

# 心肝寶貝

## 悉心保養肝臟

你的個人記錄

# B Healthy

## Keeping your liver healthy


Your personal record

王嘉廉社區醫療中心  
Charles B. Wang Community Health Center

姓名： \_\_\_\_\_ 診症號碼： \_\_\_\_\_  
Name: \_\_\_\_\_ PID: \_\_\_\_\_

定期去看醫生是很重要的。謹請出席乙型肝炎覆診預約，並帶上這張卡。醫生會把你的測試結果記錄在卡上，讓你可以監察肝臟的健康狀況。  
Seeing your doctor regularly is important. Remember to come to your scheduled hepatitis B follow up visits. Bring this card with you. Your doctor will record your lab results on the card. This will help monitor the health of your liver.

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### 乙型肝炎

乙型肝炎是由乙型肝炎病毒所引起的嚴重肝臟感染。如沒有接受治療與護理，時間一長，乙型肝炎可能導致肝硬化、肝臟受損甚至肝癌。

即使你沒有感到不適，你仍然應該定期看醫生，瞭解病毒有否損壞你的肝臟。學習如何護肝，保持肝臟健康。

乙型肝炎在亞裔家庭中十分普遍。你的家族病史有助醫生為你選擇最佳的治療方法。如果你的家族成員曾經有以下的情況，請在方格內打勾：

- 乙型肝炎病毒
- 乙型肝炎病毒，並正在或曾經使用藥物
- 肝癌
- 肝硬化

把你的肝臟受到感染這個事實坦誠地告知家人和關心的人，並鼓勵他們接受測試及注射疫苗。乙型肝炎是可以預防和治療的。

### 乙型肝炎的護理：

- 遵循預約去看醫生。
- 按照醫生的指示做化驗檢查。
- 善用這張卡，記錄你的健康情況。
- 按照醫生的處方服藥。
- 如果你打算或正在服食中草藥和其他藥物，請告訴你的醫生。因為它們可能對肝臟有害。
- 切勿飲酒，酒能傷肝。

### 保護你心愛的人：

- 乙型肝炎是透過血液與體液傳播的。
  - 在進行性行為時，請使用安全套。
  - 請勿與任何人共用牙刷或剃刀。
- 如你有任何疑問，請向醫生查詢。

### Protect your loved ones.

- Do not share your toothbrush or razor with anyone.
  - Use condoms when you have sex.
- Talk to your doctor about any concerns.

### Tips on how to care for yourself:

- Come to your scheduled appointments.
- Get the lab tests your doctor orders.
- Use this card to keep track of your health condition.
- Take medication as prescribed by your doctor.
- Do not take any herbal products or medicine without telling your doctor. They may damage your liver.
- Do not drink alcohol. It can damage your liver.

Be open and tell your family and loved ones about your liver infection. Encourage them to get tested and vaccinated too. Hepatitis B can be prevented and treated.

- Hepatitis B virus
- Hepatitis B virus and is/was on medication
- Liver cancer
- Cirrhosis

has had:

Hepatitis B is very common in Asian families. Your family history is helpful to your doctor to decide treatment for you. Check all the conditions that anyone in your family



### Hepatitis B

Hepatitis B is a serious liver infection caused by the hepatitis B virus. If not cared for or treated, over time hepatitis B can lead to cirrhosis (liver scarring), liver damage and liver cancer.

Even if you don't feel sick, you should still see your doctor regularly. You need to find out if the virus is damaging your liver. Learn how to care for your liver, and keep it healthy.

## 乙型肝炎病毒 (HBV) 血液測試結果 YOUR HEPATITIS B VIRUS (HBV) BLOOD TEST

日期 Date	乙肝表面抗原 HBsAg Hepatitis B Surface Antigen	如果這項測試結果呈陽性 (+)，表明你已經感染了乙肝病毒。 If this test result is positive (+), it means that you are infected with the hepatitis B virus.

日期 Date	乙肝表面抗體 HBsAb Hepatitis B Surface Antibody	如果這項測試結果呈陽性 (+)，表明你對乙肝病毒產生免疫力。 If this test result is positive (+), it means that you are immune to the hepatitis B virus.

日期 Date	乙肝 "e" 抗原 HBeAg Hepatitis B "e" Antigen	如果這項測試結果呈陽性 (+)，通常表明你血液內的病毒數量較高。你把病毒傳染他人的機會較高。當 "e" 抗原呈陽性，通常稱為「大三陽」。 If this test is positive (+), it often means the amount of virus in your blood is higher. You may be more likely to spread the virus to others. When "e" antigen is +, it is often described as "big three positive."

日期 Date	乙肝 "e" 抗體 HBeAb Hepatitis B "e" Antibody	如果這項測試結果呈陽性 (+)，表明你的血液內病毒數量較低。當 "e" 抗體呈陽性 (而 "e" 抗原呈陰性)，通常稱為「小三陽」。 If this test is positive (+), it can mean that the amount of virus in your blood is lower. When "e" antibody is + ("e" antigen is -), it is often described as "small three positive."

## 接受檢查, 瞭解肝臟狀況 TESTS TO CHECK THE HEALTH OF YOUR LIVER

日期 Date	轉氨酶水平 ALT (U/L)	肝功能測試能夠衡量你的肝臟發炎的程度。假如結果呈上升，就表明你的肝臟已經受到影響。 Liver function tests measure inflammation in your liver. If the result is elevated, it means your liver is effected.

日期 Date	乙肝病毒含量 HBV Viral Load (IU/mL)	這項測試能夠顯示你血液內乙型肝炎的病毒含量。如果病毒含量開始上升，醫生會進一步監察你的健康狀況。 This test shows how much hepatitis B virus you have in your blood. If your viral load starts to increase, your doctor will need to monitor you carefully.

日期 Date	超聲波 Ultrasound	這能夠幫助檢測肝硬化或肝癌。 It can help detect cirrhosis or cancer in the liver.

日期 Date	甲胎蛋白 AFP (ng/mL)	這項測試能夠幫助檢測肝癌。 This test can help detect liver cancer.

日期 Date	甲型肝炎抗體 Hepatitis A Ab (Hepatitis A Antibody)	如果這項測試結果呈陽性 (+)，表明你對甲型肝炎產生免疫力。 If this test result is positive (+), it means that you are immune to the hepatitis A virus.

如果測試結果呈陰性 (-)，表明你對甲型肝炎沒有免疫能力。你應接受兩次甲肝疫苗注射以保護你的肝臟。  
If the test result is negative (-), it means that you are not immune to the hepatitis A virus. You should get 2 Hepatitis A vaccinations to protect your liver.

第一次疫苗注射日期

第二次疫苗注射日期

First shot: \_\_\_\_\_

Second shot: \_\_\_\_\_



### 治療記錄

醫生將根據你的檢查報告、健康情況與家族史來決定你是否需要治療。

### TRACK YOUR TREATMENT

Your doctor will decide if treatment is needed based on your test results, health condition and family history.

藥物名稱 Medication Name	劑量 Dosage	開始日期 Start Date	結束日期 End Date