

目錄 catalogue

Introduction	P 2
What is type-B hepatitis?	P 4
Transmission of type-B hepatitis	P 6
How to effectively prevent type-B hepatitis	P 8
What is a type-B hepatitis carrier?	P 12
Am I a type-B hepatitis carrier?	P 14
What should I do if I am a type-B hepatitis carrier?	P 16
Treatment of type-B hepatitis	P 18
What is the relationship between type-B hepatitis and liver cancer?	P 20
What should I do in the event of acute hepatitis?	P 22
Common Q&A of type-B hepatitis	P 24
前言	P 3
何謂B型肝炎?	P 5
B型肝炎傳染途徑	P 7
如何有效預防感染B型肝炎病毒	P 9
什麼是B型肝炎帶原者?	P 13
我是B型肝炎帶原者嗎?	P 15
B型肝炎帶原者要如何做?	P 17
B型肝炎之治療	P 19
B型肝炎與肝癌的關係?	P 21
出現急性肝炎時，要怎麼辦?	P 23
B型肝炎的Q&A	P 25

Introduction

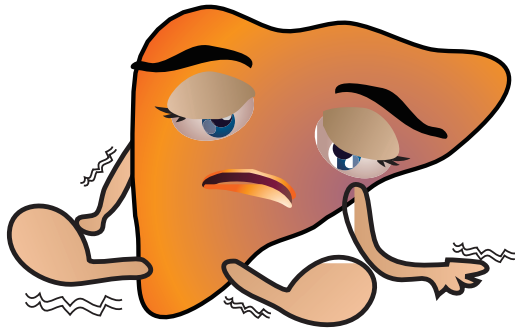
Taiwan is a type B hepatitis endemic region. Up to 95% of all adults are infected, and 15-20% of people are hepatitis B carriers. Though vaccination for type-B hepatitis has been initiated nationwide to slow continued infection, nearly 30,000,000 Taiwanese are type-B hepatitis carriers. Consequently, attention should be paid to the following information.

前言

台灣是B型肝炎流行區，一般成人中百分之九十五以上感染過B型肝炎，百分之十五至二十為B型肝炎帶原者。台灣全面推行B型肝炎疫苗注射後，固然可斷絕B型肝炎持續傳播，然而全台有近三百萬民衆已成為帶原者民衆，故應注意以下事項。

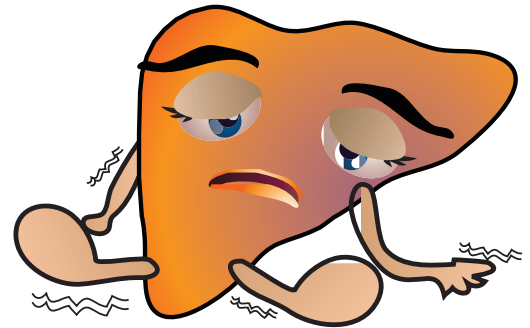
What is type-B hepatitis?

Type B hepatitis is an inflammatory response to viral infection of hepatic cells. Infected individuals often exhibit no symptoms or fatigue, loss of appetite, loss of strength, nausea, vomiting, jaundice, and fever. Acute serious hepatitis may develop.



何謂B型肝炎？

是肝臟細胞受B型肝炎病毒感染而引起之發炎反應，受感染者一般多數無症狀，其他可能有的症狀包含：疲倦、食慾不振、全身無力、噁心、嘔吐、黃疸、發燒等，嚴重時會有猛爆性肝炎。



Transmission of type-B hepatitis

Type-B hepatitis is spread mainly through contact--through either skin or mucous-- with virally infected blood or bodily fluids. This includes vertical transmission, blood transfusion, contact with wound, medical apparatuses, tattooing, intimate and sexual behaviour, or sharing needles, utensils, or diluents injections.

B 型肝炎傳染途徑

主要是經由含有病毒的血液或體液，透過皮膚或黏膜進入體內而感染，包括：生產過程的垂直傳染、輸血、傷口接觸、醫療器械、刺青、親密行為及性行為，或共用針具、容器、稀釋液注射等。



6



7

How to effectively prevent type-B hepatitis

1. Neonates should receive hepatitis vaccination when appropriate.
2. If mothers with type-B hepatitis exhibit positive e-antigen response, neonates should undergo injection of immunoglobulin within 24 hours and accept vaccination when appropriate.
3. Avoid unnecessary needle injections, blood transfusions, ear piercing, tattooing, or eyebrow tattooing to prevent infection.
4. Develop good sanitary habits, do not share needle heads, needle syringes, tooth brushes, or shaving blades.
5. Undergo type-B hepatitis vaccination if you are uninfected.

