為你的健康作投資：
保護自己以免得到
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

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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.

甚麼是 B 型肝炎?

B 型肝炎(又稱為*乙型肝炎*)是由 B 型肝炎病毒所引起，它的傳染性非常高。B 型肝炎病毒一旦進入人體血液裡，病毒就會攻擊肝臟。

大部份人都能戰勝病毒的感染，但是有些人卻不能。當這種病毒存留在人體內，這人便成為 B 型肝炎帶菌者。

B 型肝炎病毒可以不斷損害 B 型肝炎帶菌者的肝臟，有時會導致肝硬化、肝癌和死亡。

有沒有方法可以治癒 B 型肝炎帶菌者呢?

目前並沒有辦法可以完全治癒 B 型肝炎帶菌者，不過有藥物可以控制感染。

所以查出自己是不是 B 型肝炎帶菌者是重要的，只有這樣，你的醫生才可以監察病情，而且如果合適的話，並開處藥物來控制 B 型肝炎。

“我曾經聽人家說很難看出誰感染 B 型肝炎，因為他們看起來不像生病的樣子，除非病情很嚴重，才能看得出感染 B 型肝炎的人病得厲害。是不是很難看出誰感染了 B 型肝炎?”

—黃太太(三十五歲)

是的。大概百分之七十左右感染 B 型肝炎的人是沒有明顯症狀的。

有些人只會感到好像患了感冒一樣。最普遍的症狀是：發燒、關節疼痛、噁心及嘔吐、腹部不適、疲倦、和沒胃口。

有時候，感染 B 型肝炎的人眼睛和皮膚會變黃。感染 B 型肝炎的人可能會出現全部或部份症狀。

即使是那些繼續有病毒留在體內的人，也就是 B 型肝炎帶菌者，有很多都沒有任何症狀。

唯有透過血液檢查才可以知道一個人是否感染過 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.

“最近我們聽說家裏有一位朋友感染了B型肝炎．我阿姨說不要去探望他．她認為我們去探望他會受到感染，到底B型肝炎是怎樣傳播的？”

—徐小姐(二十四歲)

B型肝炎病毒活在肝臟內，並存在於人體、血液、和體液內。

有許多方法會令人感染B型肝炎， B型肝炎會由下列途徑由一個人傳給另一個人，例如：

- 在生產時
- 暴露的切口或傷口接觸到B型肝炎帶菌者的血液
- 共用刮鬍刀(鬚刨)，牙刷或指甲刀(鉗)
- 經由B型肝炎患者使用過的針筒(用於注射、針灸、紋身)
- 進行不安全性行為

B型肝炎是經由親密接觸帶菌者的血液、精液及陰道分泌物而傳播。它不會因空氣、衛生差、食物或水而傳播。

所以和感染B型肝炎的人進行一般社交接觸時，例如拉手或握手、當他咳嗽或打噴嚏時靠近他、和他分享食物或使用同一雙筷子，都不會感染上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.

“北美的衛生比亞洲的好，所以比較少人得到肝炎。而且我只有五十歲，有健康的生活習慣。況且我也沒有感到任何不舒服，我想我得到B型肝炎的機會很低。我不認為我需要做B型肝炎檢查。”

——李先生(五十歲)

很多中國人是在嬰兒或兒童時感染B型肝炎。

相較於亞洲，B型肝炎在美國和加拿大是比較少見。但是住在北美的中國人有較高B型肝炎的比率。事實上，在美國，男性華人感染B型肝炎的比例比男性白人高出二十五倍。

大部份感染B型肝炎的人並沒有任何症狀；但是B型肝炎病毒卻可能正在損害其肝臟。

B型肝炎帶菌者有較高風險演變成為肝硬化和肝衰竭。他們患上肝癌的機會也比非帶菌者高出一百倍。

肝癌在許多亞洲國家是一種很普遍的癌症；在這些亞洲國家中約有百分之八十的肝癌就是由B型肝炎引起。

事實上，中國的男性和女性比起白人男性和女性更容易患上肝癌。肝癌也是住在美國的中國男性中第四種最普遍患的癌症。

雖然說保持健康的生活方式對身體健康是重要的，B型肝炎卻是一種會影響任何人的嚴重疾病，包括對那些不覺得有病的人。

"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.

