

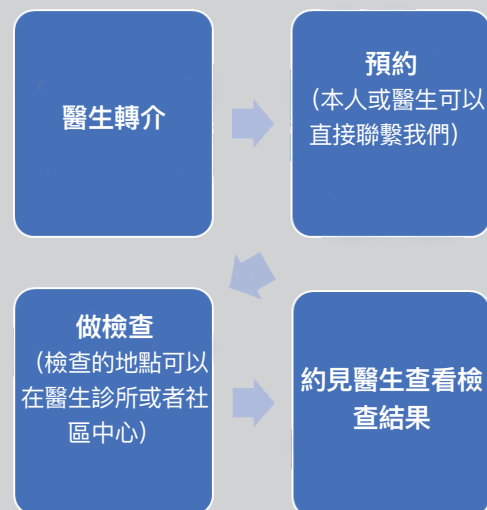
## 哪裡可以做肝纖維化掃描檢查？

在昆士蘭目前只有部分醫院和少數非盈利機構可以提供該項檢查。昆士蘭民族社區理事會（ECCQ）是可以提供該項檢查的機構之一。

## ECCQ可以幫哪些人做肝纖維化掃描檢查？

ECCQ可以幫助有慢性B(乙)肝和C(丙)肝的海外來澳洲的人士進行免費的肝纖維化掃描檢查，包括持永居和所有臨時簽證的人士。

## ECCQ免費肝纖維化掃描檢查程序



## Where can you get a Fibroscan?

Currently Fibroscan is only available in some hospitals and a few non-profit organisations who provide hepatitis services in Queensland, including The Ethnic Communities Council of Queensland (ECCQ).

## Who can access a Fibroscan at ECCQ?

People with chronic hepatitis B or chronic hepatitis C from a multicultural background can access **a free Fibroscan at ECCQ**, including people with temporary visas such as international students, people on working and holiday visas and so on.

## What is the process to get a free Fibroscan at ECCQ?



您的醫生可以在我們的網站上下載轉介信：  
[www.eccq.com.au/bbv](http://www.eccq.com.au/bbv)

定期做檢查非常重要，醫生會要求您做包括血液、肝纖維化掃描和超音波的檢查。

A referral form can be downloaded by your doctor at [www.eccq.com.au/bbv](http://www.eccq.com.au/bbv)

**It is very important to have your regular checkups including blood tests, Fibroscan and ultrasounds requested by your doctor.**

更多的信息，請聯繫ECCQ中文組：

電話：07 3844 6877 / 0479130997

電郵：chinese@eccq.com.au

網站：www.eccq.com.au/bbv-chinese

Facebook: ECCQ BBV/STIs Chinese Group

Wechat:



Line:



本資料由昆士蘭衛生局資助的ECCQ傳染病項目組編寫。

## Further information

Please contact ECCQ:

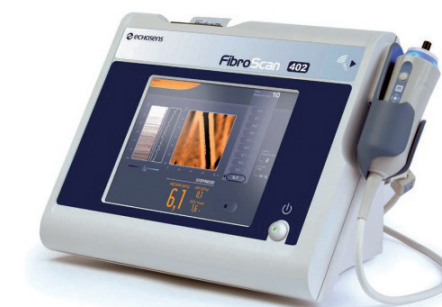
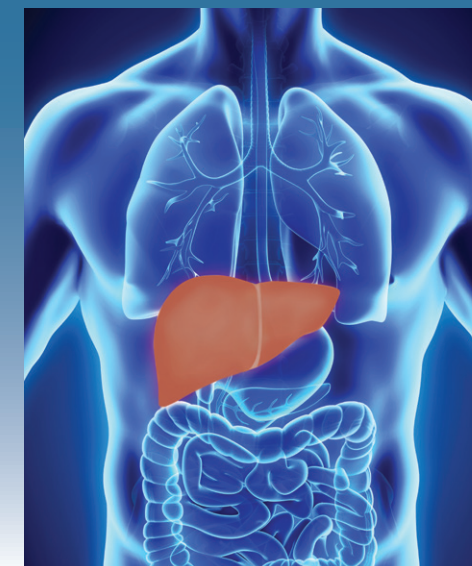
**Phone:** 07 3844 9166

**Email:** referrals@eccq.com.au

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



# 免費肝纖維化掃描檢查 (FibroScan)



## 什麼是肝纖維化掃描檢查？

肝臟纖維化掃描檢查 (FibroScan, 亦稱瞬時彈性掃描 或肝彈) 是一項無痛無創用於肝臟是否受損的檢查。肝損傷可由多種疾病或原因造成, 比如慢性肝炎, 脂肪肝, 長期飲酒, 某些藥物包括草藥和傳統中藥。

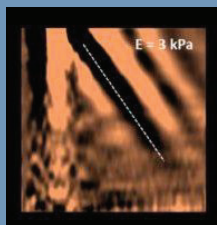
有些疾病比如**慢性B(乙)肝或C(丙)肝**可以引起肝臟癭痕但身體不會出現任何症狀。肝臟出現癭痕顯示肝受損。輕度的癭痕稱為**肝纖維化**, 而嚴重時稱為**肝硬化**。肝硬化會導致肝臟無法正常工作和運行。

