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## **One Spouse with Heart Disease May Double Risk for Other 配偶中一位患有心脏病，另一位的心血管风险可能加倍**

*Lifestyle factors, caregiver stress thought to play a role in increased risk  
生活方式、照护压力可能是风险升高的原因*

**WASHINGTON (May 5, 2021)** — Individuals living with a spouse with heart disease were more than twice as likely to have heart disease themselves, according to a study being presented at the American College of Cardiology's 70<sup>th</sup> Annual Scientific Session.

华盛顿(2021年5月5日)——根据美国心脏病学会第70届年会上公布的一项研究表明，配偶患有心脏病的人自身患心脏病的可能性升高两倍以上。

Researchers surveyed more than 5,000 heterosexual couples over the age of 45 living in seven regions of China from 2014-2016. Participants provided information about their personal health history and that of their spouse, including details about risk factors such as body mass index and blood pressure; lifestyle factors such as physical activity, smoking and alcohol use; and socioeconomic factors. For the study, a history of cardiovascular disease was defined as experiencing a heart attack or stroke or having percutaneous coronary intervention or coronary artery bypass graft, which are procedures to open or bypass blocked arteries.

研究人员对2014-2016年中国7个地区的5,000多对45岁以上的异性恋夫妻进行了调查。参与者提供了本人和配偶的个人健康史信息，包括体重指数和血压等风险因素；生活方式因素，如体育活动、吸烟和饮酒；以及社会经济水平的详细信息。在这项研究中，心血管病史被定义为有心肌梗死或卒中史，或接受过经皮冠状动脉介入治疗或冠状动脉搭桥术。

“We found that an individual's cardiovascular disease risk is associated with the health status and lifestyle of their wife or husband,” said Chi Wang, MPH, a research fellow at Heart Health Research Center in Beijing and the study's lead author. “In addition to sharing lifestyle factors and socioeconomic environment, our study suggests the stress of caring for a spouse with cardiovascular disease may contribute to increased cardiovascular risk.”

本研究的第一作者也是主要作者，北京心脏健康研究中心研究员 Chi Wang, MPH 表示：“我们发现个人的心血管疾病风险与配偶的健康状况和生活方式有关。”“除了共同生活方式因素和社会经济环境外，我们的研究还表明，照顾患心血管疾病的配偶的压力可能会增加心血管疾病的风险。” Previous research in this area has pointed to increased risks among those caring for a spouse after a stroke. The new study has a larger study population than previous studies and more comprehensive information on health status, risk factors and lifestyle variables, according to researchers.

此前在该领域的研究指出，卒中后照顾配偶的伴侣患病风险增加。研究人员表示，这项新研究的研究人群比既往研究更大，并且有关健康状况、危险因素和生活方式的信息更为全面。

Because the data came from multiple regions of China representing a wide range of economic and cultural backgrounds, Wang said the results likely would be similar to trends in other middle-income countries around the world. She said the findings underscore the need for preventive care for spouses of individuals with cardiovascular disease.

作者表示，由于数据来自中国多个地区，代表了广泛的经济和文化背景，结果可能与世界上其他中等收入国家的趋势相似。这些发现强调了对心血管疾病患者的配偶进行预防的必要性。

“Family-centered health care plays an important role in chronic health care around the world,” Wang said. “Our finding indicates caregivers’ health should be monitored as well as that of their spouse in the community and primary care setting.”

Wang 表示“以家庭为中心的照护在全世界的慢病管理中发挥着重要作用，我们的发现表明，应在社区和基层医疗机构监测心血管病患者照护者的健康状况。”

According to the findings, the relationship between a spouse’s history of heart disease and a person’s own risk was especially pronounced in men. Among men whose wives had heart disease, 28% had cardiovascular disease themselves, compared to 12.8% of men whose wives did not have heart disease. A man’s likelihood of cardiovascular disease was highest if his wife had a history of stroke, obesity or smoking. The researchers said the prominent role of women in determining a family’s diet could help explain the findings.

