



佛教慈濟綜合醫院  
Buddhist Tzu Chi General Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟綜合醫院  
Buddhist Tzu Chi General Hospital

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:(08)9814800 Ext128

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

台中慈濟醫院 Taichung Tzu Chi Hospital:(04)36068278

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

大林慈濟醫院附設斗六門診部

Douliou Outpatient Department of Dalin TZU Chi Hospital:

(05)5372000-127

網址 : Web site: <http://www.tzuchi.com.tw>

大林慈院 100.11 制定

E8R2876515-03

# 認識肝硬化

## Overview of Liver Cirrhosis

中英文





**目錄 catalogue**

What is liver cirrhosis? -----P 2

Where is the liver? -----P 4

What are the causes of liver cirrhosis? -----P 6

How is liver cirrhosis diagnosed?-----P 8

Symptoms -----P 12

Complications of liver cirrhosis-----P 14

Treatment-----P 18

Health care in daily life -----P 24

什麼是肝硬化? -----P 3

身體的肝臟在哪裡? -----P 5

那些原因會使肝臟硬化? -----P 7

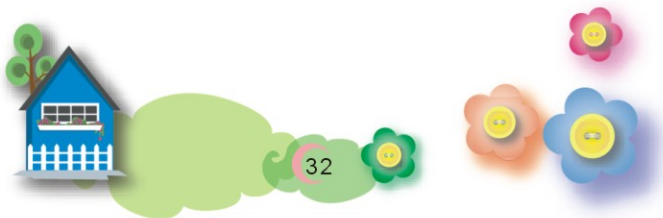
如何診斷肝硬化? -----P 9

疾病症狀 -----P 13

肝硬化的合併症 -----P 15

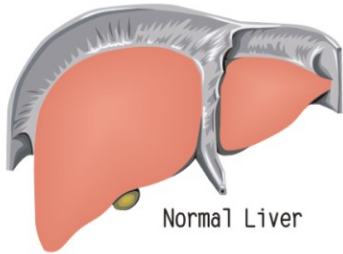
治療方式 -----P 19

日常生活保健 -----P 25

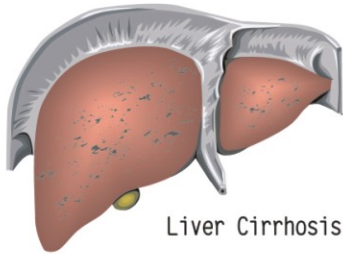


## What is liver cirrhosis?

Liver cirrhosis is the consequence of numerous chronic liver diseases, such as liver inflammation, liver cell death, proliferation of fibrous tissue, and eventually, "scarring" of the liver and loss of liver function.



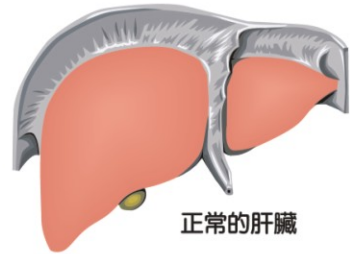
Normal Liver



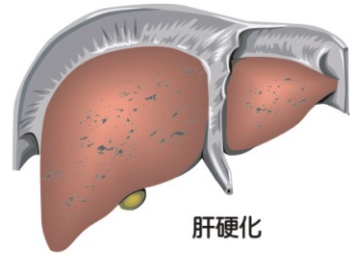
Liver Cirrhosis

## 什麼是肝硬化?

肝硬化就是柔軟的肝臟，因各種原因使肝臟發炎、肝細胞壞死，肝臟纖維組織增生，使得肝臟變硬了，無法維持原有的肝功能，影響人體的健康。



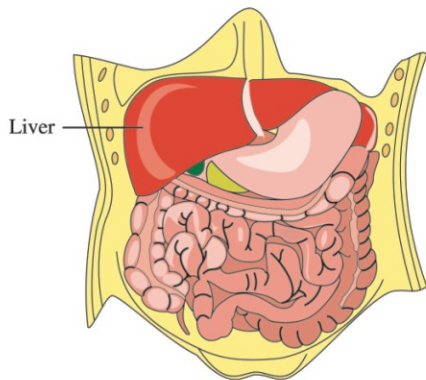
正常的肝臟



肝硬化

## Where is the liver?

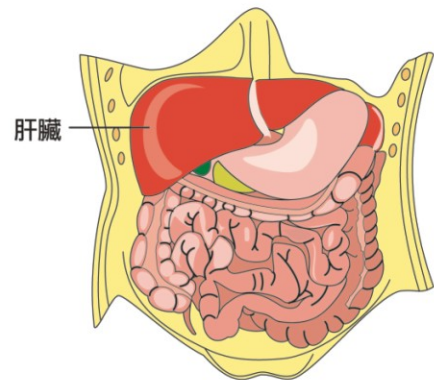
The liver occupies most of the space in the right side of the upper abdomen. It is the largest organ in the human body, and weighs about 1.5 kg. The liver has the ability to regenerate. It plays a major role in metabolism and can secrete hormones, manufacture coagulation factors, and albumin. However, its major functions are to aid in digestion, secrete bile and metabolic excluded.



