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# 妇女心房纤维颤动 20年测不出

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今年68岁的赖亚蕊，在40岁时就出现心房纤维颤动的状况，但20年来多次心电图检验却测不出。

一年多前，伊丽莎白诺维娜医院的心脏专科高级顾问医生柳家骏确诊她患病，就在她胸部靠近心脏皮下部位装置了一个直径5厘米，厚5毫米的心脏起搏器，当她的心律不齐时，起搏器自动调整心跳速率，赖女士多年来呼吸不顺畅、心律不齐、夜夜睡不安宁的情况随之消失。

心房纤动导致心律不正常的情况时有时无，接受心电图检验时正好处于正常状况，检验结果就是正常。

赖亚蕊说，通常是劳累或失眠时感到心律异常。平时则常感眩晕、气短、困倦、健忘。

柳医生说，有些患者并无症状，患病也不知。

赖亚蕊20多年前感到心律不齐，以为是高血压症和糖尿病引起的现象，不知那是心房颤动。

## 患者中风率高8倍

新加坡心脏基金上周推出首个“心律周”，唤起国人注意。本地16家设有病人护理中心的佳宁 (Guardian) 药房，也免费为公众做心房颤动测试。

心脏基金医疗总监吴彬彬医生说，新加坡约有5万人心房颤动，患者中风的几率比常人高8倍，及早诊断和治疗，中风的几率可大为减低。

柳医生说，60岁以上的发病率是6%；年逾80为10%。心房颤动的致病因素包括酗酒、睡眠窒息症、心血管疾病、甲状腺功能失常、炎症、家族病史等，男性患者比女性多。




柳家骏医生曾是英国和本地多名心脏专科医生的导师。

吴彬彬医生。

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**Summary of article:**

Mdm Luah Ah Looi, 68 years old, had symptoms of atrial fibrillation (AF) when she was 40+ years old. However her heart rhythm disorder was not detected for more than 20 years, despite having taken electrocardiography tests. It was only detected about a year ago when Dr. Reginald Liew, a Senior Consultant Cardiologist at Mount Elizabeth Hospital diagnosed her disorder. She has since been fitted with a pacemaker and henceforth, her years of chest discomfort she experienced went away. Mdm Luah shares that she usually feels heart palpitations whenever she is tired. Other symptoms she has experienced include breathlessness and feeling faint. Dr Liew said that some patients do not have any symptoms and do not even know they have AF.

**Patients with AF have an increased risk of stroke by up to 8 times**

The Singapore Heart Foundation organized the first 'Heart Rhythm Week' in Singapore to raise awareness about AF. 16 Guardian pharmacies will be offering pre-screening services. This service is open to the public and it is free of charge. Dr Goh Ping Ping, board member of the Singapore Heart Foundation shared that there are around 50,000 people in Singapore with AF and that it increases their risk of a stroke by up to 8 times. With early detection and treatment, it will lower the risks of having a stroke.

Dr Liew also shared that 6% of people age above 60 years old have AF, while there are about 10% of those age above 80 years old who have AF. Some risk factors of AF include alcohol consumption, thyroid disease, cardiovascular diseases and many other illnesses. There are also more males than females with AF.