如何有效預防感染B型肝炎病毒

1. 新生兒按時接受肝炎疫苗注射。
2. 母親若為 e 抗原陽性的 B 型肝炎帶原者，新生兒於出生 24 小時內注射免疫球蛋白，及按時接受疫苗注射。
3. 避免不必要的打針、輸血、穿耳洞、刺青、紋眉，以免感染。
4. 養成良好個人衛生習慣，不與人共用針頭、針筒、牙刷及刮鬍刀。
5. 未感染者，可接受 B 型肝炎疫苗注射。

6. Regularly accept follow-up examination.
7. Maintain a relaxed mind, exercise regularly and appropriately.
8. Maintain a regular life, avoid staying up all night.
9. Pay attention to dietary balance, avoid drinking alcohol or using tobacco.

6. 定期接受追蹤檢查。
7. 保持輕鬆心情，每日做適量運動。
8. 正常規律的生活，不熬夜。
9. 注意飲食均衡，不喝酒，不抽菸。



What is a type-B hepatitis carrier?

A type-B hepatitis carrier is an individual who is unable to eliminate type-B hepatitis after infection. Serum type-B hepatitis surface antigen is continuously detected.



什麼是B型肝炎帶原者？

是指一個人受到B型肝炎病毒感染後，未能將病毒清除，血中持續可測得B型肝炎表面抗原。



Am I a type-B hepatitis carrier?

To know whether an individual is a type-B carrier, a blood test must be taken:

1. If type-B hepatitis surface antigen HBsAg is positive in the blood and remains positive in re-testing after 6 months, a diagnosis of type-B hepatitis is confirmed.
2. If e antigen (HbeAg) is positive in the blood of a type-B hepatitis carrier, this signifies high virulence and increased infectivity.

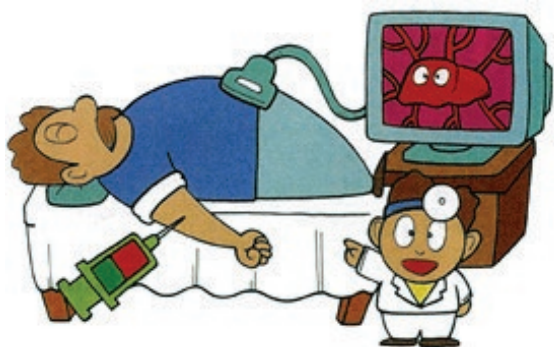
我是B型肝炎帶原者嗎？

要知道個人是否有B型肝炎帶原者，必須驗血：

1. 如果血中B型肝炎表面抗原HBsAg呈陽性，六個月後再驗仍為陽性，即為B型肝炎帶原者。
2. 如果B型肝炎帶原者的血中e抗原（HBeAg）亦呈現陽性反應，表示病毒活性高，具有高度傳染性。

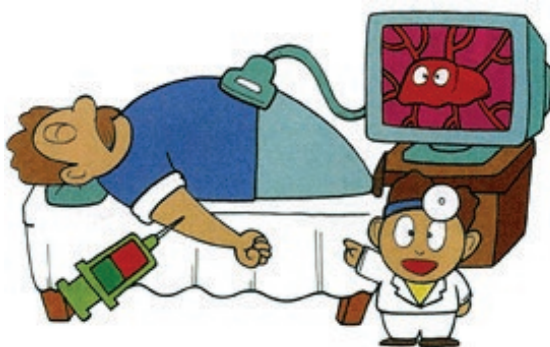
What should I do if I am a type-B hepatitis carrier?

Once a diagnosis of type-B hepatitis is confirmed, regular blood tests for liver function and alpha-fetoprotein (AFP) levels are necessary every 3-6 months. Liver ultrasonography is recommended once a year.



B 型肝炎帶原者 要如何做？

一旦發現自己為 B 型肝炎帶原者，需每三至六個月定期抽血檢查肝功能及胎兒蛋白，至少每年做一次肝臟超音波。

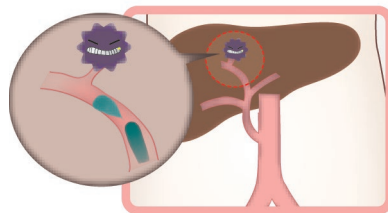


Treatment of type-B hepatitis

1. Regular follow-up examination of liver function is necessary for carriers with normal liver function
2. Interferon therapy or oral antiviral agents such as lamivudine , Adefovir are recommended for persons with abnormal liver function.
3. In the event of liver cirrhosis, further evaluation of remaining liver function is necessary to consider different therapeutic options that are available.
4. If early stage cancer is discovered through regular follow-up, then surgical intervention, local ethanol injection, vascular embolization, or radiotherapy may be necessary. The above-mentioned treatment options must first be evaluated by the hepatologist and gastroenterologist during the decision making process.

