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Classification of gallstones



膽結石是一種非常常見的疾病，其中有九成的膽囊炎是結石所造成的，以下進一步介紹膽結石的原因、治療及預防方法。

Gallstones are a common clinical finding and account for 90% of cases of cholecystitis. The cause, treatment and prevention of gallstones are presented herein.

什麼是膽囊？

What is the gallbladder?

膽囊位於腹部之右上方，約在右肋骨下緣之前中點。其功能是貯存膽汁，在飯後釋出，以幫助脂肪消化。

The gallbladder is a small pear-shaped organ located in the upper right region of the abdomen at the frontal mid-point of the inferior margin of the ribs on the patient's right hand side. Its function is to store and release bile after a meal to help digest fat.

什麼是膽結石？ What is a gallstone?

膽汁由肝臟分泌，於膽囊中濃縮貯存，若產生結晶或沉澱，就是結石。Bile is secreted by hepatocytes (liver cells) and is concentrated and stored in the gallbladder. Gallstones are crystalline precipitates that form small pebble-like stones in the gallbladder.



膽結石的分類

Classification of gallstones

膽結石可分為三大類：

Gallstones can be divided into three categories:

1. 膽固醇結石：膽固醇過高或膽鹽過低所造成。

Cholesterol gallstones: caused by high cholesterol or low bile salt.

2. 色素結石：膽紅素代謝問題所形成結石。

Pigment gallstones: due to abnormal bilirubin metabolism.

3. 混合型結石：為最常見的結石種類，其結石成分包含膽固醇及膽紅素。

Mixed gallstones: are the most common type of gallstone containing both cholesterol and bilirubin.

可能造成的原因？

What causes gallstones?

致病機轉尚不明確，可能與遺傳、中年的婦女、藥物、懷孕、肥胖，飲食：如高熱量、高膽固醇食物，其他病變：如感染、肝炎、肝硬化、糖尿病、水份攝取太少等因素所造成。

The etiology of gallstones is not fully understood. Genetic factors, pregnancy, medications, and obesity each may contribute to gallstone formation. Middle aged women are at higher risk. Other factors that contribute to the formation of gallstones are diet such as a high-calorie, high-cholesterol diet, and insufficient water intake. Diseases such as infection, hepatitis, cirrhosis, and diabetes also may contribute to gallstones.

症狀 Symptoms

罹患膽結石的人平常無症狀，當結石卡住膽囊管，就在右上腹部發生劇痛，持續20分鐘至數小時，牽達到右肩或右後背，會有惡心或嘔吐情形出現，進而衍生急性膽囊炎。若結石掉落至總膽管，則會造成劇痛、發燒及黃疸，有時會引起胰臟炎。嚴重時會引起敗血症甚至死亡。

Most people with gallstones do not have any symptoms. When gallstones block the bile ducts, intense pain in the right upper region of the abdomen occurs and may last from 20 minutes to several hours. Patients may also encounter pain in the right shoulder or right side of the back. Nausea or vomiting may also occur. Gallstones can lead to acute cholecystitis in many cases. If the gallstones move into the common bile duct from the gallbladder, severe pain, fever, jaundice, and sometimes, pancreatitis, can develop. Rarely, gallstones may result in sepsis and even death in some severe cases.

如何診斷是否有膽結石症？ How are gallstones diagnosed?

1. 腹部超音波最方便、快速、正確。

Abdominal ultrasonography is the most convenient, fast, and accurate method to diagnose gallstones.

2. 電腦斷層 (CT) 及逆行性膽胰造影術可幫助診斷。

Computed tomography (CT) and retrograde cholangiopancreatic angiography can also assist in the diagnosis.

膽結石的治療 Treatments for gallstones

藥物治療 Medical management

- 止痛藥物。
Analgesic drugs.
- 溶石藥物：服用降低膽汁中膽固醇的飽和度的藥物可以溶解小的膽固醇結石，副作用是腹瀉及肝功能異常。

Oral dissolution drugs.
Drugs that reduce the saturation of cholesterol in the bile can dissolve small cholesterol gallstones. The main side effects are diarrhea and liver dysfunction.

- 抗生素藥物：暫時性控制患者的發炎現象。

Antibiotics are used temporarily to control inflammation.

2. 外科治療Surgical treatment

治療膽結石目前還是以手術為佳。
Currently, surgery is the most effective treatment for gallstones.

- 傳統膽囊切除術。

Traditional cholecystectomy.

- 腹腔鏡膽囊切除術，目前最常用方法，手術後傷口小，恢復快。

Laparoscopic cholecystectomy.
It is the most commonly used method due to the small incision and fast recovery.

3. 飲食療法Diet therapy

減少高膽固醇食物攝取，包括肥肉、動物內臟、海產類、奶油、蛋糕及油炸類食物等。

Reduce high cholesterol food intake including fat, animal offal, seafood, cream, cake, fried food, etc.

- 多食用高纖維食物，如燕麥、蔬菜、水果。

Increase consumption of high-fiber foods such as oats, vegetables and fruits.



- 避免食用易脹氣食物，如汽水飲料、蕃薯等。

Avoid food that can cause flatulence such as carbonated soft drinks and sweet potatoes, etc.

- 減少攝取草酸含量高的食物，如無花果、扁豆、菠菜、核桃等。

Avoid foods rich of oxalate such as figs, lentils, spinach, walnuts, etc.

- 食物烹調採取煮、燉、清蒸的方式，減少油煎、油炸，油品選擇以植物油為主，避免使用豬油或牛油等。

Use cooking methods such as stewing instead of frying and use vegetable oil instead of lard or butter when cooking.

膽結石併發症

Complications

膽囊、膽管：急性發炎、化膿、破裂。腹膜炎、膽道阻塞性黃疸、膽管炎、膽石性胰臟炎、膽道狹窄及敗血症。

Use cooking methods such as stewing instead of frying and use vegetable oil instead of lard or butter when cooking.

Complications of gallstones in the gallbladder and bile duct are acute inflammation, suppuration, and rupture. Other complications include peritonitis, biliary obstructive jaundice, cholangitis, gallstone pancreatitis, biliary stricture, and sepsis.

日常生活的預防

How can gallstones be prevented

1. 飲食習慣養成定時定量、少量多餐、低脂、低油為主。

Maintain healthy eating habits. Eat regularly, eat multiple small meals, and eat low-fat and low-oil-based foods.

2. 多吃蔬菜、水果、全穀、豆類的食物。
Increase intake of vegetables, fruits, whole grains, and beans.
3. 每週適度運動，不要長時間坐著不動。
Appropriate exercises every week.



4. 維持理想的體重。
Maintain an ideal body weight.
5. 儘量不要穿著束緊胸、腹的衣物。
Avoid wearing clothes that are tight on the chest and abdomen.
6. 每日攝取適當的水份。
Drink an appropriate amount of water.
7. 膽囊切除手術後六週內，應儘量避免提重物（二公斤以上），以防腹壓增加。
Avoid lifting heavy objects (two kilograms or heavier) to prevent abdominal pressure increases within six weeks after gallbladder surgery.



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認識膽結石

Overview of Gallstones



敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

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