



# 乙(B)肝健康

繁體中文/英文



## 慢性乙(B)型肝炎指南

My guide to Chronic Hepatitis B

## © 昆士蘭民族社區委員會(ECCQ)

本資料由昆士蘭民族社區委員會(ECCQ)在昆士蘭衛生廳的資助下完成。

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本資料經由伊麗沙白·鮑威爾(Elizabeth Powell)博士審閱。該版本得到澳大利亞胃腸病協會的認可和支持。



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### What is hepatitis?

Hepatitis affects the liver and it means inflammation of the liver. Hepatitis can be caused by:

- Too much alcohol
- Some drugs/chemicals
- Viruses

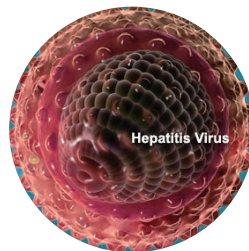
Hepatitis caused by alcohol or drugs/chemicals cannot be passed from one person to another, but hepatitis caused by viruses (called viral hepatitis) can be. The common types of viral hepatitis are hepatitis A, hepatitis B and hepatitis C. Hepatitis B and C can be lifelong infections, although hepatitis C can now be cured in nearly all cases.

### 甚麼是肝炎？

肝炎影響肝臟，是肝臟發炎的意思。引起肝炎的因素包括：

- 飲酒過度
- 某些藥物/化學品
- 病毒

由飲酒或藥物/化學品引起的肝炎不會在人與人之間傳播，但由病毒引起的肝炎（稱為「病毒性肝炎」）則不然。病毒性肝炎最常見的類型有甲(A)型肝炎、乙(B)型肝炎和丙(C)型肝炎。乙(B)型肝炎和丙(C)型肝炎病毒會攜帶終生，不過目前絕大部分丙(C)型肝炎患者都可完全治癒。





### **What is the liver?**

The liver is the largest organ inside the body. It has many functions. For example, it removes harmful substances such as toxins and chemicals, stores vitamins, helps digestion, and processes food into nutrients.

### **What is hepatitis B?**

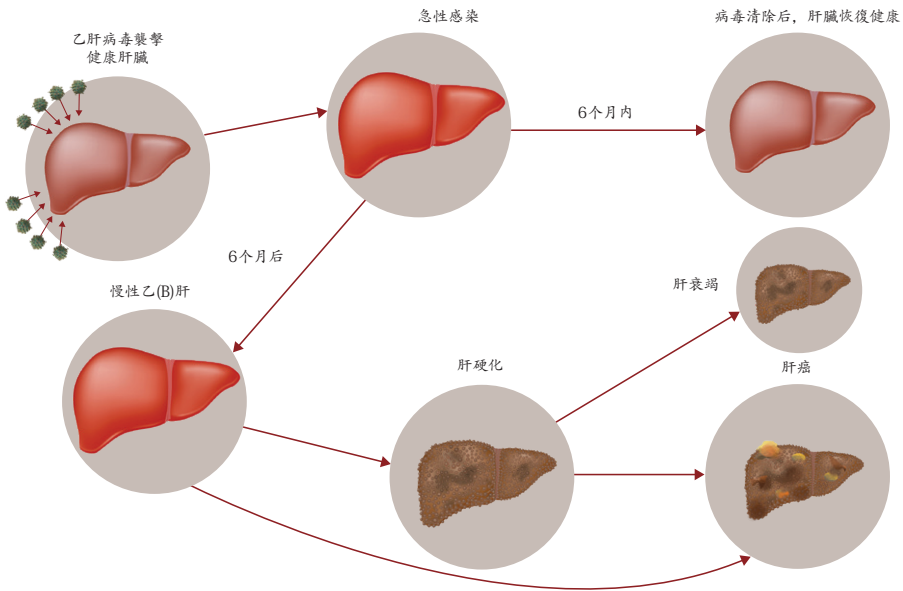
Hepatitis B is liver inflammation caused by the hepatitis B virus (HBV). Hepatitis B can be a short-term illness (acute hepatitis B) or a long-term infection (chronic hepatitis B).

### **甚麼是肝臟？**

肝臟是人體內最大的器官，它具有多種功能。例如排除毒素和化學物品等有害物質，儲存維他命，幫助消化，以及將食物加工處理為營養物質。

### **甚麼是乙(B)型肝炎？**

乙(B)型肝炎是由乙型肝炎病毒(HBV)引起的肝臟發炎。乙(B)肝可以是短期感染(即急性乙(B)肝)，也可以是長期感染(即慢性乙(B)肝)。



## What is acute hepatitis B?

Acute hepatitis B is when people are infected with the hepatitis B virus for the first time and the infection lasts less than six months.

Some people can clear the hepatitis B virus completely after an acute infection and totally recover from it. They are then **immune** to (have protection from) the hepatitis B virus, which means they will not get hepatitis B again.

## What is chronic hepatitis B (CHB)?

After six months of acute infection, some people cannot clear the hepatitis B virus and they will have hepatitis B for life. This is called chronic hepatitis B. Without regular monitoring and appropriate management, after many years of infection, some people can develop a serious liver disease, including liver cirrhosis (build-up of scar tissue in the liver), liver failure (liver stops working), or liver cancer.

## How likely are people to develop chronic hepatitis B?

The chance of people developing chronic hepatitis B after an acute infection mainly depends on the age at which they are infected: about 80-90% of infants infected with the hepatitis B virus will develop chronic hepatitis B; 30-50% of children under 6 years infected with the hepatitis B virus will develop chronic hepatitis B, but less than 5% of adults infected with the hepatitis B virus will develop chronic hepatitis B.

People with acute or chronic hepatitis B can pass the virus on to others.

