为你的健康作投资：
保护自己以免得到
B 型肝炎
Investing in Your Health:
Protect Yourself from Getting Hepatitis B
FRED HUTCHINSON CANCER RESEARCH CENTER
BC Cancer Agency
HARBORVIEW MEDICAL CENTER

Photos by: Clayton Hibbert

Brochure written by: Shin-Ping Tu, Mei-Po Yip

Translated by: Mei-Po Yip, Hueifang Chen, Ben Tseng

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Layout and design by: Clayton Hibbert

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摄影: Clayton Hibbert

撰写: 杜心平，叶美宝

翻译: 叶美宝，陈慧芳，曾本义

感谢下列审阅人员：Vicky Taylor, Gregory Hislop

编辑及設計:Clayton Hibbert

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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.

甚么是 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。

"I have heard people say you cannot tell if a person is infected with hepatitis B because they may not look ill. A person with hepatitis B infection will only look ill when the disease becomes very serious. Is it difficult to tell if someone has hepatitis B?"

— Mrs. Wong (35 years old)

Yes. About 70% of people have no obvious signs or symptoms when they get infected with hepatitis B.

Others may just feel like they have the flu. The most common symptoms are fever, joint pain, nausea and vomiting, abdominal discomfort, tiredness, and loss of appetite.

Sometimes people infected with hepatitis B may have yellowish skin and eyes. A person infected with hepatitis B may have all or a few of these symptoms.

Even among those who continue to have the virus in their body, the hepatitis B carriers, many do not have any symptoms.

Only a blood test can tell whether a person has been infected with hepatitis B.

“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？”

—徐小姐(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：

- 在生产時
- 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)
- 进行不安全性行為

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。

"We recently learned one of our family friends has hepatitis B. My aunt said we should not visit this friend. She thinks that we will get infected by visiting this friend. How does hepatitis B spread?"

— 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.

"北美的卫生比亚洲的好，所以比较少人得到肝炎。而且我只有五十岁，有健康的生活习惯。况且我也没有感到任何不舒服，我想我得到B型肝炎的机会很低。我不认为我需要做B型肝炎检查。"

——李先生(五十岁)

很多中国人是在婴儿或儿童时感染B型肝炎。

相较于亚洲，B型肝炎在美国和加拿大是比较少见。但是住在北美的中国人有较高B型肝炎的比率。事实上，在美国，男性华人感染B型肝炎的比例比男性白人高出二十五倍。

大部份感染B型肝炎的人并没有任何症状；但是B型肝炎病毒却可能正在损害其肝脏。

B型肝炎带菌者有较高风险演变成为肝硬化和肝衰竭。他们患上肝癌的机会也比非带菌者高出一百倍。

肝癌在许多亚洲国家是一种很普遍的癌症；在这些亚洲国家中约有百分之八十的肝癌就是由B型肝炎引起。

事实上，中国的男性和女性比起白人男性和女性更容易患上肝癌。肝癌也是住在美国的中国男性中第四种最普遍患的癌症。

虽然说保持健康的生活方式对身体健康是重要的，B型肝炎却是一种会影响任何人的严重疾病，包括对那些不觉得有病的人。

"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.

“我每星期都练习太极好几次，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東西。我不抽烟也不喝酒，我还需要做些甚么来保护自己避免感染 B 型肝炎？”

----*魏先生(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。

"I 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 *(di kang li)*, 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.

“我的婆婆和我们同住，最近她被诊断患有肝癌。医生告诉我们她的肝癌是由B型肝炎引起。所以我丈夫和我都想接受B型肝炎疫苗注射。我们的医生首先检查我们的血液。根据验血结果，医生说我丈夫不需要注射B型肝炎疫苗，而我就必需接受疫苗注射。”

——周太太(四十八岁)

祇有透过血液检查才能知道一个人是否曾经接触过B型肝炎病毒，或是对B型肝炎免疫，还是B型肝炎带菌者。

根据验血结果，医生就能按照情况治理病人：

- 以前从没有接触过B型肝炎
  —如果有受感染的危险就需注射 B 型肝炎疫苗(六个月内接受三次注射)
- 对B型肝炎免疫
  —不需要注射疫苗
- B型肝炎带菌者
  —需要定期看医生

"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*

“我很害怕做身体检查和血液检查，因为这样做会让你知道身体有甚么毛病。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助你和你的家人避免将来承受更大的悲伤和担忧！

B 型肝炎带菌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 型肝炎带菌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 型肝炎性带菌者，而肝脏又一直受到损害的的中国男性，在他们生命里,很多都死于和肝脏有关的疾病

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。

"Physical check-ups and screening tests are frightening to me because then you find out problems with your health. Emotionally, I prefer not to know what is wrong with me. Because if I find out something is wrong, I will feel sad and worried."

— Mr. Chan (38 years old)

Some people find physical check-ups and testing frightening. Yet knowing your test results may prevent greater sadness and worries in the future for you and your family!

Hepatitis B carriers can have normal liver function and just need to see their doctors to get checked regularly.

If the hepatitis B carrier also has ongoing liver damage with abnormal liver function, then s(he) should see a specialist doctor. Depending on the liver function, s(he) may benefit from medication to control the hepatitis B. The doctor can prescribe the appropriate medication(s) and monitor her/his health.

- Without treatment one out of five people get cirrhosis
- Controlling the hepatitis B infection lowers the chance of getting cirrhosis, liver failure, and liver cancer
- Many Chinese men with hepatitis B and ongoing liver damage will die from liver problems during their lifetime

Liver cancer does not respond well to treatment and many patients die from liver cancer. When liver cancer is detected very early and the patient's liver condition is good, doctors may be able to remove the small cancer and improve the chances of surviving the cancer.

“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，和她/他住在一起的人接受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。

"We immigrated to Vancouver several years ago. At my check up, my doctor told me I am a hepatitis B carrier. He told me my whole family should get tested for hepatitis B. I am physically very strong and I feel healthy but I would like to know what else I can do to protect my health?"

— 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，几个星期内就会有检查结果。

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!

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A DIVISION OF [illegible]

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