乙肝

乙肝患者的生活

什么是乙肝？
乙肝是一种由乙肝病毒引起的肝脏疾病。对于某些感染乙肝的人士，这种病毒会停留在体内，造成终身患病。随着时间的推移，乙肝会导致严重的健康问题，包括肝癌和肝衰竭。

乙肝是如何传播的？
当某人接触到乙肝患者的血液时，乙肝就会透过血液接触传播。多数出生在亚洲的乙肝患者在婴儿或幼童时期就感染了乙肝。乙肝可以由已经感染的母亲在分娩时传染给婴儿或由其他家庭成员传染给幼童。乙肝并非一种遗传性疾病。人们不会因为与患者一起吃饭、共用餐具或器皿而患上乙肝。乙肝不会透过哺乳母乳、拥抱、亲吻、牵手、咳嗽或打喷嚏传播。

如果您患有乙肝，
请定期就診，
护理好自己的健康。

如何治療乙肝？
必须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医生一到两次，接受身体检查、验血和肝功能检查。这些检查能帮助医生决定需要进行哪些医疗护理。很多乙肝患者都可以使用抗病毒药物来治疗。但是，这些药物并非对所有人都有效。很多乙肝患者在患病多年后才需要接受药物治疗。请咨询您的医生，了解适合您的最佳治疗方案，以及药物是否对您有所帮助。您的医生会检查您的肝功能状况以及您可能有的其他健康问题。

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。
- 請問您的醫生，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？
患有乙肝的家庭成员应该去看医生。没有患病的其他家庭成员应该接受乙肝疫苗。这种疫苗安全无害，可以保护从未患上乙肝的人士避免感染。这能帮助预防乙肝可能导致的肝癌疾病和肝癌。

乙肝有哪些症狀？
多数乙肝患者并不知道自己患有乙肝。这种疾病通常不会产生症状。乙肝可以隐藏在体内。很多人患有乙肝多年都没有感到不舒服。尽管如此，在此期间这种疾病仍然会损害肝脏。

乙肝會有多嚴重？
乙肝可以变得非常严重。对有些人来说，这种疾病会导致肝损害，如肝衰竭或肝癌。
HEPATITIS B

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.

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.

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.