## 甚麼是急性乙(B)型肝炎?

急性乙(B)型肝炎是指首次感染了乙(B)肝病毒并且病毒感染期不超過六個月。一些感染者在急性感染期間，其體內的乙(B)肝病毒會被徹底清除，身體獲得痊癒。他們因此會對乙(B)肝病毒產**免疫力**生(保護力)，這意味着他們再也不會感染乙(B)肝病毒了。

## 甚麼是慢性乙(B)型肝炎(CHB)?

在急性感染期六個月過後，一些感染者體內的乙(B)肝病毒仍然無法清除，他們將會終身攜帶乙(B)肝病毒。這就叫慢性乙(B)型肝炎。如不進行定期監控和適當管理，一些感染者在感染多年後會出現嚴重的肝臟疾病，包括肝硬化（肝臟內部形成癍痕組織）、肝功能衰竭（肝臟停止工作）或者肝癌。

## 發展成慢性乙(B)型肝炎的可能性有多大?

在急性感染期後，發展成慢性乙(B)型肝炎的可能性主要取決於感染病毒時的年齡：感染乙(B)肝病毒的嬰兒中，有80%-90%會發展成慢性乙(B)肝；感染乙(B)肝病毒的6歲以下兒童中，有30%-50%會發展成慢性乙(B)肝；而感染乙(B)肝病毒的成人中，只有5%會發展成慢性乙(B)肝。

急性和慢性乙(B)肝感染者都可以傳播病毒。



## How common is hepatitis B?

Hepatitis B is common in many countries and about 2 billion people have been infected in the world. In Australia, it is estimated around 200,000 people are chronically infected, and many of them are from the Asia-Pacific region, African and the Middle Eastern countries. It is important for you to get a hepatitis B test if you come from one of these countries.

## Are there any symptoms if you are infected with hepatitis B?

Generally people do not show symptoms until many years after the infection. Many people with hepatitis B in Australia do not know they have it; however, some people may have one or more of the following symptoms:

- Abdominal pains
- Nausea or vomiting

## 乙(B)型肝炎有多普遍?

乙(B)肝在很多國家都屬於常見疾病，全球大約有 20 億人感染過乙(B)肝病毒。據估算，澳洲的慢性乙(B)肝感染者大概有 200,000 人，這些感染者大多來自亞大地區、非洲和中東等國家。如果您來自於上述其中的一個國家，請務必去做乙(B)肝檢查。

## 乙(B)型肝炎感染者會有哪些症狀?

一般来讲，感染者患有慢性乙(B)肝多年後才會出現症狀。在澳洲，很多感染者並不知道自己感染了乙(B)肝；但有一部分感染者可能會出現以下一種或多種症狀：

- 腹痛
- 噁心或嘔吐

- Tiredness (fatigue), depression and irritability
- Loss of appetite (not feeling hungry) and weight loss
- Aches and pains
- Fever
- Jaundice (yellow skin, yellow eyes)

## How do people get hepatitis B?

People *can* get hepatitis B through:

- **Mother-to-baby transmission** – a pregnant woman with hepatitis B can pass the hepatitis B virus to her baby around birth. In many countries it is a common way to get hepatitis B.
- **Blood transmission** – there are many ways people can get hepatitis B through blood contact, even when the blood is invisible, for example:
  - Unsterile medical equipment – in some countries, medical equipment, including needles and syringes, may be cleaned but not sterilised (sterilisation is a process to kill viruses) after use. Therefore, viruses can be spread to another person when the same instrument is used again. In Australia, medical equipment is safer.
  - Sharing personal care items such as toothbrushes, razors and nail clippers.
  - Body or ear piercings, tattooing and cosmetic procedures (including eyebrow and make-up tattooing) – if the equipment is not sterile.

- 疲勞 (乏力)、抑鬱和易怒
- 食欲不振 (無饑餓感)，體重下降
- 疼痛
- 發燒
- 黃疸 (皮膚、眼睛發黃)

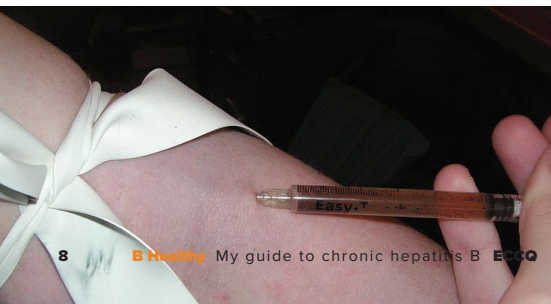
## 乙(B)型肝炎有哪些傳播途徑?

乙(B)肝的傳播途徑包括:

- **母嬰傳播** - 乙(B)肝病毒可以通過患有乙(B)肝的孕婦在生產時將病毒傳染給新生嬰兒。這種傳播方式在很多國家都很普遍。
- **血液傳播** - 乙(B)肝病毒通過血液傳播的方式有多種，甚至肉眼看不見血迹時也會傳播，例如：
  - 未經消毒的醫療設備：在一些國家，針頭和注射器等醫療設備在使用後可能只進行了清洗而沒有消毒（消毒是殺死病毒的一個過程）；所以，當這些設備再次使用的時候，就會將病毒傳染給他人。在澳洲，醫療設備相對來說很安全。
  - 共用個人用品，例如牙刷、剃鬚刀和指甲刀。
  - 使用未經消毒的器具進行身體或耳眼穿刺，紋身以及美容項目(包括紋眉和化妝性紋身)。



- Cultural practices and traditional treatments – some cultural practices and traditional treatments that involve cutting or piercing the skin may put people at risk of getting hepatitis B if the equipment or tools used are not sterilised properly. For example, scarification, female genital mutilation/cutting (it is illegal in Australia), tattooing, acupuncture and hijamah (blood letting).
- Child-to-child and close family contact: infected people may pass hepatitis B to others through contact with open sores, cuts or wounds, as well as through shared objects such as toothbrushes and razors.
- Blood transfusion or blood products – people in some countries may get hepatitis B from blood transfusions or blood products because they may not be tested for the hepatitis B virus. In Australia, all blood and blood products are carefully tested to make sure that they are safe.
- Sharing injecting drug equipment.
- **Sexual transmission** - hepatitis B can be spread through unprotected sex (sex without using a condom). However, due to the age of people engaging in sexual activity (generally older), the chance of an acute hepatitis B infection developing into a chronic infection is small.
- 文化習俗和傳統療法：一些文化習俗和傳統療法涉及到穿刺皮膚，如果設備或工具未進行適當消毒，就可能傳播乙(B)肝病毒。比如針灸等。
- 孩子之間以及家人間的親密接觸：感染者可通過潰瘍、傷口、刀口或者共用牙刷或剃鬚刀等，將乙(B)肝病毒傳染給他人。
- 輸血或使用血液製品：在一些國家，輸血用血或血液製品並未進行乙(B)肝病毒檢查，由此會傳播乙肝(B)病毒。在澳洲，所有醫用血液和血液製品都經過嚴格檢查，確保供血安全。
- 共用注射毒品的器具。
- **性傳播** - 乙(B)肝病毒可以通過無保護措施的性行為（不使用安全套）傳播。不過由於年齡的關係，發生性行為時通常是年齡比較成熟的人，所以由急性乙(B)肝發展為慢性乙(B)肝的機率很小。