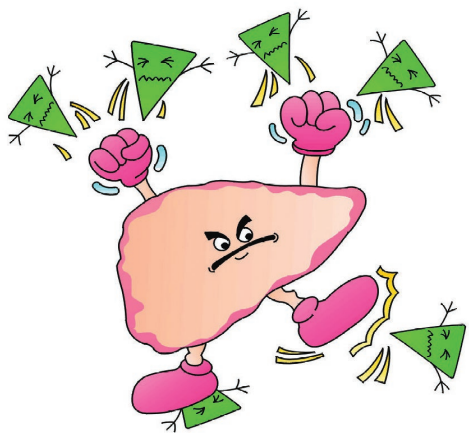
B 型肝炎之治療

1. 肝功能正常之帶原者，需定期追蹤檢查。
2. 肝功能不正常之帶原者，需考慮注射干擾素治療或長期口服抗病毒藥物（例如：肝安能、肝適能等。
3. 若有肝硬化情形，則需評估其剩餘肝功能，依個別差異選擇治療方式。
4. 若定期追蹤發現早期肝癌時，則可考慮手術或局部注射酒精，或血管栓塞等治療方式。以上治療皆須經由肝膽腸胃科醫師進一步評估後才能決定。



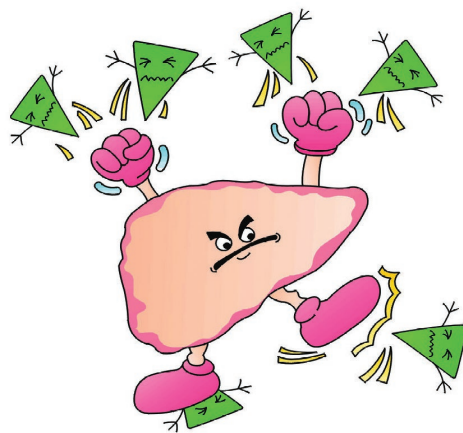
What is the relationship between type-B hepatitis and liver cancer?

Liver cancer is the most common type of cancer among Taiwanese men; it is also an important cancer in women. Type-B hepatitis accounts for approximately 80% of all liver cancer. Regular examination is necessary for early diagnosis and treatment.



B型肝炎與肝癌的關係？

肝癌是目前台灣重要的癌症之一，而發生肝癌之原因中最重要的是B型肝炎，且約有百分之八十的肝癌患者本身是B型肝炎帶原者，因此唯有定期檢查才能早期診斷與治療。



What should I do in the event of acute hepatitis?

When acute hepatitis with unremarkable symptoms occurs, patients should seek OPD follow-up therapy, rest fully, avoid intensive exercise, and manage a balanced diet. Patients should also look for symptoms such as jaundice, brown urine, abdominal swelling, etc. Seek immediate help if any of these symptoms occur.



出現急性肝炎時， 要怎麼辦？

肝炎急性發作時，若症狀不明顯，採門診追蹤治療，此時需多休息、勿劇烈運動、均衡飲食；另外需注意是否有黃疸、茶色尿、腹水等不適情形，若有以上症狀，需立即就醫。



Common Q&A of type-B hepatitis

Q1. I haven't received the second shot after the first type-B hepatitis vaccination, what should I do?

A: The interval between the first and second shots of type-B hepatitis is three months; the third shot is given after 6 months. If the time between shots did not exceed 3 months, you can usually continue with the next shot. Otherwise, please start a new vaccination process.

Q2. Does an injection of type-B hepatitis immunoglobulin mean that I am safe from type-B hepatitis for lifetime?

A: Injecting type-B hepatitis immunoglobulin results only in passive immunity, meaning that it is only effective for a few days. Lifetime immunity is only available through active immunity, that is, vaccination.

B 型肝炎的 Q & A

Q1. 注射 B 型肝炎疫苗後，因身體不適沒有施打第二劑，要怎麼辦？

A: B 型肝炎疫苗施打時間第二劑間隔 3 個月，第三劑間隔 6 個月。如果相差不太久（3 個月內），通常可以接著施打，但如果差太久，最好重新再來。

Q2. 注射 B 型肝炎免疫球蛋白能終身不被感染 B 型肝炎嗎？

A: 注射 B 型肝炎免疫球蛋白是被動免疫，在注射後幾天內有效，只有主動免疫（注射疫苗）才可能終生免疫。

Q3. How long should re-tests be for e-antigen HbeAg?

