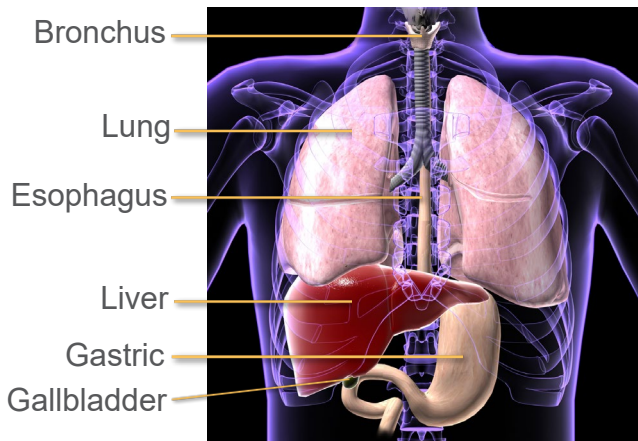


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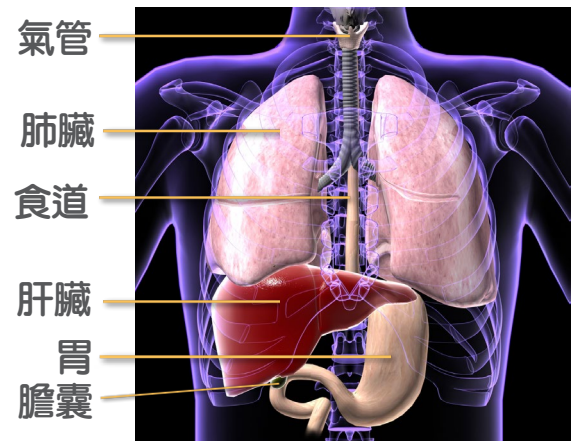
Introduction

Due to recent economic expansion in Taiwan, the average calorie intake has exceeded normal limits. The result is many cases of fatty liver disease (FLD), especially among younger people. Because FLD can lead to cardiovascular disease, it must not be ignored.



前言

近年來由於台灣經濟發達，國人營養熱量攝取過多，因此因肥胖而引起脂肪肝的比例相當高，而且有發病年齡越來越低的趨勢，對心臟血管健康亦是一種警訊，所以不可輕忽脂肪肝。



What is FLD?

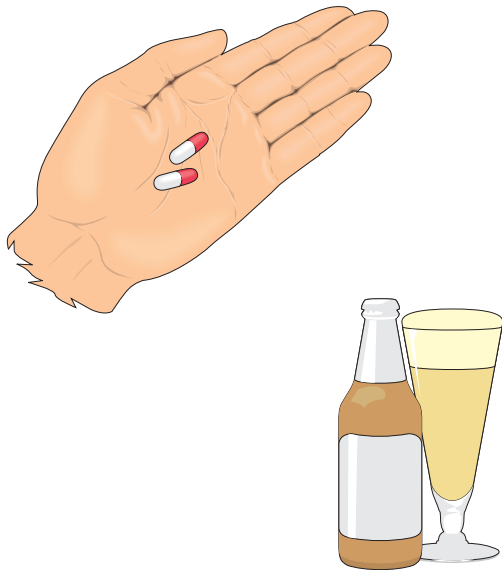
FLD is an abnormally fatty liver or, in other words, an accumulation of fat in hepatic cells [steatosis]. In Taiwan, about one-third of adults have FLD. People with FLD may also have metabolic syndrome. This abnormality may affect other organs and may induce serious diseases. FLD is usually diagnosed by ultrasound examination or liver biopsy.

什麼是脂肪肝?

用通俗的話來說，就是肝比較油，也就是說有脂肪聚積在肝細胞內。在台灣約有三分之一的成人有脂肪肝，常可藉由腹部超音波檢查或肝穿刺而診斷出來。

Common causes of FLD

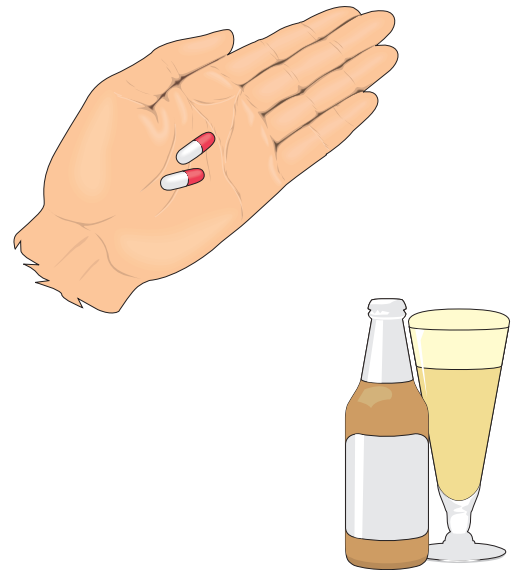
Common causes of FLD include obesity, hypercholesterolemia, diabetes mellitus, alcoholic, and drugs (for example, steroids). Obesity is the most common cause. Retention of fat may also occur in the event of acute and chronic hepatitis, causing subsequent FLD.