You *cannot* get hepatitis B through the following ways:

- Sharing food and drinks
- Sharing plates and cups
- Shaking hands
- Hugging
- Kissing
- Sneezing
- Using public toilets or swimming pools
- Breastfeeding
- Mosquito bites

乙(B)肝不會通過以下途徑傳播：

- 共用食物和飲料
- 共用餐具和杯子等
- 握手
- 擁抱
- 親吻
- 打噴嚏
- 使用公共廁所或泳池
- 母乳餵養
- 蚊蟲叮咬

## How do I know if I have hepatitis B?

You cannot tell if someone has hepatitis B just by looking at them. The only way to know if you have hepatitis B is to have a hepatitis B blood test. All GPs (medical doctors who are your first contact point for all daily health matters) and some specially trained nurse practitioners (NPs) can provide the test. Based on the test results, your doctor/NP should be able to tell you:

- If you have an acute hepatitis B infection.
- If you have a chronic hepatitis B infection.
- If you are immune to hepatitis B, either due to a hepatitis B infection in the past (had acute hepatitis B before and cleared virus naturally) or from the hepatitis B vaccine. If you are immune you will not get hepatitis B again
- If you are susceptible to a hepatitis B infection, you may consider getting the hepatitis B vaccine.

If anyone in your family has hepatitis B, other family members should have a hepatitis B test. If you have hepatitis B, you also need to have hepatitis C, hepatitis D, and HIV tests, because they share the same transmission route – blood. You may also need to get a hepatitis A vaccine if you are not already protected.

## 我怎樣知道自己患有乙(B)型肝炎?

只从外表并不可能知道一个人是否患有乙(B)肝。乙(B)肝血液檢查是唯一的確診方法。所有家庭醫生（患日常疾病時首先需要去就診的醫生）都可以提供此項檢查。根據檢查結果，醫生可以告知：

- 您是否有急性乙(B)肝。
- 您是否有慢性乙(B)肝。
- 您是否對乙(B)肝已產生免疫力：如果有免疫力，免疫力是來自于您曾經患有乙(B)肝（之前感染過急性乙(B)肝，病毒已被徹底清除自愈），还是由於您接種了乙(B)肝疫苗。如果您對乙(B)肝已產生了免疫力，您就再也不會感染乙(B)肝了。如果您對乙(B)肝沒有免疫力，您可以考慮接種乙(B)肝疫苗來預防。

如果您家中有人患有乙(B)肝，那麼其他家庭成員應做乙(B)肝檢查。如果您有乙(B)肝，您還應做丙(C)肝、丁(D)肝和艾滋病病毒(HIV)檢查，因為這些感染都有共同的傳播途徑-血液。如果您對甲(A)肝沒有免疫力，則需要接種甲(A)肝疫苗。





## How to prevent hepatitis B?

The hepatitis B vaccine is the best way to prevent people from getting hepatitis B. In Queensland, some people can get the hepatitis B vaccine for **free**, for example:

- Infants
- Those with household or other close (household-like) contact with people with hepatitis B
- Migrants with a Medicare card from a country where hepatitis B is common (if not already immune to hepatitis B or not previously vaccinated)
- People with chronic liver disease and/or hepatitis C
- Sexual contact with people with hepatitis B

Please go to [www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/schedule/default.asp](http://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/schedule/default.asp) to find the most up-to-date full list.

## 如何預防乙(B)型肝炎?

接種乙(B)肝疫苗是預防乙(B)肝的最佳途徑。在昆士蘭，部分人群可以**免費**接種乙(B)肝疫苗，這些人群包括：

- 嬰兒
- 與乙(B)肝患者共同生活，或保持類似親密接觸的人
- 來自乙(B)肝比較普遍的國家且持有醫保卡(Medicare)的移民（前提是對乙(B)肝沒有免疫力並且未接種過乙(B)肝疫苗），比如從中國大陸、臺灣、香港、馬來西亞和其他國家來的移民
- 慢性肝病和/或丙(C)肝患者
- 與乙(B)肝感染者有性行為的人

如需最新及完整的清單，請登陸 [www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/schedule/default.asp](http://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/schedule/default.asp)

For adults, the hepatitis B vaccine involves 3 injections over 6 months. For infants, there are 4 injections over 6 months and the first injection is given at birth.

It is important to complete all the injections. Most people do not need any further injections.

The hepatitis B vaccine is not usually recommended for pregnant or breastfeeding women. However it can be used in some circumstances – talk to your doctor.

Other ways to protect you from hepatitis B:

- Avoid blood
  - Do not share toothbrushes, razors, nail files, earrings, clippers, syringes, needles or anything that may have come into contact with blood
  - Clean up blood/bodily fluid spills with household bleach and wear gloves (do not put bleach on your skin)
  - Use a band aid to cover your wound
- Use condoms for sex



成人接種乙(B)肝疫苗需要在6個月內注射 3針。  
嬰兒接種乙(B)肝疫苗需要在6個月內注射4針，  
且第一針應該在剛出生時注射。

一定記住要完成所有的針數。絕大多數人在完成所有的針數之後無需注射加強針。

通常不建議孕期和哺乳期婦女接種乙(B)肝苗。  
不過有一些情況例外，請諮詢您的醫生。

預防乙(B)肝的其他方法：

- 避免血液接觸
  - 不共用牙刷、剃鬚刀、指甲銼、耳環、指甲刀、注射器、針頭或任何可能接觸血液的物件
  - 清理血跡或體液時，請使用家用漂白劑並帶好手套（不要讓漂白劑接觸皮膚）
  - 傷口用創可貼包好
- 發生性行為時使用安全套



# 第 2 部分

## Part 2

# 監控與治療

## Monitoring and Treatment

### Monitoring

#### What is monitoring?

Monitoring is ongoing check-ups with your doctor/NP to check the health of your liver.

#### Who should have regular monitoring?

Everyone with chronic hepatitis B should be regularly monitored for life.