4

## 身體的肝臟在哪裡？

肝臟佔據右上腹的大部份位置，是人體最大的器官，重約1.5kg。肝臟有再生、分泌、製造賀爾蒙、凝血因子及白蛋白等，不過它最主要的功能仍是幫助消化、分泌膽汁、代謝排除。



5

## What are the causes of liver cirrhosis?

1. Hepatitis B and Hepatitis C.
2. Fatty liver disease or alcoholic liver disease.
3. Liver cirrhosis caused by drugs.
4. Primary biliary cirrhosis: bile duct obstruction.
5. Chronic heart failure.
6. Autoimmune diseases.
7. Non-alcoholic fatty liver disease.

## 那些原因會使肝臟硬化?

- 1、慢性B型肝炎及C型肝炎。
- 2、酒精性、脂肪性肝病。
- 3、藥物性肝硬化。
- 4、膽源性肝硬化：如膽道阻塞。
- 5、慢性心臟衰竭。
- 6、自體免疫疾病。
- 7、非酒精性、脂肪性肝病。

## How is liver cirrhosis diagnosed?

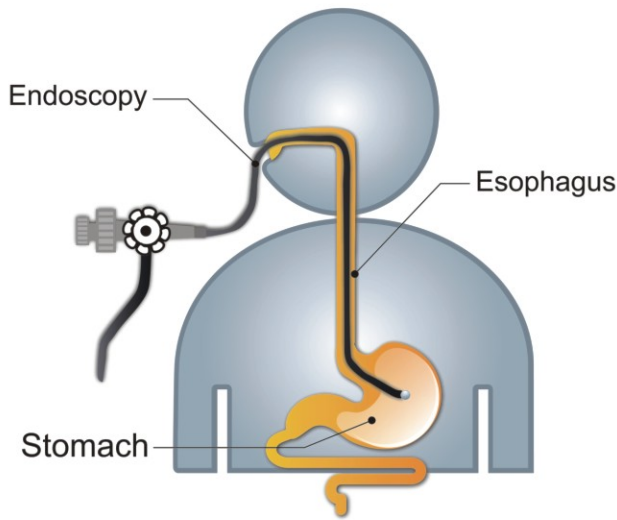
1. Liver function tests will show an increase in SGPT/ALT and SGOT/AST. In patients with severe cirrhosis, the serum albumin decreases, the globulin increases, the jaundice index increases, the coagulation time prolongs, and the serum ammonia level rises.
2. A complete blood count (CBC) will show a decrease in hemoglobin, white blood cells and platelets.
3. Abdominal ultrasonography.
4. A liver biopsy can be used to evaluate focal lesions and identify any liver abnormality.
5. Radioisotope liver scan.

## 如何診斷肝硬化？

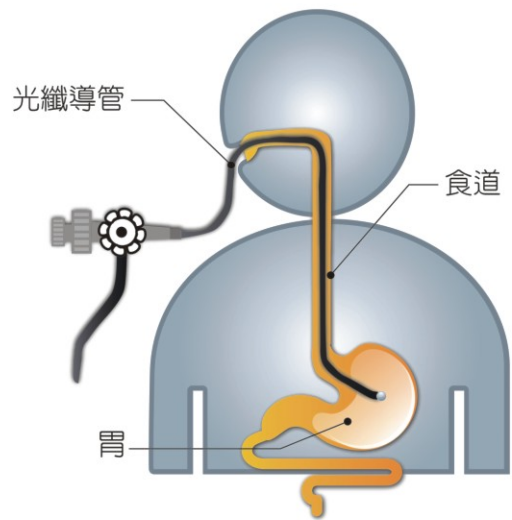
- 1、肝功能檢查：SGPT，SGOT 升高，肝硬化嚴重時，白蛋白減少、球蛋白增加、黃疸指數升高、凝血時間延長、血中氨也增加。
- 2、血球數檢查：血紅素、白血球、血小板下降。
- 3、腹部超音波檢查。
- 4、肝組織切片，用以評估局部性病灶或有無異常。
- 5、放射線同位素肝掃描。

6. Gastroscopy can be utilized to detect any enlarged and lengthened artery or vein in the stomach or esophagus, which is caused by liver cirrhosis.

