 Investing in Your Health:
 Protect Yourself from Getting Hepatitis B
What is hepatitis B?

Hepatitis B (also known as Yi Xing Gan Yan) is caused by the hepatitis B virus and is very contagious. Once the hepatitis B virus enters a person’s bloodstream, the virus attacks the liver.

Most people fight off the hepatitis B infection. However, some do not. When the hepatitis B virus remains in the body, a person becomes a hepatitis B carrier.

The hepatitis B virus can continue to damage the liver of hepatitis B carriers, sometimes leading to cirrhosis, liver cancer and death.

Is there a cure for people who are hepatitis B carriers?

Currently, there is no cure for people who are hepatitis B carriers. However, there are medications to control the infection.

So it is important to find out if you are a hepatitis B carrier. Only then can your doctor monitor the illness and, if appropriate, prescribe medication(s) to control the hepatitis B.

什么是 B 型肝炎?

B 型肝炎（又称为乙型肝炎）是由 B 型肝炎病毒所引起，它的传染性非常高。

B 型肝炎病毒一旦进入人体血液里，病毒就会攻击肝脏。

大部份人都能战胜病毒的感染，但是有些人却不能。当这种病毒存留在人体内，这人便成为 B 型肝炎带菌者。

B 型肝炎病毒可以不断损害 B 型肝炎带菌者的肝脏，有时会导致肝硬化、肝癌和死亡。

有没有方法可以治愈 B 型肝炎带菌者呢?

目前并没有办法可以完全治愈 B 型肝炎带菌者，不过有药物可以控制感染。

所以查出自己是不是 B 型肝炎带菌者是重要的。只有这样，你的医生才可以监察病情，而且如果合适的话，并开处药物来控制 B 型肝炎。
“我曾经听人家说很难看出谁感染 B 型肝炎，因为他们看起来不像生病的样子，除非病情很严重，才能看得出感染 B 型肝炎的人病得厉害。是不是很难看出谁感染了 B 型肝炎？”
——黄太太 (三十五岁)

是的。大概百分之七十左右感染 B 型肝炎的人是没有明显症状的。

有些人只会感到好像患了感冒一样。最普遍的症状是：发烧、关节疼痛、恶心及呕吐、腹部不适、疲倦、和没胃口。

有时候，感染 B 型肝炎的人眼睛和皮肤会变黄。感染 B 型肝炎的人可能会出现全部或部份症状。

即使是那些继续有病毒留在体内的人，也就是 B 型肝炎带菌者，有很多都没有任何症状。

唯有透过血液检查才可以知道一个人是否感染过 B 型肝炎。

“我听说过有好多人说你不能判断一个人是否感染了肝炎 B 因为他们可能不看起来像生病的样子。一个人感染了肝炎 B 病只是看起来像生病，但如果疾病变得很严重时，就可以看出他病得厉害。是不是很难判断一个人是否感染了肝炎 B 病？”
——Mrs. Wong (35 years old)

是的。大约有 70% 的人感染了肝炎 B 病却没有任何明显症状。

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唯有透过血液检查才可以知道一个人是否感染过 B 型肝炎。
“最近我们听说家里有一位朋友感染了 B 型肝炎，我阿姨说不要去探望他。她认为我们去探望他会受到感染，到底 B 型肝炎是怎样传播的？”
— 香姐 (二十四岁)

B 型肝炎病毒活在肝脏内，并存在于人体、血液、和体液内。

有许多方法会令人感染 B 型肝炎，B 型肝炎会由下列途径由一个人传给另一个人，例如:

- 在生产时
- 暴露的切口或伤口接触到 B 型肝炎带菌者的血液
- 共用刮胡刀（须刨），牙刷或指甲刀（钳）
- 经由 B 型肝炎患者使用过的针筒（用于注射、针灸、纹身）
- 進行不安全性行為

B 型肝炎是经由亲密接触带菌者的血液、精液及阴道分泌物而传播。它不会因空气、卫生差、食物或水而传播。

所以和感染 B 型肝炎的人进行一般社交接触时，例如拉手或握手、当他咳嗽或打喷嚏时靠近他、和他分享食物或使用同一双筷子，都不会感染上 B 型肝炎。

“我们最近学习有一位我们的家庭朋友有肝炎 B。我的阿姨说我们不应该去看他。她认为我们会受到感染。你知道我们将会如何被感染吗？B 型肝炎是如何传播的？”
— Miss Tsui (24 years old)

The hepatitis B virus lives in the liver and is present in the body, the blood and certain body fluids.

