

乙肝

乙肝患者的生活

什麼是乙肝？

乙肝是一種由乙肝病毒引起的肝臟疾病。對於某些感染乙肝的人士，這種病毒會停留在體內，造成終身患病。隨著時間的推移，乙肝會導致嚴重的健康問題，包括肝癌和肝衰竭。

乙肝是如何傳播的？

當某人接觸到乙肝患者的血液時，乙肝就會透過血液接觸傳播。多數出生在亞洲的乙肝患者在嬰兒或幼童時期就感染了乙肝。乙肝可以由已經感染的母親在分娩時傳染給嬰兒或由其他家庭成員傳染給幼童。乙肝並非一種遺傳性疾病。人們也不會因為與患者一起吃飯、共用餐具或器皿而患上乙肝。乙肝不會透過哺餵母乳、擁抱、親吻、牽手、咳嗽或打噴嚏傳播。



**如果您患有乙肝，
請定期就診，
護理好自己的健康。**

乙肝有哪些症狀？

多數乙肝患者並不知道自己患有乙肝。這種疾病通常不會產生症狀。乙肝可以隱藏在體內。很多人患有乙肝多年都沒有感到不舒服。儘管如此，在此期間這種疾病仍然會損害肝臟。

乙肝會有多嚴重？

乙肝可以變得非常嚴重。對有些人來說，這種疾病會導致肝損害，如肝衰竭或肝癌。

如何治療乙肝？

務必定期接受在治療乙肝方面經驗豐富的醫生的檢查。很多乙肝患者每年看醫生一到兩次，接受身體檢查、驗血和肝臟檢查。這些檢查能幫助醫生決定需要進行哪些醫療護理。很多乙肝患者都可以使用抗病毒藥物來治療。但是，這些藥物並非對所有人都有效。很多乙肝患者在患病多年後才需要接受藥物治療。請諮詢您的醫生，瞭解適合您的最佳治療方案，以及藥物是否對您有所幫助。您的醫生會檢查您的肝臟狀況以及您可能有的其他健康問題。

如何照顧好我的肝臟？

- 請先諮詢您的醫生，然後再服用任何處方藥、非處方藥、補充劑或維生素。有些藥物，如某些止痛藥，可能會損害肝臟。
- 避免飲酒，因為酒精會加速肝臟損害。
- 詢問您的醫生，您是否應接種甲肝疫苗。

如何防止我的家人患上乙肝？

已經確診的乙肝患者也可以保障他們家庭成員的健康。醫生會建議讓乙肝患者的所有家庭成員接受檢查。檢查僅需進行簡單的驗血，從手臂抽取少量血液。

為什麼我的家人應接受乙肝檢查？

患有乙肝的家庭成員應該去看醫生。沒有患病的其他家庭成員應該接種乙肝疫苗。這種疫苗安全無害，可以保護從未患上乙肝的人士避免感染。這能幫助預防乙肝可能導致的肝臟疾病和肝癌。



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HEPATITIS B

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Living with Hepatitis B

What is Hepatitis B?

Hepatitis B is a liver disease. It is caused by the Hepatitis B virus. For some people who get Hepatitis B, the virus stays in the body, causing a lifelong illness. Hepatitis B can cause serious health problems over time. These problems can include liver cancer and liver failure.

How is Hepatitis B spread?

Hepatitis B is spread when someone comes in contact with blood from a person who has the disease. Most people born in Asia who have Hepatitis B were infected as infants or young children. Hepatitis B can be passed from an infected mother to her baby at birth or from a family member to young children.

Hepatitis B is not a genetic disease. People also do not get Hepatitis B from sharing meals, bowls or utensils with someone who has the disease. Hepatitis B is not spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.



**If you have Hepatitis B,
see a doctor regularly to
take care of your health.**

What are the symptoms of Hepatitis B?

Most people who have Hepatitis B do not know they have it. The disease does not always cause symptoms. Hepatitis B can stay hidden in the body. Many people can live with Hepatitis B for many years without feeling sick. Still, liver damage from the disease can take place during this time.

How serious is Hepatitis B?

Hepatitis B can become very serious. For some people, this disease leads to liver damage, like liver failure or cancer.

How is Hepatitis B treated?

It is important to be checked regularly by a doctor experienced in treating Hepatitis B. Many people with Hepatitis B see their doctor one to two times a year for an exam, blood tests, and liver tests. The doctor will use these tests to help decide what medical care is needed. Medications, called antivirals, can be used to treat many people with Hepatitis B. However, these medications may not help everyone. Some people live with Hepatitis B for many years before needing to take medications. Talk to your doctor about the best treatment for you and if medication would help. Your doctor will look at the condition of your liver and other health problems you might have.

How do I take care of my liver?

- Check with your doctor before taking any prescription, over-the-counter medications, supplements or vitamins. Some drugs, such as certain pain medications, can potentially damage the liver.
- Avoid alcohol since it can increase the speed of liver damage.
- Ask your doctor if you should get the Hepatitis A vaccine.

How do I protect my family members from getting Hepatitis B?

People who find out they have Hepatitis B can also keep other family members healthy. Doctors will want to test all family members of people with Hepatitis B. The test involves a simple blood test that takes only a small amount of blood from a person's arm.

Why should my family get tested for Hepatitis B?

Family members who have Hepatitis B should see a doctor. Other family members who do not have the disease should get the Hepatitis B vaccine. The vaccine is safe and protects people who have never had Hepatitis B from getting infected. This helps prevent liver disease and liver cancer that can come from getting Hepatitis B.



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