A: Approximately 3-6 months between tests. When liver function is abnormal, tests should be done every 1-3 months to allow opportune time for therapy.

Q4. Does use of lamivudine mean that I can be cured of type-B hepatitis? Under what circumstances can I take this drug?

A: Lamivudine can suppress the type-B hepatitis virus, but recurrence occurs upon therapy cessation. Drug resistance also develops after prolonged use. Effective use of lamivudine is recommended when liver function is greater by two times, though recurrence is still observed among some persons. There are better medications at present, such as Baraclude. You may discuss these with your physician.

Q3. HBeAg 要多久複檢一次？

A: 約每 3 ~ 6 個月驗血一次，尤其肝功能異常時，需要 1 ~ 3 月檢驗一次，取適當時機接受治療。

Q4. 「肝安能」可以治癒 B 型肝炎嗎？什麼情況下才可服用？

A: 「肝安能」可以抑制 B 型肝炎病毒，但停藥後會再發，用久會有抗藥性。一般在肝功能大於 2 倍以上時使用，效果較佳，但仍有復發者。目前已有較佳的藥物，如：貝樂克等，可與您的醫師一起討論。

Q5. When liver functions increase, what is the correlation between AFP and liver values?

A: When the liver is subjected to continuous inflammation, AFP levels increase. If AFP levels increase even with normal liver function values, a follow up is needed to examine the possibility of liver cancer.

Q6. Do neonates of mothers with HbsAg(+) and HbeAG(+) require type B hepatitis immunoglobulin?

A: HbeAg(+) represents high infectivity, and neonates must receive type-B hepatitis immunoglobulin within 24 hours after birth.

Q7. What you should remember during the course of hepatitis B treatment?

A: You must take the medication on time, and must not change the dosage and frequency of the medication. You are advised to stop drinking alcohol, and have a balanced diet.
Please discuss with your physician before using over-the-counter medications and tonics.

Q5. 肝功能上升時，胎兒球蛋白 (AFP) 與肝指數有什麼相關性？

A: 肝臟持續發炎時，胎兒球蛋白會輕微上升，需密切注意，如果胎兒球蛋白上升或肝功能正常而胎兒球蛋白上升，就必須要追查有無肝癌。

Q6. 孕婦 HBsAg (+)，HBeAg (+)，嬰兒出生時需要施打 B 型肝炎免疫球蛋白嗎？

A: HBeAg (+) 時，為高傳染性，嬰兒出生 24 小時內須馬上施打 B 型肝炎免疫球蛋白。

Q7. B 型肝炎治療期間，有那些注意事項？

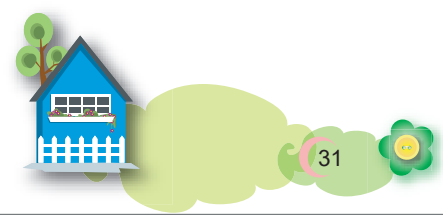
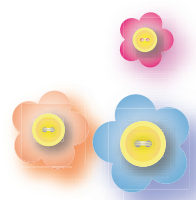
A: 必須按時服藥，且不可自行更改藥物劑量、服藥次數，平時宜戒酒，採均衡飲食。對於成藥及補藥使用，宜與醫師討論後再使用。



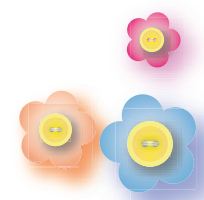
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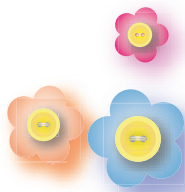


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31







佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

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身體健康 平安吉祥

Wish you
Healthy & Peaceful

B型肝炎簡介

TYPE B HEPATITIS BROCHURE

佛教慈濟醫療財團法人

各院區健康諮詢專線

Health consultancy of Buddhist Tzu-Chi Hospital :

花蓮慈濟醫院 Hualien Tzu Chi Hospital : (03)8562016

玉里慈濟醫院 Yuli Tzu Chi Hospital : (03)8882718-9

關山慈濟醫院 Kuanshan Tzu Chi Hospital : (089)8148000-128

台北慈濟醫院 Taipei Tzu Chi Hospital : (02)66289779-2236

台中慈濟醫院 Taichung Tzu Chi Hospital : (04)25368069

大林慈濟醫院 Dalin Tzu Chi Hospital : (05)2648333

斗六慈濟醫院 Douliou Tzu Chi Hospital : (05)5372000-127

嘉義慈濟診所 Chiayi Outpatient Department of Dalin Tzu Chi
Hospital : (05)2167000

網址 Web site : <https://dalin.tzuchi-healthcare.org.tw/>

大林慈院 113. 修訂

E8R2837201-05

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