"我每星期都練習太極好幾次，又有充足的休息和規律的睡眠習慣。我太太煮健康的食物，所以我很少吃油炸的東西。我不抽煙也不喝酒，我還需要做些甚麼來保護自己避免感染 B 型肝炎？"

----顏先生(五十六歲)

運動、充分的休息、避免壓力、吃營養的食物、吃中藥、和增強身體的免疫力(*抵抗力*)，這些對一個人的健康都是重要的；不過，它們不一定能防止你感染上 B 型肝炎。

你可以去看醫生做 B 型肝炎血液檢查。根據血液檢查的結果，你或許可以接受 B 型肝炎疫苗來預防 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.

“我的婆婆和我們同住，最近她被診斷患有肝癌。醫生告訴我們她的肝癌是由 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。我們的醫生首先檢查我們的血液。根據驗血結果，醫生說我丈夫不需要注射 B 型肝炎疫苗，而我就必需接受疫苗注射。”

——周太太(四十八歲)

祇有透過血液檢查才能知道一個人是否曾經接觸過 B 型肝炎病毒，或是對 B 型肝炎免疫，還是 B 型肝炎帶菌者。

根據驗血結果，醫生就能按照情況治理病人：

- 以前從沒有接觸過 B 型肝炎
  —如果有受感染的危險就需注射 B 型肝炎疫苗(六個月內接受三次注射)
- 對 B 型肝炎免疫
  —不需要注射疫苗
- B 型肝炎帶菌者
  —需要定期看醫生

"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*

“我很害怕做身體檢查和血液檢查，因為這樣做會讓你知道身體有甚麼毛病。心理上我寧願不知道自己有甚麼不妥，因為如果我知道了，我會感到難過和擔憂。”

—陳先生(三十八歲)

有些人對身體檢查和血液檢查感到害怕，但是知道你的檢查結果可能幫助你和你的家人避免將來承受更大的悲傷和擔憂！

B 型肝炎帶菌者可以有正常的肝功能而只需要定期看醫生做檢查。

如果 B 型肝炎帶菌者的肝臟一直受到損害而肝功能又不正常，她/他應該去看專科醫生。按照她/他的肝功能的情況，用藥物來控制 B 型肝炎可能對她/他有幫助。醫生可以用適當的藥物並監察她/他的健康。

- 如果不治療，每五個人當中就有一人患上肝硬化
- 控制 B 型肝炎感染可以減低得到肝硬化、肝衰竭、和肝癌的機會
- 既是 B 型肝炎性帶菌者，而肝臟又一直受到損害的的中國男性，在他們生命裡,很多都死於和肝臟有關的疾病

肝癌的治療方法成效不大，很多病人都死於肝癌。如果及早發現肝癌而病人的肝臟情況良好時，醫生或可切除細小的癌腫瘤並增加病人生存的機會。

"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.

“幾年前我們移民到溫哥華。在我接受身體檢查時，醫生說我是B型肝炎帶菌者。他說我全家人都應接受B型肝炎檢查。我身体很健壯自己也覺得很健康，不過，我想知道我還可以怎麼做來保障自己的健康？”

—鄧先生(二十二歲)

許多慢性B型肝炎帶菌者是沒有症狀的，沒有做血液檢查他們就不會知道自己是B型肝炎帶菌者。因此他們就在毫不知情的情況下將這種病傳給自己的子女和其他家人。

如果一個人是B型肝炎帶菌者，和她/他住在一起的人接受B型肝炎血液檢查是重要的。

即使是一個肝功能正常的B型肝炎帶菌者也需要醫生的監察，這樣醫生就可以定期檢查肝功能。醫生也可以利用超音波來檢查肝臟是否有任何不正常。

B型肝炎帶菌者應避免喝酒並且要告訴醫生他們正在服用的藥物或中草药。醫生也可能會推薦使用其他疫苗。

"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.

“幫我抽血的那位女士真好。過程簡單又不會痛。你知道，以前有一次我去驗血，他們抽好多血啊！我真高興接受了 B 型肝炎血液檢查。我的醫生現在就可以把我照顧得更好了。你知道，如果能及早發現問題，治療就會容易得多，而費用也會比遲發現問題較便宜！”

——陸太太（六十歲）

B 型肝炎血液檢查的程序簡單而且只需抽少量的血液，也不需要做任何準備。通常一個人只需做一次檢查，幾個星期內就會有檢查結果。

如果你不知道自己有沒有做過 B 型肝炎血液檢查，你可以向你的醫生查詢。

如果你沒有接受過 B 型肝炎血液檢查，請向你的醫生要求做檢查。

如果你沒有一個常常去看的醫生，請查一查在你那個地區有那些診所提供血液檢查。

"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。
為了你自己和你家人的利益，
請接受 B 型肝炎血液檢查。

今天就作這個投資！

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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