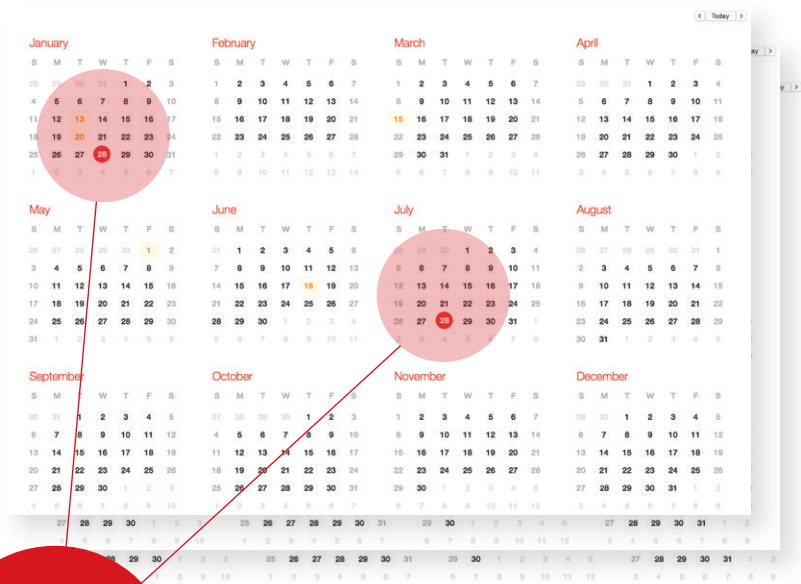
### 監控

#### 甚麼是監控？

監控是指持續定期的接受醫生/專科護士檢查，以確定肝臟的健康狀況。

#### 誰需要接受定期監控？

所有慢性乙(B)肝感染者都必須終身進行定期監控。



每六個月一次  
“肝炎檢查預約”

Every 6 months  
“liver check-up  
appointment”

## Why do I need regular monitoring?

Chronic hepatitis B can flare up (suddenly change) and cause liver damage at any time without you feeling unwell. For some people, hepatitis B may not cause problems for many years, but for some, liver damage may develop quickly. Check-ups are the only way to find out if any liver damage has occurred, and whether treatment is needed. This can prevent liver cirrhosis, liver cancer or liver failure.

## How long and how often do I need to be monitored?

If you have chronic hepatitis B, you will require monitoring for your whole life. Most people need to have check-ups every 6 months, some every 3 months, and some every 12 months. How often you need to have check-ups depends on a number of factors, such as your infection status, amount of liver damage, whether you are on treatment, and whether you have any co-infections or other health issues.

## Where should I go for regular check-ups?

Your GP/NP or specialist can monitor your hepatitis B. To see a specialist you need a referral letter from your GP/NP.

## What is involved in regular check-ups?

Regular check-ups for your chronic hepatitis B involve several tests.

These include:

- Specific blood tests, for example:
  - Hepatitis B e antigen (HBeAg), antibody (anti-HBe) and yearly HBV DNA viral load. These tests are to see if the virus is active and how much of the virus is in your body.
  - At least 6 monthly liver function tests - tests for several enzymes and proteins in your blood, to see how your liver is functioning and whether you have any active liver damage.

These tests require your doctor/NP to draw more blood than for some other blood tests. This is necessary for your doctor to get good information about your liver. Your doctor /NP will not take more blood than what is required.

## 为什么需要定期监控?

慢性乙(B)肝可能導致肝臟突然發生變化從而造成肝臟損傷，但身體卻不會有任何不適的感覺。對一些感染者來說，乙(B)肝可能很多年都不會引起肝臟損傷；但有一些感染者則會隨時發生肝臟損傷。只有通過檢查才能知道肝臟是否受損，以及是否需要治療，從而預防肝硬化、肝癌或肝功能衰竭的發生。

## 我需要監控多久，多頻繁？

如果您是慢性乙(B)肝感染者，那麼您終生都需要進行監控。大多數感染者需要每六個月檢查一次，有些則需要每三個月檢查一次，還有的只需要一年檢查一次。多久檢查一次取決於一系列因素，例如感染狀況、肝損傷程度、是否在接受治療，以及是否存在合併感染或其他健康問題。

## 誰可以提供定期檢查？

您的家庭醫生或專科醫生/專科護士可以監控您的乙(B)肝病情。如需見專科醫生，您的家庭醫生/專科護士必須為您開轉介信。

## 定期檢查包含哪些項目？

慢性乙(B)肝定期檢查包括以下項目：

- 專項血液檢查，例如：
  - 乙肝e抗原 (HBeAg)、e抗體 (anti-HBe) 以及一年一次的乙(B)肝病毒量(DNA)。這些檢查旨在確認病毒是否活躍，以及體內存在多少病毒。
  - 至少每6個月的肝功能檢查：檢測體內的一些酶和蛋白質，以確定肝臟是否正常工作，目前是否出現肝損傷。

與其他常規血液檢查相比，這些檢查的抽血量會相對多一些。這些檢查會給醫生/專科護士提供關於您的肝臟狀況的全面信息。醫生/專科護士絕不會抽血超過所需要的量。

- Fibroscan – it is a test used to find out how much scarring or fibrosis is in the liver. The test takes less than 10 minutes, is painless and recommended annually if not on treatment (ASHM-Decision-Making-in-Hepatitis-B)
- Ultrasound – please see below.

## Do I need to have liver cancer screening?

Because chronic hepatitis B can cause liver cancer, if you have chronic hepatitis B and belong to one of the following groups, you need to have liver cancer screening every 6 months:

- African people over 20 years
- Asian, Maori and Pacific Islander men over 40 years
- Asian, Maori and Pacific Islander women over 50 years
- Anyone with cirrhosis
- Anyone with a family history of liver cancer or has had liver cancer and are no longer HBsAg positive
- Aboriginal and Torres Strait Islander people over 50 years of age
- Anyone with a co-infection of hepatitis D
- People from other CALD communities who may be at risk

## Liver cancer screening includes:

- Ultrasound – it is a machine that looks for abnormal tissue (or tumour) in your liver. This needs to be done every 6 months.
- Sometimes AFP blood test. AFP is a protein that can go up if there are cancers or liver diseases. This can be checked every 6 months.