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脂肪肝常見的原因

脂肪肝常見的原因有：肥胖、血脂肪過多、糖尿病、酗酒、藥物（例如：類固醇）及不明原因等；其中以肥胖為最常見原因，此外急慢性肝炎發作時，肝內也會有脂肪貯積而形成脂肪肝。



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FLD symptoms

Generally, patients with FLD do not have any specific symptoms. But lossing appetite, abdominal swelling, nausea, vomiting, pressure or bloated upper right abdomen, physical fatigue, and deranged liver functionality may develop. Jaundice may occur within 15% of FLD patients.

脂肪肝的症狀

一般脂肪肝不會有任何症狀，偶爾有食慾減退、腹脹、嘔吐、噁心、右上腹壓迫感或脹滿感、或全身倦怠、肝功能呈現輕度異常等現象，15%病人會有黃疸情形。

Categorizing FLD

1. Diabetic FLD is the derangement of fat metabolism in the patient's liver, which results in accumulation of large fat vacuoles in that organ.
2. Hypercholesterolemia FLD is the derangement of triglyceride fat metabolism in the blood that results in excess accumulation of fat vacuoles and eventual abnormal liver functionality.
3. Alcoholic FLD is characterized by impeded fat metabolism functionality from habitual ethanol abuse, resulting in retention of fat in the liver and will develop liver cirrhosis.

脂肪肝的分類

1. 糖尿病脂肪肝：病人的肝臟脂肪代謝異常，使之囤積在肝臟內。
2. 高血脂性脂肪肝：血液中的三酸甘油脂代謝異常使得肝臟囤積過多的脂肪顆粒，致使肝功能異常。
3. 酒精性脂肪肝：經常酗酒引起肝臟對脂質代謝的功能障礙，使肝內脂質囤積，若不戒酒，就有可能進行到酒精性肝硬化。

4. Obesity-induced FLD results from abnormal fat metabolism in the liver that is induced by excessive body weight and overnutrition. The rate of liver cirrhosis is not high. If liver function is normal, only regular follow-up is necessary.
5. Malnutritional FLD occurs when the body--under prolonged starvation, poor absorption, or anorexia--burns fat, which causes large amounts of fat to enter the liver, eventually leading to fat accumulation and deranged fat metabolism. This disease is commonly seen in persons with improper diet.
6. Drug-induced FLD results when drug or substance abuse harms liver function, resulting in obstruction of liver protein synthesis and expulsion of fat.
7. Acute hepatitis or chronic hepatitis induced FLD generally resolves itself once treatment of hepatitis is completed.

4. 肥胖性脂肪肝：體重過重、營養過剩造成引起肝臟對脂質代謝不正常。但發生肝硬化機率也不大，若肝功能正常，則只要定期追蹤。
5. 營養缺乏性脂肪肝：當身體在長期飢餓、吸收不良或厭食情況下，會燃燒脂肪，使大量脂肪進入肝臟，導致脂質代謝異常及脂質囤積，形成營養缺乏性脂肪肝，常見於減肥不當的人。
6. 藥物性脂肪肝：有濫服成藥、施打毒品或長期使用傷害肝臟的藥物，使肝臟內的脂蛋白合成及排除受阻，形成藥物性脂肪肝。
7. 急性肝炎或慢性肝炎而引起之脂肪肝，通常在肝炎治療後，脂肪肝也會消失。

Simple self-aided notification of FLD

1. People with central obesity (“belly fat” or “apple-shaped”) are more likely to have FLD than people of other body types.
2. People with body mass index (BMI) of 25-30 have a 50% chance of developing FLD. Once BMI exceeds 30, the incidence of FLD increases to 85%. Ideal body mass is calculated as $(\text{kg}) = 22 \times \text{height}^2 (\text{meter}) \pm \text{within } 10\% \text{ range}$.