There are many ways to get hepatitis B. For example, hepatitis B can spread from an infected person to another person:

- During childbirth
- When the blood of a hepatitis B carrier contacts open cuts or wounds
- By sharing razors, toothbrushes, and nail clippers
- Through needles previously used on a person infected with hepatitis B (for injections, acupuncture, tattoos)
- During unprotected sexual intercourse

Hepatitis B spreads through close personal contact with an infected person’s blood, semen and vaginal secretions. It cannot spread through air, poor hygiene, food or water.

So a person will not get infected through social contacts with a person who has hepatitis B by holding or shaking hands, being close when the person sneezes or coughs, sharing food or using the same chopsticks.
“In North America sanitation is better than Asia, so fewer people have hepatitis. Also, I am only 50 years old and live a healthy lifestyle. Besides, I don’t feel any discomfort at all. I think the chance I have hepatitis B is very low. I don’t think I need to check for hepatitis B.”

— Mr. Li (50 years old)

Many Chinese become infected with the hepatitis B virus as infants and children. Compared to Asia, hepatitis B is less common in America and Canada, but Chinese people living in North America have high rates of hepatitis B. In fact, hepatitis B is almost twenty-five times more common among Chinese men in the US compared to white men.

Most of the people infected with hepatitis B do not have any signs or symptoms; however, the hepatitis B virus may be damaging their liver.

Hepatitis B carriers have a greater risk of developing cirrhosis and liver failure. They are also over 100 times more likely to develop liver cancer than those who are not infected.

Liver cancer is the most common form of cancer in many Asian countries where 80% of liver cancers are caused by hepatitis B.

In fact, Chinese men and women are much more likely to suffer from liver cancer than white men and women. Liver cancer is also the fourth most common form of cancer in Chinese men living in the US.

While a healthy lifestyle is important to good health, hepatitis B is a serious illness that can affect anyone, even those who do not feel sick.

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While a healthy lifestyle is important to good health, hepatitis B is a serious illness that can affect anyone, even those who do not feel sick.
“我每星期都练习太极拳好几次，又有充足的休息和规律的睡眠习惯。我太太煮健康的食物，所以我很少吃油炸的东西。我不抽烟也不喝酒，我还需要做些什么来保护自己避免感染 B 型肝炎？”
— 桂先生（五十六岁）

运动、充分的休息、避免压力、吃营养的食物、吃中药、和增强身体的免疫力（抵抗能力），这些对一个人的健康都是重要的；不过，它们不一定能防止你感染上 B 型肝炎。

你可以去看医生做 B 型肝炎血液检查。根据血液检查的结果，你或许可以接受 B 型肝炎疫苗来预防 B 型肝炎。

“我 practice tai qi several times a week; I get lots of rest and keep a regular sleep schedule. My wife cooks healthy food, so I rarely get to eat fried foods. I also do not smoke or drink a lot of alcohol. How else can I protect myself from getting hepatitis B?”
— Mr. Lai (56 years old)

Exercise, getting adequate rest, avoiding stress, eating nutritious food, taking Chinese herbal medicines, and strengthening the body’s resistance (抵抗能力), are all important to a person’s health; however, they do not necessarily prevent you from getting hepatitis B.

You can see a doctor to get the hepatitis B blood test. Depending on the results, you may benefit from a vaccine to prevent hepatitis B.
My mother-in-law, who lives with us, was recently diagnosed with liver cancer. Her doctor told us the cancer resulted from her hepatitis B infection. So my husband and I wanted to get the hepatitis B vaccination. Our doctor ordered a blood test first. Then based on the results, our doctor said my husband did not need the vaccination but that I should get vaccinated.

— Mrs. Chau (48 years old)

Only a blood test can tell whether a person has been exposed to the hepatitis B virus, is immune to hepatitis B, or is a hepatitis B carrier.

Based on the results from the blood test, doctors can then manage their patients accordingly:

- No prior exposure to hepatitis B
  - If at risk for infection needs vaccination (3 shots over a 6 month period)

- Immune to hepatitis B
  - No need for vaccination

- Hepatitis B carrier
  - Needs to see doctor regularly

Only through blood check can we know whether people have been exposed to B-type hepatitis virus, whether they have immunity, or whether they are B-type hepatitis virus carriers.

