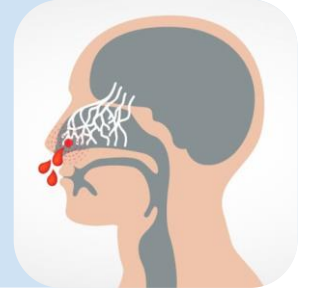


流鼻血不是開玩笑！一次搞懂流鼻血

流鼻血是很常見的現象，這是由於鼻子在臉部的位置以及鼻內大量脆弱的血管導致。然而，流鼻血仍然可以發揮著警示作用，尤其是當流鼻血持續很長時間或頻繁發生時。如果您或您的家人有流鼻血的狀況，那麼最重要的是要學會如何正確應對。



流鼻血的成因

- 空氣乾燥或冷空氣
- 經常擤鼻子
- 鼻子內有異物
- 挖鼻孔
- 打噴嚏過多
- 過敏
- 鼻子受傷
- 懷孕期間荷爾蒙變化
- 濫用酒精
- 上呼吸道感染
- 大量服用阿司匹林

如何預防流鼻血

溫柔地對待鼻子：

- 避免揉搓鼻子或挖鼻孔
- 避免用力擤鼻子
- 塗抹凡士林或含鹽鼻用凝膠以保持鼻腔濕潤



使用加濕器：

- 晚間睡覺時使用加濕器保持房間空氣濕潤



使用鹽水噴鼻劑：

- 當空氣乾燥時，嘗試用鹽水噴鼻劑。每天可使用數次

流鼻血的緊急處理

大多數流鼻血狀況能在家止住

可做

- ✓ 坐直且頭部向前傾
- ✓ 捏緊鼻子
- ✓ 10分鐘後可以鬆手，如果仍然流鼻血可繼續捏住鼻子
- ✓ 在鼻樑上敷冰袋至少5至10分鐘



不可做

- ✗ 躺下或頭部後仰
- ✗ 挖鼻孔或擤鼻子
- ✗ 服用阿司匹林



如果鼻血無法止住、大量失血、感到虛弱或暈厥，請諮詢醫生以尋求幫助！



想了解我們的醫生集團，
請致電會員服務部：
(415) 590-7418

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Nosebleeds are No Fun! Learn the Facts on Nosebleeds

Nosebleeds are common due to the location of the nose on the face, and the large amount of fragile blood vessels in the nose. However, they can still be cause for alarm, especially if they last a long time or occur frequently. If you or your family member gets a nosebleed, the important thing is to know how to manage it properly.



Causes of Nosebleeds

- Dry or cold air
- Frequent nose blowing
- Foreign object in nose
- Picking nose
- Excessive sneezing
- Allergies
- Injury to the nose
- Hormonal changes during pregnancy
- Alcohol abuse
- Upper respiratory infections
- Large doses of aspirin

How to Prevent Nosebleeds

Be gentle to your nose:

- Avoid rubbing or picking the nose
- Don't blow your nose too hard
- Apply Vaseline or Ayr Saline Nasal Gel to keep the inside of your nose moist



Use a humidifier:

- Humidify your room at night while you sleep



Use saline nasal sprays:

- When the air is dry, try a salt-water nasal spray. Use it several times a day.



First Aid for Nosebleeds

Most nosebleeds can be stopped at home

DO'S



- ✓ Sit upright and lean forward
- ✓ Pinch your nose
- ✓ Release the pinch after 10 mins and repeat if bleeding persists
- ✓ Apply an ice pack across the bridge of your nose for at least 5 to 10 minutes



DON'TS

- ✗ Lie down or tilt your head back
- ✗ Pick or blow your nose
- ✗ Take an aspirin



Consult your doctor about your nosebleed if the bleeding cannot be stopped, or the nosebleed makes you feel weak or faint!



To learn more about our doctor's group, call Member Relations:
(415) 590-7418

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