根据研究结果，配偶的心脏病史和个人自身心血管风险之间的关系在男性中尤其明显。在妻子患有心脏病的男性中，28%的人自身患有心血管疾病，而在妻子没有心脏病的男性中，这一比例为12.8%。如果妻子有卒中、肥胖或吸烟史，男性患心血管疾病的可能性最高。研究人员称，女性在决定家庭饮食方面所起的重要作用这一现象可能的原因。

Among women whose husbands had heart disease, 21% had cardiovascular disease themselves, compared to just 9% of women whose husbands did not have cardiovascular disease. A woman’s likelihood of cardiovascular disease was highest if her husband had a history of stroke.

在丈夫患有心脏病的女性中，21%的人自身患有心血管疾病，而丈夫没有心血管疾病的女性中，这一比例只有9%。如果丈夫有卒中病史，女性患心血管疾病的可能性最高。

“The health status and risk factors of women, who are the drivers of lifestyle in a majority of families in different cultural backgrounds, seem to affect their husbands to a greater extent than husbands’ risk factors affect wives,” Wang said.

Wang 说：“在不同文化背景的大多数家庭中，女性的健康状况和风险因素是生活方式的决定因素。与丈夫的风险因素对妻子的影响相比，女性的健康状况和风险因素对丈夫的影响似乎更大。”

The researchers also examined diabetes trends but found that having a spouse with diabetes did not significantly increase a person’s own diabetes risk. This finding could indicate that genetic factors and family history of diabetes are the dominant factor for diabetes risk, Wang said.

研究人员还调查了患糖尿病的趋势，但发现配偶患有糖尿病并不会显著增加伴侣患糖尿病的风险。Wang 说，这一发现可能表明，遗传因素和糖尿病家族史是导致糖尿病风险的主要因素。

For resources on being a caregiver for a heart disease patient, visit [CardioSmart.org/topics/caregivers](https://www.cardiosmart.org/topics/caregivers). 有关如何照顾心脏病患者的资源，请访问 [CardioSmart.org/topics/caregivers](https://www.cardiosmart.org/topics/caregivers)

*Wang will present the study, “Association of Spousal Health Status and Cardiometabolic Risk Factors with Cardiovascular Disease and Diabetes Mellitus in China,” on Monday, May 17, at 12 p.m. ET / 16:00 UTC.*

Wang 将于 5 月 17 日(星期一)下午 12 点(东部时间)/ 16:00 (UTC 时间)发表“中国配偶健康状况和心脏代谢危险因素与心血管疾病和糖尿病的关系”的研究。

**ACC.21** will take place May 15-17 virtually, bringing together cardiologists and cardiovascular specialists from around the world to share the newest discoveries in treatment and prevention. Follow [@ACCinTouch](#), [@ACCMediaCenter](#) and [#ACC21](#) for the latest news from the meeting.

**ACC.21** 将于 5 月 15 日至 17 日举行，届时来自世界各地的心脏病和心血管专家将齐聚一堂，分享治疗和预防方面的最新发现。关注 [@ACCinTouch](#)，[@ACCMediaCenter](#) 和 [#ACC21](#) 获取会议的最新消息。

**The American College of Cardiology** envisions a world where innovation and knowledge optimize cardiovascular care and outcomes. As the professional home for the entire cardiovascular care team, the mission of the College and its 54,000 members is to transform cardiovascular care and to improve heart health. The ACC bestows credentials upon cardiovascular professionals who meet stringent qualifications and leads in the formation of health policy, standards and guidelines. The College also provides professional medical education, disseminates cardiovascular research through its world-renowned *JACC Journals*, operates national registries to measure and improve care, and offers cardiovascular accreditation to hospitals and institutions. For more, visit [ACC.org](#).

美国心脏病学会（ACC）展望一个通过创新和知识优化心血管治疗和结局的世界。作为整个心血管医疗群体的专业医学组织，学会及其 54000 名成员的使命是转变心血管治疗以改善心脏健康。ACC 为通过严格审查的心血管领域的专家颁发证书，同时领导健康政策、标准和指南的制定。学会还提供专业医学教育，在世界知名的 JACC 期刊发布心血管领域研究，开展国家注册研究来改进和评估治疗，并为医院和机构提供心血管领域的认证服务。更多信息，请访问 [ACC.org](#)

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