脂肪肝簡易自我觀察

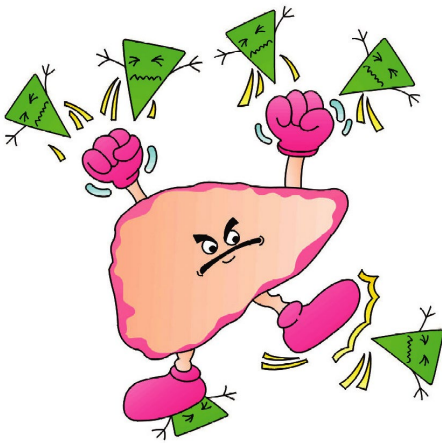
1. 中廣型的人比其他體型的人更容易有脂肪肝。
2. 身體質量指數BMI在25~30的人，有50%機率。BMI超過30，則脂肪肝的機率高達85%。理想體重計算（公斤）= $22 \times \text{身高的平方（公尺）} \pm 10\%$ 範圍內。

例如

身高160公分，理想體重 = $(22 \times 1.6 \times 1.6) \pm 10\%$ ，所以理想體重為50.6~61.9公斤。

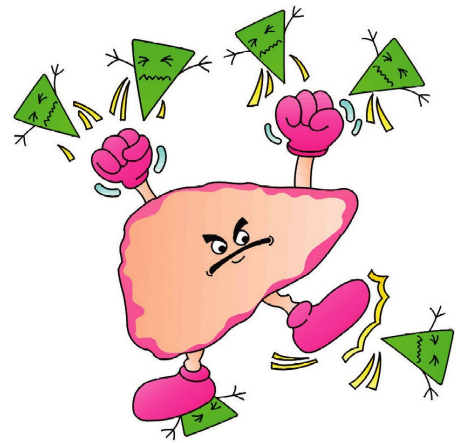
FLD therapy

FLD may be improved and corrected by eliminating the reasons requiring improvement. As for therapy, if FLD was induced by obesity or poor diet, only by correcting dietary habits and physical exercise can conditions improve. Therapy for ethanol abuse induced FLD must start with alcohol cessation.



脂肪肝之治療

只要去除可改善的原因，就會使脂肪肝消失。所以若因肥胖或飲食不節制而引起的脂肪肝，唯有靠調整飲食習慣、多運動等才能改善。酗酒引起脂肪肝就要戒酒。



How to prevent FLD?

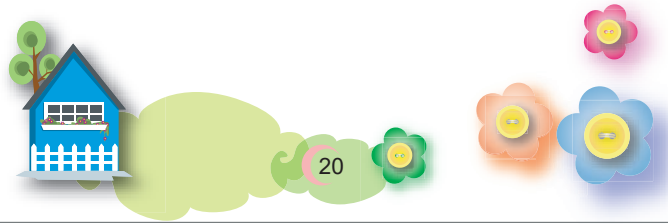
1. Regular living habits, avoid staying up all night.
2. Sufficient rest and sleep.
3. Eat a balanced diet rich in vegetables and fruits. Avoid oily foods such as fried foods, animal offal, pig skin, chicken skin, duck skin, and other foods rich in cholesterol.
4. Abstain from alcoholic and binge eating or drinking.
5. Regular follow-up examinations.
6. Maintain a relaxed mind, exercise sufficiently every day.
7. Patients with hypercholesterolemia must regularly take medicine, control dietary and avoid eating food with high fat.
8. As for controlling diabetes mellitus, seek counsel from your nutritionist and physician.

如何預防脂肪肝?

1. 規律生活，避免熬夜。
2. 充分休息及睡眠。
3. 均衡飲食，多吃蔬菜水果，少吃油膩食物，例如：油炸食物、動物的內臟、豬皮、雞皮、鴨皮等高膽固醇食物。
4. 避免酗酒及暴飲暴食。
5. 定期接受追蹤檢查。
6. 保持輕鬆心情，每日作適量運動。
7. 高血脂病人除依醫師指示服藥，更需要控制飲食，避免高脂肪類食物的攝食。
8. 糖尿病的控制，請依循營養師及醫師之指導。



Memorandum



敬祝您
身體健康 平安吉祥

Wish you
Healthy & Peaceful

佛教慈濟醫療財團法人

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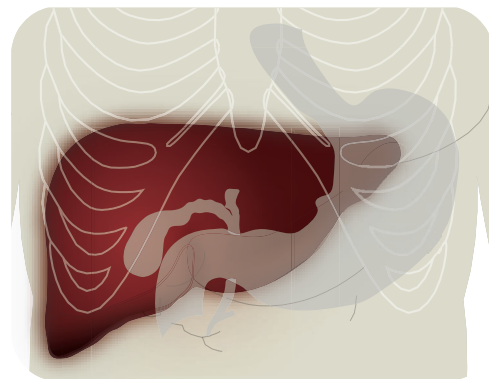
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佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

脂肪肝簡介

Fatty Liver Disease Brochure



中英文