- Fibroscan - 這個檢查是用來檢測肝臟疤痕或肝臟纖維化程度。這項檢查不超過10分鐘而且很安全,完全無痛。無需治療的情況下,該檢查可以每年做一次(ASHM-Decision-Making-in-Hepatitis-B)。
- 超聲波檢查 - 請參見下文

## 我是否需要接受肝癌篩查?

由於慢性乙(B)肝可導致肝癌,如果您慢性乙(B)肝感染者,並且屬於以下人群之一,那麼您需要每六個月進行一次肝癌篩查:

- 20歲以上的非洲裔
- 40歲以上的亞裔,毛利以及太平洋島國 男性
- 50歲以上的亞裔,毛利以及太平洋島國 女性
- 肝硬化患者
- 有肝癌家族史的人
- 任何有肝癌並且乙(B)肝表面抗原已轉陰的人
- 50歲以上的土著和托雷斯海峽島民
- 任何有合并感染丁(D)肝的人
- 任何有高风险的多元少數族裔的人

## 肝癌篩查包括:

- 超聲波檢查 - 使用超聲波檢查肝臟中的病變組織(或腫瘤)。每六個月檢查一次。
- 有時可以進行甲胎蛋白檢測。患有癌症或肝病的患者的甲胎蛋白會升高。這個檢查可六個月一次。



## Treatment

### Is there a cure for chronic hepatitis B?

No, currently there is no cure for chronic hepatitis B. Cure means to clear the virus from the body completely.

### Is there treatment for chronic hepatitis B?

Yes. Treatment aims to reduce the amount of virus in your body and prevent liver damage, cirrhosis or liver cancer.

### What treatment is available?

Current treatment options for hepatitis B include:

- Anti-viral medicines (Entecavir or Tenofovir). They are tablets taken every day to reduce the amount of virus in your body and reduce liver damage. There may be some side effects when taking anti-viral medication, such as headache and fatigue, but these side effects are usually very mild.
- Pegylated interferon - an injection which aims to boost your immune system to clear the hepatitis B virus from your body. Pegylated interferon is injected once a week for 48 weeks. Some side effects include flu-like symptoms, tiredness, muscle pain and mood swings.

## 治療

### 慢性乙(B)型肝炎可以治癒嗎？

不可以，目前慢性乙(B)肝無法治癒。治癒是指將病毒從體內完全清除出去。

### 慢性乙(B)型肝炎可以治療嗎？

可以。通過治療可以減少體內病毒數量，並預防肝損傷、肝硬化或肝癌。

### 目前有哪些治療方法？

目前乙(B)肝的治療藥物包括：

- 抗病毒藥物(恩替卡韋或替諾福韋)。這些藥物需要每日服用，以減少體內病毒數量，並緩解肝損傷。抗病毒藥物可能會產生一些副作用，比如頭疼、乏力，但這些副作用通常比較輕微。
- 聚乙二醇干擾素：這種注射藥物用於增強免疫系統，目的是將乙(B)肝病毒從體內徹底清除。聚乙二醇干擾素每週注射一次，需要連續注射48週。一些副作用包括類似感冒的症狀、疲勞、肌肉痛以及情緒波動。





New medicines continue to be developed for hepatitis B and you can ask your doctor/NP for the latest treatment information.

Treatment is different for each patient. Your doctor/NP (a specialist or a GP/NP trained in hepatitis B treatment) will prescribe the treatment that best suits you. Please:

- Do not share your medicine with other people. The medicine works for you, but may harm others.
- Take medicines strictly according to your doctor's/NP's advice.
- Continue your medication even if you don't feel anything. If you stop taking your medicine your liver may be damaged.
- Continue with your medication even if your virus cannot be detected (is undetectable) after tests. Undetectable means the virus level is so low that it doesn't show in your blood test, but it does not mean you have cleared the virus. If you stop, the hepatitis B virus may flare up again and damage your liver.
- You can only stop taking medication when your doctor/NP tells you to do so.

## Can I take herbal or other medicines?

- Talk to your doctor/NP if you have been taking or plan to take any herbal or other medicines. Herbal or other medicines may make your treatment ineffective or make your condition worse. Herbal medicine does not clear the Hepatitis B virus.
- Avoid liver detox.
- Avoid drugs like aspirin (such as Disprin), ibuprofen (such as Nurofen), naproxen (such as Naprosyn), diclofenac (such as Voltaren) and celecoxib (such as Celebrex). Please speak to your doctor/NP about any over-the-counter medication you take or plan to take.
- Use Paracetamol at a reduced dose.

治療乙(B)肝的新藥會不斷問世，您可以向醫生/專科護士詢問最新的療法。

每位患者的治療都不同。醫生（專科醫生或經過乙(B)肝治療培訓過的家庭醫生/專科護士）將會為您選擇最適當的治療藥物。請注意：

- 切勿與他人共用您的藥物。雖然您的藥物對您有效，但可能會危害他人。
- 需嚴格按照醫生/專科護士建議服藥。
- 即使感覺良好，也要繼續服藥。停藥可能會造成肝損害。
- 即使檢查時未檢測到病毒 (undetectable) ，也必須繼續服藥。無法檢測到病毒，因為病毒數量太少，無法通過血液檢測出來，但並不代表病毒已被徹底清除。如果停藥，乙(B)肝病毒可能會突然增加，引起肝臟的損害。
- 只有醫生/專科護士告訴您停藥時，您才能停藥。

## 我能服用中草藥或其他藥物嗎？

- 如果您一直在服用中草藥或其他藥物，或者有這種打算，那麼您一定要告訴醫生/專科護士。中草藥或其他藥物可能會導致治療失效，或者使病情加劇。中草藥無法消滅乙(B)肝病毒。
- 避免服用護肝片。
- 避免服用諸如阿司匹林（如 Disprin）、布洛芬（如 Nurofen）、萘普生（如 Naprosyn）、雙氯芬酸（如 Voltaren）以及塞來昔布（如 Celebrex）之類的藥物。如果您正在使用或打算使用非處方藥，請告訴您的醫生/專科護士。
- 如需要可以使用減量的扑熱息（Paracetamol）。



## Do I need hepatitis B treatment?

Some people do, but many people do not. However, everyone with chronic hepatitis B needs lifelong monitoring. Your doctor (a specialist or a GP/NP trained in hepatitis B treatment) can tell you if you need medication after examining your regular check-up results. Whether you need medicine is based on a number of factors such as a high HBV DNA level, elevated liver function tests and marked fibrosis (liver scarring).