6、胃鏡檢查：查看是否有胃或食道靜脈瘤。



10



11

## Symptoms

1. Fatigue, weakness.
2. Nausea.
3. Poor appetite.
4. Loss of weight.
5. Abdominal pain.
6. Spider angioma, an abnormal collection of capillaries with a central red dot from which the blood vessels radiate.
7. Jaundice, a yellowish coloration of the skin and sclera.

## 疾病症狀

- 1、疲倦、虛弱。
- 2、噁心。
- 3、食慾不振。
- 4、體重減輕。
- 5、腹痛。
- 6、皮膚出現蜘蛛狀血管瘤。
- 7、黃疸：眼白及皮膚變黃。

## Complications of liver cirrhosis.

1. Severe bleeding of enlarged or lengthened arteries or veins in the stomach or esophagus, which can induce shock and result in death.
2. Ascites.
3. Bacterial infection, which may manifest itself as peritonitis, bacteremia or sepsis. Severe infection can result in shock and death.
4. Impaired brain function directly caused by liver dysfunction that results in disturbances of consciousness. It can be identified by such symptoms as changes in personality, decreased responsiveness, forgetfulness, changes in sleep patterns, and coma.

## 肝硬化的合併症

- 1、胃、食道靜脈瘤破裂出血嚴重時引起休克造成生命危險。
- 2、腹水。
- 3、細菌感染：腹膜炎、菌血症或敗血症，嚴重時引起休克死亡。
- 4、肝性腦病變：可能出現個性改變、反應遲鈍、記憶力減退、睡眠形態改變、甚至昏迷。

5. Poor drug tolerance, thus there may be an increase in drug side effects.

6. Liver cancer, which occurs in 5% of patients with cirrhosis every year.

7. Others: anemia, menopause, fluid collection and swelling in the lower extremities, muscle weakness, weight loss, bleeding of the gums, skin bruising, male breast enlargement, testicular atrophy, kidney disease, etc.

5、藥物耐受性不良，易發生藥物的副作用。

6、併發肝癌：肝硬化患者每年發生肝癌的機率是5%。

7、其他：貧血、停經、下肢水腫、肌肉軟弱、體重減輕、牙齦易出血、皮膚淤青，男性乳房變大、睪丸萎縮、腎臟病等。

## Treatment

1. Gastric oesophageal varices bleeding  
Close observation upon feeding tube insertion through one nostril to the stomach. A blood transfusion should be performed when a low hemoglobin level is observed. Medications could be prescribed to decrease high blood pressure in the vein that carries blood into the liver. A procedure using an endoscope for the stomach could be performed, where the vein is injected with a chemical that hardens it and cuts off the blood supply, or surgery to put pressure on the vein so it stops bleeding could be performed. If the medical treatment fails to stop the bleeding, then either

## 治療方式

- 1、胃食道靜脈曲張出血

插上鼻胃管引流觀察，血紅素偏低時需輸血。使用藥物降低門靜脈壓力，或經內視鏡（胃鏡）注射硬化劑或靜脈結紮止血。當內科治療無法止血時須採外科治療。

one of these surgical treatments should be performed.

## 2. Ascites and edema

A low salt diet is recommended. Drugs that increase the urine flow, albumin supplementation, or ascites drainage may be prescribed according to the situation. If there is a fever, it is likely that any abdominal pain is caused by a bacterial infection of the tissue that lines the abdominal wall, and antibiotics should be administered.

## 3. Hepatic coma

Protein consumption should be minimized. Medications and an enema could be used to facilitate toxin excretion. The causes of unconsciousness due to liver disease, such as profuse internal bleeding, infection and electrolyte disorder, should be treated.

