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什麼是消化性潰瘍？

What Is Peptic Ulcer Disease?

是食道、胃或十二指腸的黏膜，受到胃液侵蝕而造成了「較深層的傷口」，這比一般的破皮（糜爛）還要深。

Peptic ulcer disease refers to a deep injury to the mucosal lining of the esophagus, stomach, or duodenum, caused by erosion from gastric juice. This injury is deeper than superficial mucosal erosion.

主要分為「胃潰瘍」及「十二指腸潰瘍」。

Peptic ulcers are mainly classified into: Gastric ulcers & Duodenal ulcers.



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造成潰瘍的原因

Causes of Peptic Ulcers

- 生理因素：胃酸過多、膽汁逆流。

Physiological factors:

Excessive gastric acid secretion, bile reflux

- 生活習慣：抽菸、喝酒、暴飲暴食、生活壓力大。

Lifestyle factors: Smoking, alcohol consumption, overeating, high stress levels

- 藥物影響：長期服用消炎止痛藥(如阿斯匹靈、類固醇等)。

Medication-related factors: Long-term use of anti-inflammatory drugs, such as aspirin and steroids.

- 關鍵主因：幽門螺旋桿菌感染(近年發現最重要的致病元兇)。

Key causative factor:

Helicobacter pylori infection, which has been identified as the most important etiological cause in recent years

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認識「幽門螺旋桿菌」 Understanding Helicobacter pylori

1. 感染狀況：台灣目前的感染率約為 30%，男女比例相當，且隨著年紀增加，感染率也會上升。
Infection Status: The infection rate in Taiwan is approximately 30%. It affects men and women equally, and the prevalence increases with age.
2. 傳染途徑：尚未完全明確，但推測主要是透過「口對口」（共食）或「糞口」途徑傳染。
Routes of Transmission: The exact transmission route is not fully clear, but it is believed to occur mainly through: Oral-to-oral transmission (e.g., sharing food) or Fecal-oral Transmission
3. 感染幽門螺旋桿菌後會怎樣
Consequences of Helicobacter pylori Infection?

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- (1) 感染者發生潰瘍的機率是未感染者的 15 倍。

Infected individuals are 15 times more likely to develop ulcers than non-infected individuals.

- (2) 與大多數的慢性胃炎、十二指腸潰瘍（幾近 100% 相關）、胃潰瘍（70~80% 相關）及部分胃癌都有關聯。

Infection is associated with:

- Most cases of chronic gastritis
- Duodenal ulcers (nearly 100% related)
- Gastric ulcers (approximately 70–80% related)
- Some cases of gastric cancer

4. 如何檢查是否感染幽門螺旋桿菌：

How to check for H. pylori infection:

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(1) 經由胃鏡取的組織做尿素酵素試驗(CLO test)即可診斷是否有遭受感染。

Rapid urease test (CLO test):
Performed on biopsy samples
obtained during gastroscopy

(2) 抽血檢查：檢查血清抗體，若有此種抗體表示曾被感染過或正感染中。

Blood test: Detects serum
antibodies, indicating past or
current infection

(3) 碳13尿素呼氣法：口服試劑前後各呼一口氣即可檢測，不痛、準確又安全。

Carbon-13 urea breath test:
Breath samples are collected
before and after taking the test
solution; painless, accurate, and
safe

(4) 糞便抗原檢查：利用酵素免疫分析法檢測，可以用來評估是否正在感染。

Stool antigen test: Uses enzyme
immunoassay to evaluate active
infection

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消化性潰瘍常見症狀與比較 Common Symptoms of Peptic Ulcers

常見症狀：

Common symptoms include:



1. 噁心
Nausea



2. 嘔吐
Vomiting



3. 胸口灼熱 Burning sensation in
(火燒心) the chest (heartburn)



4. 胃脹氣
Abdominal bloating



5. 腹痛
Abdominal pain

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胃潰瘍與十二指腸潰瘍的比較

Comparison Between Gastric and Duodenal Ulcers

| 項目 | 胃潰瘍 | 十二指腸潰瘍 |
|--------|---------|---------|
| 胃酸分泌 | 正常或分泌少 | 過多 |
| 疼痛發生時間 | 吃飽後疼痛明顯 | 飢餓時疼痛明顯 |

| Item | Gastric Ulcer | Duodenal Ulcer |
|------------------------|-------------------------------------|-------------------------------------|
| Gastric acid secretion | Normal or decreased | Increased |
| Timing of pain | Pain is more noticeable after meals | Pain is more noticeable when hungry |

消化性潰瘍的診斷與檢查 Diagnosis and Examination of Peptic Ulcer Disease

1. 胃鏡檢查：可以直接觀察病灶，研判病變的嚴重度，還可以切片檢查，看看病變處為良性或惡性、幽門螺旋桿菌感染與否、發炎的程度等，為目前最常用的診斷方法。

Gastroscopy: Allows direct observation of the lesion, assessment of severity, and biopsy to evaluate whether the lesion is benign or malignant, presence of H. pylori infection, and degree of inflammation. This is currently the most commonly used diagnostic method.