## How do I access treatment if I need it?

If you need hepatitis B treatment, you have to have a doctor's/NP's prescription. Prescriptions can be given by a specialist or a GP/NP who has had hepatitis B treatment training.

## How much does the treatment cost?

Hepatitis B medicine is heavily subsidised by the government. You only pay a small fee for Hepatitis B medicine if you have a Medicare or Healthcare card.

## 我是否需要乙(B)型肝炎治療？

有一些人需要，但多數人并不需要。慢性乙(B)肝感染者一定要終身接受監控。醫生（專科醫生或經過乙(B)肝治療培訓的家庭醫生）/專科護士在查看您的定期檢查結果後，會告訴您是否需要服用藥物。是否需要服用藥物取決於多項因素，比如較高乙(B)肝病毒量、肝功能檢查指標上升，以及肝纖維化（肝臟結疤）程度加重。

## 如有需要，怎樣開始乙(B)型肝炎治療？

如果您需要接受乙(B)肝治療，必須由醫生/專科護士開具處方。專科醫生以及經過乙(B)肝治療培訓過的家庭醫生/專科護士都可以開具處方。

## 乙(B)型肝炎治療費用是多少？

購買乙(B)肝藥物可享受政府的高額補貼。如果您有醫保卡（Medicare）或健康卡（Healthcare），那麼您只需支付一小筆費用就能獲得乙(B)肝藥物。

### What are co-infections?

If you are infected with more than one virus at one time then you have a co-infection. For example, you may have hepatitis B and HIV at the same time, or hepatitis B and hepatitis C at the same time, hepatitis B and hepatitis D at the same time. However, people can only get hepatitis D if they already have hepatitis B.

### How can co-infections impact my care?

Co-infections can make assessment, monitoring, management and treatment of your hepatitis B more complex. You will normally need to see specialists for your care.

### 何為合併感染？

如果您同時感染了一種以上的病毒，這種情況就屬於合併感染。例如，您可能同時感染乙(B)肝和丁(D)肝，乙(B)肝和艾滋病病毒(HIV)，或者乙(B)肝和丙(C)肝病毒，或者乙(B)肝、丙(C)肝和艾滋病病毒(HIV)。您只有感染乙(B)肝，才會有丁(D)肝。

### 合併感染會影響到治療效果嗎？

合併感染會使乙(B)肝的評估、監控、管理和治療更加複雜。通常，您需要由專科醫生為您診治。



# 第 4 部分

## Part 4

# 患慢性乙(B)型肝炎後的生活

## Living with chronic hepatitis B

### Can I die from chronic hepatitis B?

Some people can die from liver cancer, liver failure or liver cirrhosis caused by chronic hepatitis B. To prevent this happening, you must:

- Have your liver monitored regularly.
- Have medication if required.
- Do not drink alcohol and smoke.
- Eat healthy foods such as more vegetables and fruit and less meat, and avoid fatty food. Food is not medicine; it cannot reduce or clear the hepatitis B virus from your body, but healthy food will help keep you and your liver healthy.
- Exercise regularly.

### Is my family safe?

If anyone in your family has hepatitis B, other family members should have a hepatitis B test. If they are not immune, they should get the hepatitis B vaccination.

### Can I have a boyfriend/girlfriend?

Yes, you can. You will need to decide when to talk about hepatitis B with your boyfriend/girlfriend. Hepatitis B can be sexually transmitted. Your partner should be tested for hepatitis B and get the hepatitis B vaccine if not already immune.

### Can I get married?

Yes. All people with hepatitis B can get married. Your partner should be tested for hepatitis B and get the hepatitis B vaccine if not already immune.

### Can I have children?

Yes. If you are a woman with hepatitis B, you can have a healthy baby if your baby gets the first dose of the hepatitis B vaccine and hepatitis B immunoglobulin (HBIG) within 12 hours of being born, and 3 more doses of the hepatitis B vaccine at 2, 4, and 6 months of age.

### 慢性乙(B)肝会致命嗎?

一些感染者會死于由慢性乙(B)肝引發的肝癌、肝功能衰竭或肝硬化。為預防此類事件發生，您必須：

- 定期對肝臟進行檢查
- 如有必要，則需服用藥物
- 勿飲酒及吸煙
- 合理健康的飲食，例如多吃蔬菜和水果，少吃肉，不吃油膩食物。食品不是藥物，因此不能減少或清除您體內的乙(B)肝病毒但是健康飲食可以讓您的肝臟保持健康
- 經常鍛煉身體

### 乙(B)肝感染者的家人安全嗎?

如果您家中有人患有乙(B)肝，那麼其他家庭成員應接受乙(B)肝檢查。如果他們對乙(B)肝還沒有免疫力，則應接種乙(B)肝疫苗。

### 乙(B)肝感染者能交男朋友/女朋友嗎?

當然可以。您需要決定在甚麼時候向男朋友/女朋友講明病情。乙(B)肝病毒可以通過性行為傳播。您的伴侶應該接受乙(B)肝檢查，如果對乙(B)肝病毒還沒有免疫力，應接種乙(B)肝疫苗。

### 乙(B)肝感染者可以結婚嗎?

當然可以。乙(B)肝患者都可以結婚。您的伴侶應該進行乙(B)肝檢查，如果對乙(B)肝還沒有免疫力，則應接種乙(B)肝疫苗。

### 乙(B)肝感染者可以生育子女嗎?

當然可以。如果您是女性感染者，孩子在出生後的12小時內需注射第一針乙(B)肝疫苗和乙(B)肝免疫球蛋白，然後在2個月大、4個月大和6個月大時各注射一次乙(B)肝疫苗，這樣您就很可能有一個健康的寶寶。

Some pregnant women with a high hepatitis B viral load may need medication in the last few months of pregnancy to reduce the risk of passing the virus onto the baby. By doing this, the chance of your baby getting hepatitis B can be greatly reduced (to less than 5%).

Children should be tested at 9–12 months of age to check they are immune to hepatitis B. Mothers with hepatitis B can breastfeed safely.

If you are a man with hepatitis B, your partner can have a baby. Your baby will just need the normal hepatitis B vaccine injections.