All medical doctors can determine the condition of each patient based on the results of the blood test:

- If no previous exposure to hepatitis B
  - If at risk for infection needs vaccination (3 doses over 6 months)

- If immune to hepatitis B
  - No need for vaccination

- If hepatitis B carrier
  - Regular check-ups with doctor
“我很害怕做身体检查和血液检查，因为这样做会让你知道自己身体有甚么毛病。心理上我宁愿不知道自己有甚么不妥，因为如果我知道了，我会感到难过和担忧。”
— 陈先生（三十八岁）

有些人对身体检查和血液检查感到害怕，但是知道你的检查结果可能帮你和你的家人避免将来承受更大的悲伤和担忧！

B型肝炎病毒者可以有正常的肝功能而只需要定期看医生做检查。

如果B型肝炎病毒者的肝脏一直受到损害而肝功能又不正常，她/他应该去看专科医生。按照她/他的肝功能的情况，用药物来控制B型肝炎可能对她/他有帮助。医生可以用适当的药物并监察她/他的健康。

- 如果不治疗，每五个人当中就有一人患上肝硬化
- 控制B型肝炎感染可以减低得到肝硬化、肝衰竭和肝癌的机会
- 既是B型肝炎病毒者，而肝脏又一直受到损害的的中国男性，在他们生命里，很多都死于肝硬化有关的疾病

肝癌的治疗方法成效不大，很多病人都死于肝癌。如果及早发现肝癌而病人的肝脏情况良好时，医生或可切除细小的癌肿瘤并增加病人生存的机会。
几年前我们移民到温哥华。在我接受身体检查时，医生说我是B型肝炎带菌者。他说我全家人都应接受B型肝炎检查。我身体很健壮自己也觉得很健康，不过，我想知道我还可以怎么做来保障自己的健康？
——杨先生（二十二岁）

许多慢性B型肝炎带菌者是没有症状的，没有做血液检查他们就不会知道自己是B型肝炎带菌者。因此他们就在毫不知情的情况下将这种病传给自己的子女和其他家人。

如果一个人是B型肝炎带菌者，和他/她住在一起的人接受B型肝炎血液检查是重要的。

即使是一个肝功能正常的B型肝炎带菌者也需要医生的监察，这样医生就可以定期检查肝功能。医生也可以利用超音波来检查肝脏是否有任何不正常。

B型肝炎带菌者应避免喝酒并且要告诉医生他们正在服用的药物或中草药。医生也可能会推荐使用其他疫苗。

Mr. Yang (22 years old)

Many people who are chronic hepatitis B carriers do not have any symptoms. Without testing, they would not be aware they are hepatitis B carriers. Therefore, they pass the disease to their children and other family members without knowing it.

If a person is a hepatitis B carrier, it is important for those who live with him/her to be tested.

A person who is a hepatitis B carrier with normal liver function also needs to be monitored by the doctor, so the doctor can regularly check the liver function. The doctor may also examine the liver for any abnormalities using ultrasound.

Hepatitis B carriers should avoid alcohol and inform their doctors of any medications or Chinese herbs they are taking. The doctor may also recommend other vaccinations.
“帮我抽血的那位女士真好。过程简单又不会痛。你知道，以前有一次我去验血，他们抽好多血啊！我真高兴接受了 B 型肝炎血液检查。我的医生现在就可以把我照顾得更好了。你知道，如果能及早发现问题，治疗就会容易得多，而费用也会比迟发现问题较便宜！”
—陆太太（六十岁）

B 型肝炎血液检查的程序简单而且只需抽少量的血液，也不需要做任何准备。通常一个人只需做一次检查，几个月内就会有检查结果。

如果你不知道自己有没有做过 B 型肝炎血液检查，你可以向你的医生查询。

如果你没有接受过 B 型肝炎血液检查，请向你的医生要求做检查。

如果你没有一个常常去看的医生，请查一查在你那个地区有那些诊所提供血液检查。

“The lady who did my blood test was very good. It was easy and did not hurt much. You see, I have had a blood test before when they took so much blood. I am glad I got tested for hepatitis B. My doctor can take better care of me now. You see if you find out about a problem at an earlier stage, then the treatment will be easier and the costs cheaper than finding the problem at a later stage!”
— Mrs. Lu (60 years old)

The hepatitis B blood test is simple and only requires a small amount of blood. No preparations are necessary for the hepatitis B blood test. A person usually needs to have the test only once. Results of the test are available within a few weeks.

If you do not know whether you have had the hepatitis B blood test, check with your doctor.

If you have not had the hepatitis B blood test, ask your doctor to get tested.

If you do not have a regular doctor, check to see which clinics in your area offer this test.
任何人都有可能感染 B 型肝炎。
为了你自己和你家人的利益，
请接受 B 型肝炎血液检查。

今天就作这个投资！

Anyone can get hepatitis B.
For your benefit, as well as your family,
get tested for hepatitis B.

Make this investment today!