2. 胃酸檢查。
Gastric acid examination
3. 上消化道鋇劑X光檢查。
Upper gastrointestinal barium X-ray examination
4. 內視鏡超音波。
Endoscopic ultrasound



消化性潰瘍的治療 Treatment of Peptic Ulcer Disease

1.內科方面 Medical treatment

• 藥物使用 Medication use

(1)幽門螺旋桿菌治療:

過去常用「三合一療法」(1種抗潰瘍藥+2種抗生素)因細菌抗藥性增加，除菌失敗率較高，因此現在多使用含鉍劑的四合一療法或非鉍劑的四合一療法，也就是多加鉍劑或第三種抗生素 使用十天或十四天。

H. pylori treatment:

The previously used triple therapy (one anti-ulcer medication plus two antibiotics) has a higher failure rate due to increased antibiotic resistance.

Currently, bismuth-containing or non-bismuth

quadruple therapy is more commonly used, adding either bismuth or a third antibiotic for 10 or 14 days.

重要提醒：請務必遵照醫囑按時服藥，切勿自行停藥，以確保徹底殺菌。

Important reminder: Please take medications exactly as prescribed. Do not stop medications on your own to ensure complete eradication.

(2)制酸劑：中和胃酸，卻無治療胃潰瘍的效果。

Antacids: Neutralize gastric acid but do not treat ulcers

(3)胃黏膜保護劑：用來預防與治療消化性潰瘍，但效果有限。

Mucosal protective agents: Used to prevent and treat peptic ulcers, but with limited effect



(4) 胃酸分泌抑制劑：對潰瘍的止痛及癒合效果迅速，現在仍為治療消化性潰瘍的主流藥物。

Acid secretion inhibitors:
Provide rapid pain relief and promote healing;
remain the main treatment for peptic ulcers

- 調整飲食習慣
Dietary adjustment

2.外科方面：
Surgical treatment

- (1)迷走神經切除術。
Vagotomy
- (2)胃部份切除術。
Partial gastrectomy

如何預防消化性潰瘍 Prevention of Peptic Ulcers

1. 生活規律，睡眠充足，避免勞累、緊張。

Maintain a regular lifestyle with adequate sleep; avoid fatigue and stress

2. 減少不必要的交際應酬。

Reduce unnecessary social engagements

3. 飲食注意事項：

Dietary precautions:

(1) 三餐正常飲食，不吃宵夜，細嚼慢嚥。

Eat regular meals; avoid late-night snacks; chew food thoroughly

(2) 進食前、後要有30分鐘之休息。

Rest for 30 minutes before and after meals

(3) 避免生食或食用過冷過熱，纖維太粗的食物。

Avoid raw foods, extremely hot or cold foods, and coarse high-fiber foods

(4) 避免刺激性食物，如：菸、酒、咖啡、濃茶、辛辣的調味料。

Avoid irritants such as tobacco, alcohol, coffee, strong tea, and spicy seasonings



4. 適當的運動，以促進新陳代謝，確保正常生理功能。

Engage in appropriate exercise to promote metabolism and maintain normal physiological function

5. 若必須服用抗凝血劑、類固醇請於兩餐間及睡前喝牛奶及餅乾作為緩衝。

If anticoagulants or steroids are necessary, take them between meals and before bedtime with milk and crackers as a buffer



注意 : Important Notice:

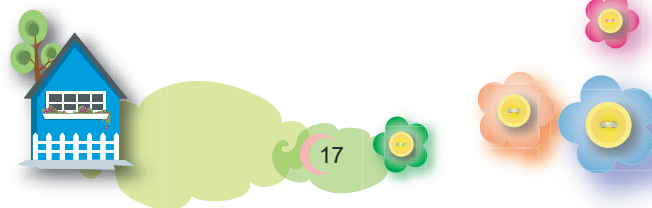
在治療期間或返家後，若發生以下症狀，請立即返院或至急診就醫：

During treatment or after returning home, seek medical attention immediately if any of the following occur:

- 吐血（或吐出咖啡色液體） Vomiting blood or coffee-colored material
- 解黑便（糞便像柏油一樣黑亮且黏稠） Passing black, tar-like stools
- 腹痛突然加劇 Sudden worsening abdominal pain

參考資料

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敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

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認識

消化性潰瘍

Recognizing Peptic Ulcer Disease

中英文