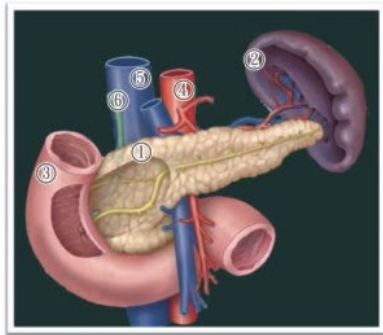


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What is the function of the pancreas?

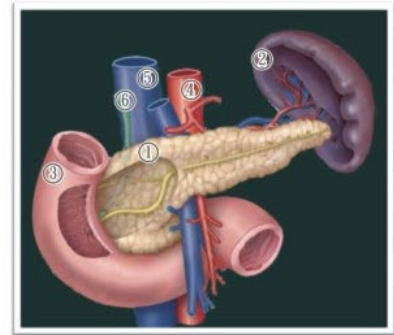
The pancreas is located behind the stomach, between the duodenum and the spleen. Its major functions are to control the blood sugar and to digest proteins and fats in food.



- ① Pancreas
- ② Spleen
- ③ Duodenum
- ④ Abdominal aorta
- ⑤ Inferior vena cava
- ⑥ Bile ducts

胰臟有什麼作用？

胰臟在胃的後面，與十二指腸及脾臟之間。最主要的功能為分泌酵素消化食物中的蛋白質、脂肪及控制血糖。



- ① 胰臟
- ② 脾臟
- ③ 十二指腸
- ④ 腹主動脈
- ⑤ 下腔靜脈
- ⑥ 膽管

What is pancreatitis?

Pancreatitis is an inflammation of the pancreas in which pancreatic enzymes autodigest the pancreas itself.



4

何謂胰臟炎？

因為胰臟被自己所分泌的酵素、胰液消化而導致的發炎現象。



5

Common causes

- 1、Alcohol abuse.
- 2、Gallstones.
- 3、Abnormal metabolism (such as hyperlipidemia), tumors, trauma, infection, and side effects of some medicines.



6

常見原因

- 1、長期酗酒。
- 2、膽結石。
- 3、代謝異常（如：高血脂）、腫瘤、外傷、感染及藥物副作用。



7

Symptoms

- 1、Severe pain and tenderness of abdomen; the pain may spread to the back.
- 2、Abdominal distention, nausea, vomiting.
- 3、Fever, chills and jaundice.
- 4、Increase in serum amylase and lipase concentrations.
- 5、Rapid breathing or shock in severe cases.



8

疾病症狀

- 1、疼痛：腹部疼痛不已，且會反射到背後。
- 2、腹脹、噁心嘔吐。
- 3、發燒、寒顫、黃疸。
- 4、血清澱粉酶（amylase）及脂肪酶（lipase）濃度上升。
- 5、呼吸急促，嚴重者則會休克。



9

Treatment

- 1、For pancreatitis caused by gallstones, an advanced surgical technique called endoscopic retrograde cholangiopancreatography can be used to diagnose and treat problems in the liver, gallbladder, bile ducts and pancreas. This technique combines the use of a flexible, lighted video endoscope to examine these organs internally, plus injected dye that can be seen on an X-ray and will show any blockages. If stones are found, they can be removed with an electrotome, a device that uses radio frequency current to make incisions. It may be necessary to surgically insert a drainage tube to remove

治療方式

- 1、膽結石所引起的胰臟炎，可以利用內視鏡逆行性膽胰攝影方式，將十二指腸之壺腹乳頭用電刀切開，將結石取出或者置放引流管引流膽汁，減輕黃疸情形。

excess bile and decrease jaundice.

- 2、Fasting is needed. The duration of fasting will vary according to the severity of disease.
- 3、If nausea, vomiting and severe abdominal distention are present, a feeding tube through the nose should be inserted to decrease the pressure and drain the gastric juice, in order to release the stimulation and let the pancreas rest.
- 4、Give Intravenous nutritional support, monitor glucose levels and inject insulin when necessary.
- 5、Analgesics to relieve pain.

