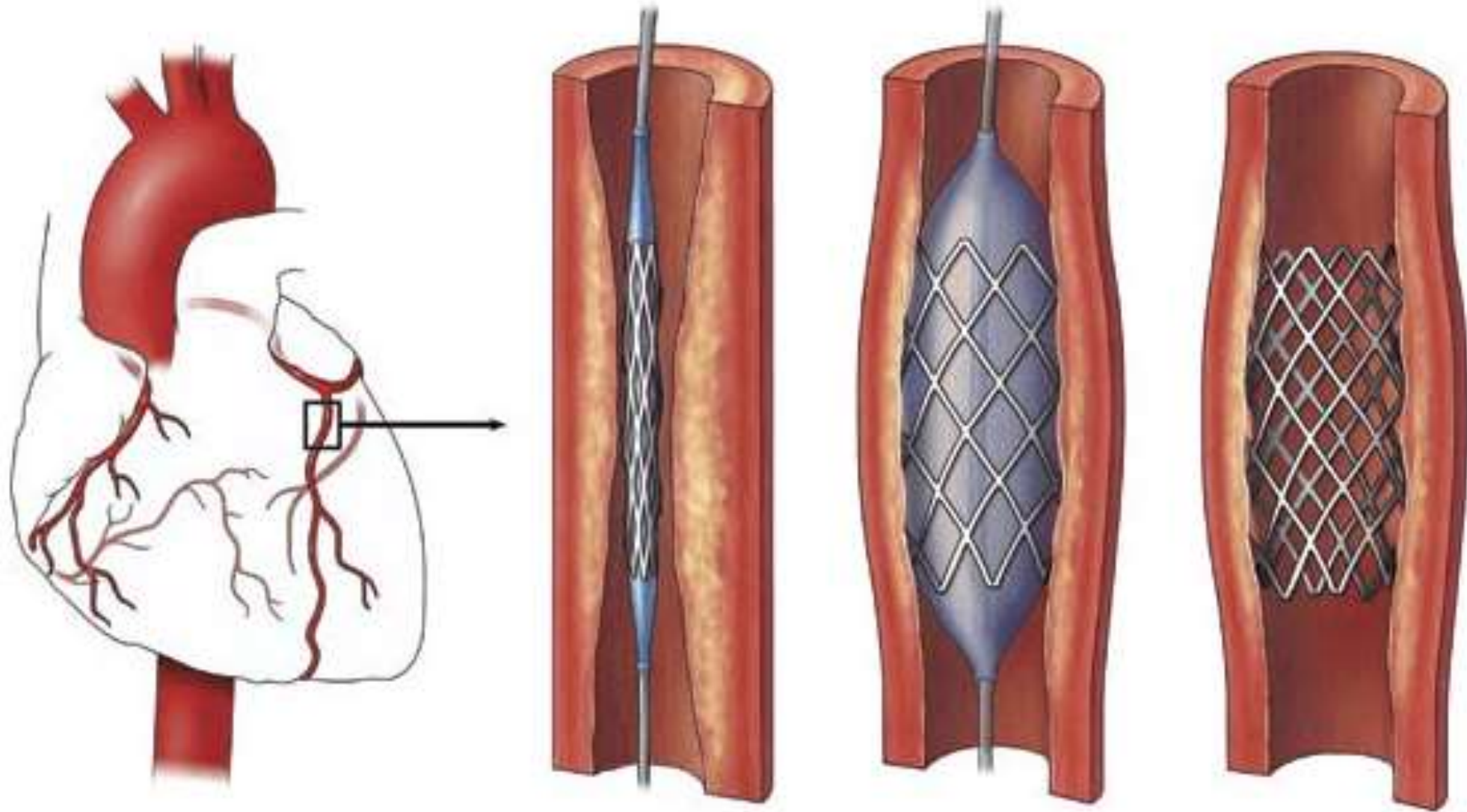
Điều trị

Thuốc – cải thiện triệu chứng – cải thiện tiên lượng



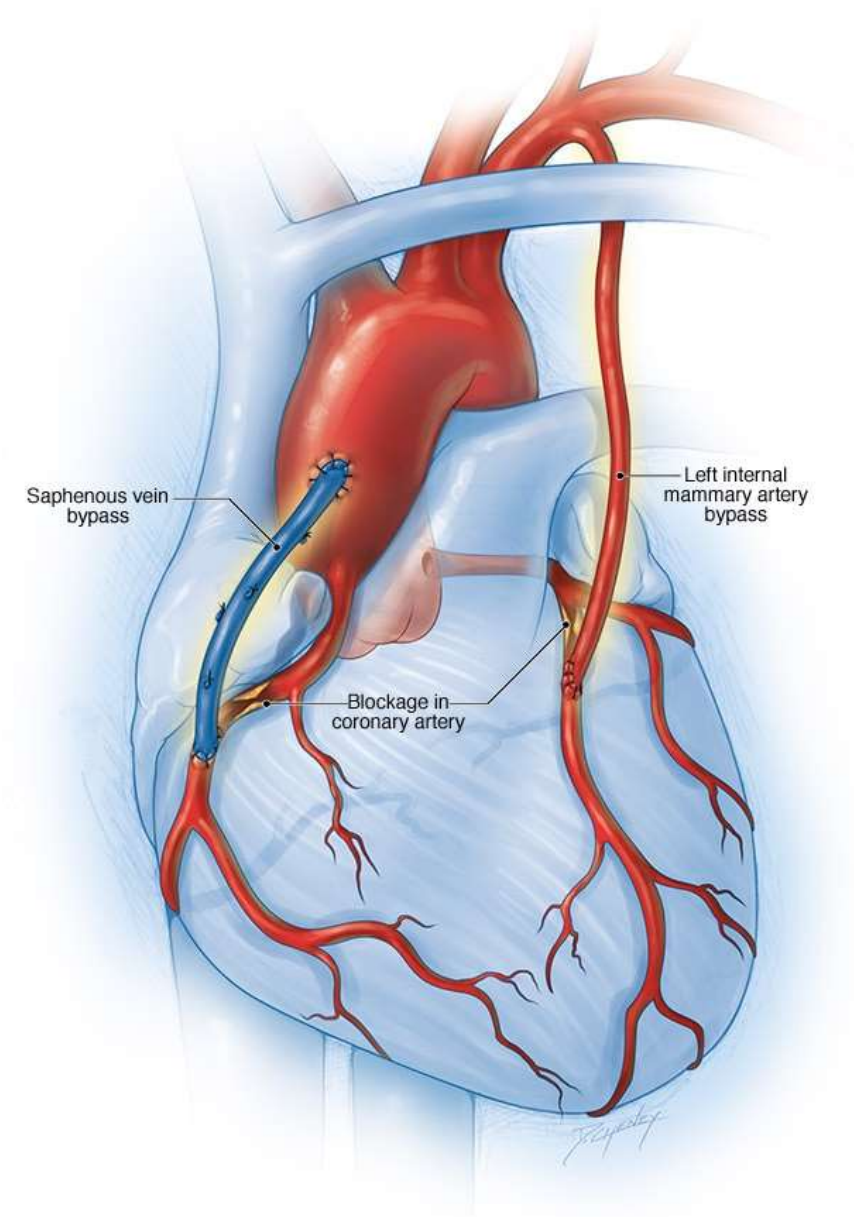
Điều trị can thiệp

Stent mạch vành



Source: Britannica.com

Phẫu thuật bắc cầu



Học cách sống với bệnh tim thiếu máu cục bộ

Giảm cân

1 mmHg/1kg



Giảm muối

6 gam muối
(1 thìa cafe)













Giảm rượu bia



**1 can of regular beer
330ml
5% alc.**



**1 glass of wine
120 ml
12% alc.**



**1 shotglass of spirit
30 ml
40% alc.**



**2.5 shotglasses of sal
75 ml
18% alc.**



Bỏ thuốc lá



Bỏ thuốc lá

- 20 phút sau khi ngưng hút thuốc lá: huyết áp và nhịp tim bắt đầu giảm. Giảm gánh nặng cho tim và mạch máu
- 48 giờ sau, nguy cơ nhồi máu cơ tim bắt đầu giảm.
- Sau 1 năm, nguy cơ nhồi máu cơ tim giảm $\frac{1}{2}$.
- Sau 10 – 15 năm, nguy cơ tim mạch trở về bình thường như người không hút thuốc lá.