有些孕婦的乙(B)肝病病毒量較高，則需要在孕期最後幾個月服用藥物，以降低嬰兒被感染的風險。如果能按以上要求去做，就能大大降低嬰兒感染乙(B)肝的機率(低於5%)。

孩子應在 9-12 個月大時接受乙(B)肝檢查，以確定是否感染了乙(B)肝，以及乙(B)肝疫苗是否產生效果。患有乙(B)肝的婦女仍可以母乳喂養孩子，不會通過母乳傳染。

如果您是男性感染者，您的伴侶可以正常生育健康的孩子。而且您的孩子只需要正常注射乙(B)肝疫苗即可。



## Disclosure, confidentiality, discrimination

### Who should I tell if I have hepatitis B?

In Australia, you do not have to tell anyone you have hepatitis B, except in a small number of situations, including:

- If you are a healthcare worker conducting 'invasive or exposure prone procedures'. This means surgery or other procedures that may require a nurse, surgeon or other healthcare provider to work inside the body of another person.
- If seeking employment in the Australian Defence Force.
- If donating blood or blood products (such as plasma), semen, ova, or organs.
- When applying for life, disability or income protection insurance or superannuation.

You should use condoms when engaging in sexual activity with your partner unless your partner is immune to hepatitis B through past infection or has had the hepatitis B vaccinations.

### What jobs can I do if I have hepatitis B?

People with hepatitis B can do nearly every job, but there may be some restrictions on certain roles including in the healthcare field and in the Australian Defence force, as listed above.

### What should I do if someone refuses to provide services because I have hepatitis B?

It is against the law for people to discriminate against you or provide sub-optimal services to you for having hepatitis B. If this happens, you should contact the the Queensland Human Rights Commission ([www.qhrc.qld.gov.au](http://www.qhrc.qld.gov.au))

### 我應該將病情告訴誰？

在澳洲，如果您患有乙(B)型肝炎，那麼除以下幾種情況，您不必向任何人透露您的情況：

- 從事入侵性和暴露性手術的醫療工作者，即外科手術或其他手術要由護士、外科醫生或其他醫護人員在患者體內進行手術操作。
- 如果您想參軍。
- 如果您要捐獻血液或其他血液製品（如血漿）、精子、卵細胞或器官。
- 在您申請人壽保險、殘疾保險、收入保障保險或退休金時。

在與伴侶發生性行為時，除非您的伴侶接種過乙(B)肝疫苗或因過去感染有了抗體，務必使用安全套。

### 如果我有乙(B)型肝炎，我可以從事哪些工作？

乙(B)肝感染者幾乎可以從事任何工作，但如上所述，醫療行業的某些崗位或參軍會受到限制。

### 如果有人拒絕給患有乙(B)肝的人提供服務怎麼辦？

歧視乙(B)肝感染者或向其提供低於他人標準的服務均屬違法行為。如果遇到這種情況，應與昆士蘭人權委員會聯絡([www.qhrc.qld.gov.au](http://www.qhrc.qld.gov.au))。

### Talk to your doctor/NP

- Mark your appointment dates on your calendar.
- Make a list of questions you want to ask your doctor/NP before your appointment.
- If you don't understand any information the doctor/NP tells you, then ask questions to clarify. There are no wrong questions.
- If you think you will need more time with your doctor/NP to understand your results you can make a longer appointment.
- If you need an interpreter, ask for one when you make your appointment. Interpreter services are free.
- If you are not happy with your GP/NP, you can change at any time.

### Get medication

- You need a prescription from your treating doctor/NP, before you can get hepatitis B medicine.
- Your treating doctor/NP and pharmacist should provide information about your medicine when you start. If you have any questions about your medication, please ask.
- You can also ask for an interpreter when you see your pharmacist for your medication. Interpreter services are free.
- It may take a few days for your community pharmacist to get the hepatitis B medicine for you. Therefore you should tell your pharmacist in advance before you pick up the medicine. Do not wait until you have run out of medicine. To find a doctor/NP who can prescribe hepatitis B medications go to <https://www.ashm.org.au/prescriber-maps/>

### Inform doctors /NPs or hospital liver clinics (gastroenterology/hepatology department)

- If you have changed your home address, home phone number or mobile number.
- If you cannot make your next appointment or you want to change your appointment.

### 與醫生/專科護士交流

- 在您的日曆上標註與醫生/專科護士預約的日期。
- 在見醫生/專科護士之前，列好想要問的問題。
- 如果您沒聽明白醫生的話，請要求醫生/專科護士再給您解釋。您可以提出任何問題。
- 如果您覺得需要花較長時間瞭解您的檢查結果，請與醫生/專科護士預約較長的就診時間。
- 如果您需要口譯員，請在預約時提出要求。口譯服務免費。
- 如果您對家庭醫生/專科護士不滿意，您可以隨時更換您的家庭醫生/專科護士。

### 取藥

- 您需要先讓醫生（開具處方，然後才能獲取治療乙(B)肝的藥物。
- 為您看病的醫生和藥劑師從一開始就應該提供有關藥物的資訊。如果您對藥物有任何疑問，請隨時詢問醫生或藥劑師。
- 在取藥時，如語言不通您可以要求提供口譯員。口譯服務免費。
- 社區藥劑師可能需要幾天時間才能幫您領取到藥物。所以，您應在拿藥前幾天告訴藥劑師您所需要的藥物。不要等到藥物用完後才去。查看可以開具乙(B)肝處方藥的醫生/專科護士，請訪問網站：<https://www.ashm.org.au/prescriber-maps/>

### 告訴醫生或醫院肝科門診（肝腸科/肝臟科）更新您的信息

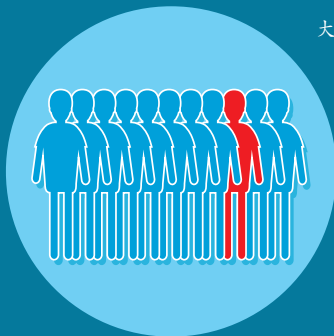
- 如果您更換了家庭住址、電話號碼或手機號碼。

- If you have changed your GP/NP or specialist.
- If you have started or plan to start taking any herbs or traditional medicines.
- If you are travelling overseas and you are on medication, you need to tell your treating doctor/NP to make sure you have enough medicine while you are away and until you see the doctor/NP again. Also ask for a letter about the hepatitis B medicines you will be taking with you.
- If you are pregnant, think you are pregnant, or if you want to become pregnant.