## 2、腹水及水腫

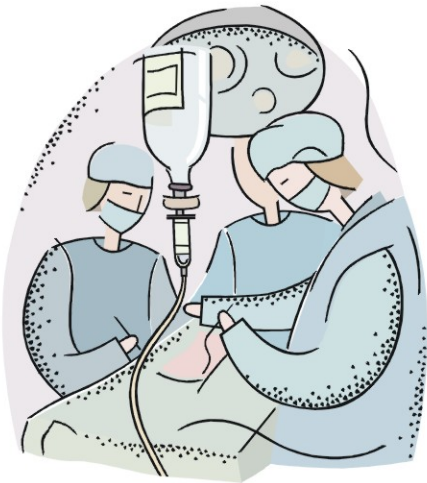
建議低鈉飲食、醫師會視病情開立利尿劑、白蛋白補充，或重覆將腹水引流出來。若發生發燒、腹痛可能是發生自發性細菌性腹膜炎，此時須接受抗生素治療。

## 3、肝昏迷

限制蛋白質的攝取，及使用藥物或灌腸促進排便將毒素排出。另外需治療引起肝昏迷的原因，如：出血、感染、電解質不平衡等。

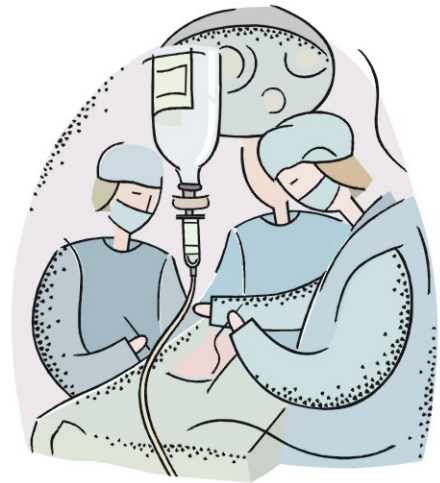
#### 4. Liver transplantation

If the complications of cirrhosis cannot be controlled, liver transplantation is a treatment choice.



#### 4、肝臟移植

當肝硬化的合併症無法控制時，接受肝臟移植也是一途。



## Health care in daily life

1. Regular lifestyle, adequate rest, avoidance of extreme tiredness and excessive exercise.
2. Use a soft toothbrush to prevent gum bleeding, and change the toothbrush regularly.
3. Prevent constipation, maintain patency of stool and observe its color. If there is dark red or black stool, visit the doctor immediately.
4. Quit smoking and alcohol drinking. Check body weight every day.
5. Take medicines according to the doctor's prescription. Do not take unprescribed medicines (over the counter medicines,

## 日常生活保健

- 1、規律生活，充份休息，避免疲倦及過份激烈之運動。
- 2、使用軟毛牙刷，避免牙齦出血，並定期更換牙刷。
- 3、預防便秘、保持大便通暢，並觀察大便之顏色，如出現暗紅色或黑色大便，請立即返院治療。
- 4、戒煙、戒酒及每日量體重。
- 5、遵照醫師指示服藥，勿私自服用成藥(成藥、草藥、中藥、偏方)，以免增加肝臟負擔。

traditional Chinese medicines, herbal medicines) which may increase the burden on the liver.

6. Prevent infection, and try to avoid public places as much as possible.

7. If there is a wound on the skin, stop the bleeding with prolonged compression and apply an antibacterial agent.

8. Note if signs of bleeding are present pale facial color, dizziness, increased pulse rate, cold sweats, black stool.

9. Important points in the diet :

- **Balanced diet:** eat more protein, fresh vegetables and fruits. Supplement with Vitamin B if necessary. At the advanced stage of liver cirrhosis, protein consumption should be restricted.

6、預防感染，請儘量減少出入公共場所。

7、皮膚如有傷口，應以較長的時間壓迫止血。

8、注意有無出血徵兆（臉色蒼白、頭暈、脈搏變快、冒冷汗、解黑色大便）。

9、飲食注意事項：

- **飲食要均衡：**多攝取蛋白質，新鮮的蔬菜水果，必要時可補充維他命B群。肝硬化末期則要限制蛋白質攝取。

- Avoid chemical additives, sour and hot, spicy foods, and food with mold growing in it, or foods containing preservatives.
- Patients with gastric or esophageal varices should avoid coarse, hard and hot, spicy food. Chew and swallow food slowly.
- Do not eat foods that might contain aflatoxin, a toxic substance produced by certain molds.
- When poor appetite presents, eat small frequent meals.

10. Visit the outpatient department regularly after discharge.

- 避免吃化學添加物，以及酸辣、含防腐劑或發霉的食物。
- 肝硬化併有胃、食道靜脈曲張時，應避免粗糙、堅硬、過燙的食物，且細嚼慢嚥。
- 不吃含黃麴毒素的食物，如易發霉的食物。
- 若食慾不振則鼓勵少量多餐。

10、定期返院門診追蹤。

# Memorandum