定期進行肝纖維化掃描檢查可以幫助及時發現肝損傷。如果出現肝損傷, 就需要控制或者進行藥物治療以防止進一步的惡化, 避免發展成**肝硬化**或**肝癌**甚至死亡。

## 肝纖維化掃描檢查和超音波檢查一樣嗎？

**不一樣**。兩種檢查會給醫生提供肝臟不同方面的參考數據。肝纖維化掃描檢查主要是查看肝臟纖維化和硬化的程度, 而超音波檢查是查看肝臟的其它病變, 例如肝臟腫瘤或癌變情況。

Fibroscan image  
肝纖維化掃描圖像



Ultrasound image  
超音波檢查圖像



## What is a Fibroscan?

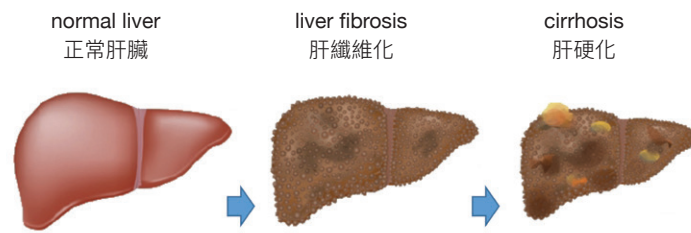
Fibroscan is a pain free test to check for potential damage to the liver. Liver damage can happen due to a range of diseases or causes such as chronic hepatitis, fatty liver, long-term alcohol use, some medications including herbal and traditional medicines.

Diseases such as **chronic hepatitis B and chronic hepatitis C** can cause scarring in the liver over time without the person having any symptoms. More scarring means more liver damage. Mild scarring is called **fibrosis**. When the damage becomes more severe it is called **cirrhosis**. If this happens the liver may not work and perform its normal functions well.

Regular Fibroscans can help identify early liver damage. If liver damage is identified, the person will need specialised management or treatment to help prevent further liver damage such as **cirrhosis** and **liver cancer** that can lead to death.

## Is a Fibroscan the same as an ultrasound?

**No.** The two tests are different and provide the doctor different information about the liver. The Fibroscan looks for fibrosis or cirrhosis of the liver. The ultrasound looks for other changes such as liver cancer.



## 怎樣進行肝纖維化掃描檢查？



做肝纖維化掃描檢查跟做超音波檢查相似。您需要平躺, 檢查人員會將儀器的探頭放在您肝區的位置, 如圖所示。檢查很簡單, 僅需要大約

10分鐘便可完成。但是在做檢查之前, 您需要空腹3個小時 (只能抿點水 – 不能是茶或咖啡), 中間不能喝或吃東西, 不然會影響檢查的結果。

## 肝纖維化掃描檢查準確嗎？

**準確**。醫生會根據肝纖維化檢查結果並結合其它檢查, 例如血液和超音波, 來判定肝臟病情的進展情況。

## 做肝纖維化掃描檢查會影響您的身體嗎？

**不會**。肝纖維化掃描檢查在長期或短期都不會對身體造成任何影響和傷害。孕婦以及裝有心臟節律器的人士也可以做這項檢查。

## 誰需要做肝纖維化掃描檢查？

**慢性B(乙)肝或C(丙)肝感染者。**

**慢性B(乙)肝感染者**需要定期做專項的檢查。這些檢查包括血液檢查, 超音波和肝損傷檢查例如**肝纖維化掃描**。肝纖維化掃描檢查通常需要1年做一次。

**C(丙)肝感染者**可以治愈。在進行治療之前, 醫生會先進行一系列的檢查查看肝受損情況, 例如使用**肝纖維化掃描**檢查。

過度肥胖可能會影響肝纖維化掃描的檢查結果。

## How is the Fibroscan performed?

Having a Fibroscan is like having an ultrasound. A small probe is placed on the right-hand side of the body over the liver, as shown in the photo. It is simple, easy and takes less than 10 minutes to do. Before the Fibroscan the person should not eat or drink anything for 3 hours (can sip water only - no tea or coffee). Eating and drinking can affect the accuracy of the result.

## Is a Fibroscan result accurate?

**Yes.** The doctor will review the Fibroscan results along with other tests such as blood tests and ultrasounds of the liver to have a better understanding of the disease's progress.

## Can a Fibroscan cause any harm to your body?

**No.** Fibroscan tests do not cause any short or long-term harm to the body. It is also safe to use if the person is pregnant or has a heart implant such as a pacemaker.

## Who needs a Fibroscan?

**Patients with chronic hepatitis B and hepatitis C infections.**

**People with chronic hepatitis B** need to have regular checks of their liver. These include blood tests, ultrasounds and tests for liver damage such as **Fibroscan**. A Fibroscan test can be done every year.

**People with hepatitis C can be cured.** Before prescribing treatment doctors need to check if there is any damage to the liver, Fibroscan can do this.

The result of the Fibroscan may be affected in some people if they are overweight.