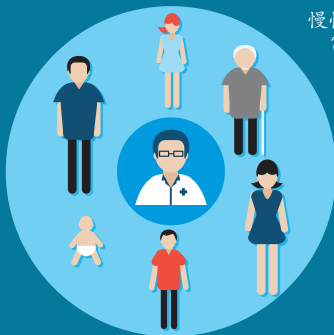
- 如果您無法在預約的時間去看醫生，或者想更改預約時間。
- 如果您更換了家庭醫生/專科護士或專科醫生。
- 如果您已開始或計劃服用草藥或傳統中藥。
- 如果您要出國旅行，但處於用藥期，那麼您需要告訴您的醫生/專科護士，以確保您在外出期間攜帶的藥物能夠持續到下次看診的時候。您可以索要一封有關您攜帶乙(B)肝治療藥物的信件。
- 如果您已懷孕，或認為自己已懷孕，或者打算要孩子。







大部分感染了慢性乙(B)肝的人(感染期超過6個月)並沒有任何症狀。



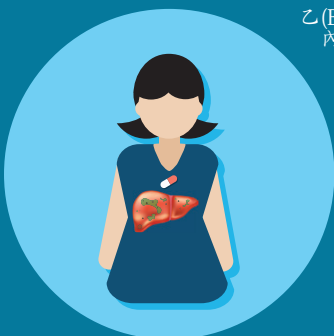
慢性乙(B)肝感染者需終生做定期檢查。大部分人每6個月做一次，但根據個人情況不同，有些人需要每3個月或12個月做一次。



慢性乙(B)肝感染者在沒有任何症狀的情況下肝臟也會受到損害。只有定期檢查才能知道肝臟的變化，建議每12個月做一次肝纖維化檢查(Fibroscan)降低肝癌和肝硬化的風險。



不是所有的慢性乙(B)肝感染者都需要藥物治療；是否要用藥物要根據定期檢查的結果而定。



乙(B)肝藥物可降低體內的乙(B)肝病毒。用藥期間即便沒有感覺，藥物也在起作用。藥物治療一旦開始，絕大部分人須終生服藥。



在用藥期間，乙(B)肝病毒會降至很低並檢測不到，但這不等於病毒已被清除。



慢性乙(B)肝感染者仍可傳染，其家庭成員都應做乙(B)肝檢查。乙(B)肝疫苗需注射乙(B)疫苗。



乙(B)肝疫苗是用來預防乙(B)肝，而不是用於治療。若已有慢性乙(B)肝，疫苗不會起到任何幫助作用。



慢性乙(B)肝患者應戒酒、戒煙。



以下慢性乙(B)肝患者需定期做肝癌篩查：

\*20歲以上的非洲裔男性和女性

\*40歲以上的亞洲裔，毛利和太平洋島國、毛利以及太平洋島國男性和50歲以上女性

\*任何有肝癌並且乙(B)肝表面抗原已轉陰者  
\*肝硬化患者  
\*有肝癌家族史或有肝癌表面抗原不在是陽性

\*50歲以上的原著民和托雷斯海峽島民

\*同時感染有D型肝炎

\*任何有肝癌並且乙(B)肝表面抗原已轉陰者

\*任何其他有高風險的少數民族

\*任何有合併感染丁(D)肝的人

\*任何有高風險的多元少數族裔的人

### Where can I get more information or support?

If you are a migrant or refugee, please contact Ethnic Communities Council of Queensland (ECCQ) if you or your family requires hepatitis B information or support in Chinese or English. ECCQ provides these services for free.

You can also contact your GP/NP or liver clinic nurse for more information or if you require assistance with your hepatitis B.

#### **Ethnic Communities Council Queensland (ECCQ)**

Website: [www.eccq.com.au/bbv](http://www.eccq.com.au/bbv)

Phone: (07) 3291 1214

Email: [health@eccq.com.au](mailto:health@eccq.com.au)



You are welcome to scan and watch our video.

You can also find information from:

#### **Queensland Health**

Website: [www.health.qld.gov.au](http://www.health.qld.gov.au)

#### **Hepatitis Queensland**

Website: [www.hepqld.asn.au](http://www.hepqld.asn.au)

#### **Hepatitis Australia**

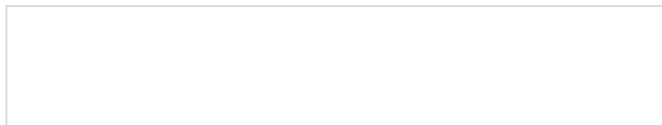
Website: [www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

#### **Gastroenterological Society of Australia**

Website: [www.gesa.org.au](http://www.gesa.org.au)

#### **Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM)**

Website: [www.ashm.org.au](http://www.ashm.org.au)



This resource was produced by ECCQ with funding from QLD Health.

### 如何獲得更多資訊和幫助?

如果您是移民或難民，並且您或您家人需要用中文或英文獲取乙(B)肝相關的資訊或幫助，請聯絡昆士蘭民族社區委員會(ECCQ)的肝炎項目。ECCQ 肝炎項目免費提供這些服務。

您還可以聯絡您的家庭醫生或肝科門診的護士，以瞭解更多資訊，或者獲取有關乙(B)肝的幫助。

#### **昆士蘭民族社區委員會(ECCQ)**

網站: [www.eccq.com.au/bbv-chinese](http://www.eccq.com.au/bbv-chinese)

中文熱線: (07) 3844 6877/0479 130 997

電郵: [chinese@eccq.com.au](mailto:chinese@eccq.com.au)

微信/Line: [chineseeccq261](https://www.eccq.com.au/bbv-chinese)



歡迎掃描觀看我們的科普視頻

您還可以向以下組織獲取更多資訊:

#### **昆士蘭衛生廳**

網站: [www.health.qld.gov.au](http://www.health.qld.gov.au)

#### **昆士蘭肝炎協會**

網站: [www.hepqld.asn.au](http://www.hepqld.asn.au)

#### **澳洲肝炎協會**

網站: [www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

#### **澳洲胃腸病協會**

網站: [www.gesa.org.au](http://www.gesa.org.au)

#### **澳洲艾滋病、病毒性肝炎和性健康醫學協會 (ASHM)**

網站: [www.ashm.org.au](http://www.ashm.org.au)



**eccq**  
Ethnic Communities  
Council of Queensland