Hoạt động thể lực



Hoạt động thể lực



RPE	How it feels	What you can do
0.5	Very, very easy	Sing
1	Very easy	You have enough breath to sing
2	Easy	
3	Moderate	Talk
4	Somewhat hard	You have enough breath to talk or speak
5	Hard	
6		GASP
7	Very hard	You cannot say more than 4-6 words without gasping
8		
9	Very, very hard	You cannot say more than 2-3 words without gasping
10	Maximum	
		You cannot talk at all





At home	Warm up	Training period	Cool down
Week 1 Every second day		10-minute walk at an easy pace	
Week 2 Every Second day	5-minute easy walk	10-minute walk at a faster pace 5-minute easy walk	5-minute easy walk and stretches
Week 3 4 times a week	5-minute easy walk	15-minute walk at a faster pace	5-minute easy walk and stretches
Week 4 4 times a week	5-minute easy walk	20-minute walk at a faster pace	5-minute easy walk and stretches
Weeks 5-6 At least 5 days a week	10-minute easy walk	25-30 minute walk at a faster pace Start to pump or swing arms Walk up gentle hills leaning slightly forward	5-minute easy walk and stretch for each walk



Tập thể dục





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1. Sit or stand, holding a weight in each hand with your arms at your sides, palms facing forward.



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2. Bend your elbows and lift the weight, keeping elbows tucked close to your sides.
3. Lower the hands slowly back to starting position.
4. Do 10-15 reps, 1-3 sets.

Hoạt động thể lực



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1. Sit at the front of a chair. Cross your arms over your chest.
2. Tighten stomach muscles by pulling in your belly button.



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3. Slowly press forward as far as comfortable.
4. Slowly return to start position.
5. Do 10-15 reps, 1-3 sets.



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1. Neck stretch

1. Tilt your head to the right. Your ear moves toward your shoulder.
2. Press your left hand down.
3. Hold the stretch for 15-30 seconds.
4. Tilt your head to the left and press your right hand down.
5. Hold the stretch for 15-30 seconds.



2. Neck stretch

1. Slowly turn your head to the right until you feel a slight stretch.
2. Do not tip or tilt your head forward or backward.
3. Hold the stretch for 15 to 30 seconds.
4. Repeat stretch to the left.





3. Chest stretch

1. Hold your arms out at shoulder height, with your palms facing forward.
 2. Slowly move your arms back and squeeze your shoulder blades together. Stop when you feel a stretch across the chest.
 3. Hold the position for 15 to 30 seconds.
- * Caution: This chest stretch may NOT be suitable for everyone. If you had open heart, bypass or valve surgery, check with your doctor before doing it.



4. Upper back and shoulder stretch

1. Stretch your arms out in front of you at chest height, interlace your fingers, then turn your hands so your palms face away from you.
2. Gently press the palms away from the body.
You should feel a stretch in your neck and upper back and along your shoulders.
3. Hold the position for 15 to 30 seconds.



5. Hips and butt stretch

1. Sit in a chair with your feet flat on the floor. Rest your right ankle on your left knee.
2. Place one hand on your ankle and one on your knee.
3. Lean forward slowly until you feel a stretch along the outside of your right hip and butt.
4. Hold for 15-30 seconds.
5. Repeat stretch with the other leg.



6. Hamstring stretch

1. Sit at the front of a chair.
2. Place your right leg in front of you, heel on the floor. Do not lock your knee.
3. Slowly lean forward at the hips, keeping your back straight.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat stretch with your left leg.



7. Upper leg stretch

1. Hold on to back of chair or the wall for support.
2. Bend your right knee and grasp your right ankle (or your pant leg for an easier hold). If you can't reach your foot or leg, loop a towel around your ankle.
3. Gently pull your heel up toward your butt.
4. Hold for 15 to 30 seconds.
5. Repeat stretch with your other leg.

8. Hip stretch



1. Lie on your back with your legs together. Bend knees, feet flat on the floor. Keep both shoulders on the floor during the stretch.



2. Slowly lower one knee to the side, as far as you can. Keep your feet close together and try not to move the other leg.
3. Hold position for 15 to 30 seconds.
4. Bring knee back up slowly.
5. Repeat stretch with your other leg.



9. Calf stretch

1. Stand with your palms flat against the wall at shoulder height.
2. Place one foot in front of the other.
3. Bend your front knee and lean forward until you feel a stretch in your calf at the back of your leg.
4. Hold position for 15 to 30 seconds.
5. Repeat stretch with other leg.

Tránh lo âu, căng thẳng quá mức





THANK YOU

FOR YOUR KIND ATTENTION