- 2、暫時禁食，禁食期間則視病情程度而有所不同。
- 3、若有噁心、嘔吐、嚴重腹脹，則必須放置鼻胃管減壓及引流胃液，減輕刺激讓胰臟休息。
- 4、採靜脈注射補充營養，並監測血糖值，必要時需注射胰島素。
- 5、止痛劑使用，緩解因胰臟炎引起之疼痛。

6、Repeat the blood tests during hospitalization for the amylase and lipase, to monitor the severity of the pancreatitis.

7、Antibiotics should be used when an infection is present.

8、Dietary control and a cholesterol lowering agent should be used for pancreatitis caused by abnormally high concentrations of fats in the blood.

6、住院期間抽血檢查胰澱粉酵素及脂肪酵素，觀察胰臟發炎情況。

7、有感染之情形時，必須使用抗生素進行治療。

8、高血脂引起的胰臟炎則必須控制飲食及服用降血脂藥。



Complications

Bleeding in the stomach or intestines, cramps, development of fluid-filled cavities in the body or tail of the pancreas that resemble cysts but without a wall or lining, tissue death, abscess, infection, shock from not enough blood circulating in the body, death. If pancreas inflammation recurs chronically , it may cause diabetes.

合併症

腸胃道出血、抽筋、胰臟體或尾部的假囊腫、壞死、膿瘍、感染、休克、死亡，若胰臟慢性反覆發炎，可能造成糖尿病等合併症。

Home care

- 1、Quit alcohol - stop drinking anything that contains alcohol.
- 2、To maintain a balanced diet, do not overeat.
- 3、The principle of food selection is described below.
 - (1) Eat lean meat, and eat poultry without the skin.
 - (2) Do not eat high-fat foods, such as the fish head and the fish maw.
 - (3) Steaming and tossing without cooking oil are preferred cooking methods.
 - (4) Use vegetable oil for cooking.
 - (5) Avoid spicy condiments like pepper and satay sauce.

居家照護

- 1、戒酒，並且避免喝到任何含酒精性飲料。
- 2、保持均衡飲食，不暴飲暴食。
- 3、飲食選擇原則如下：
 - (1) 食用肉類應盡量選擇瘦肉部份，家禽肉類食用時要去皮。
 - (2) 避免吃魚頭、魚肚等油脂較高的地方。
 - (3) 多利用蒸煮或涼拌等不加油的烹調方式。
 - (4) 選擇植物性油脂烹調食物。
 - (5) 避免刺激性調味品，如辣椒或沙茶醬。

4. Live a healthy lifestyle - do not stay up all night.

5. Take medicines prescribed by the doctor on time after discharge.

6. Visit the doctor when these symptoms present.

- (1) Severe abdominal pain.
- (2) Vomiting.
- (3) Fever.

4、規律生活，勿熬夜。

5、出院後，按時服用醫師指定的藥物。

6、如有下列情況，應立即求診：

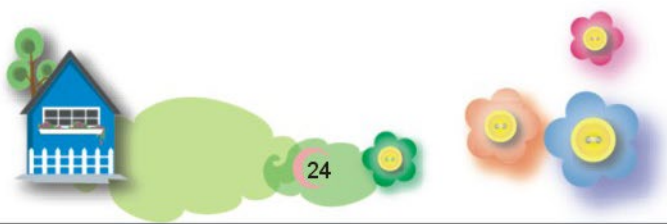
- (1) 劇烈腹痛。
- (2) 嘔吐。
- (3) 發燒。



Memorandum

A decorative header featuring the word "Memorandum" in a blue, rounded font inside a white cloud with a blue glow. To the right, a blue bird is flying over a white cloud, with a thin orange line connecting the two clouds.

Memorandum

A decorative header featuring the word "Memorandum" in a blue, stylized font inside a white cloud with a blue outline. To the right, a blue bird is flying above a smaller white cloud, with orange and yellow swirls connecting the two clouds.



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

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大林慈院 113. 修訂

E8R2876747-03

胰臟炎 的居家照護

Home Care of Pancreatitis

中英文