

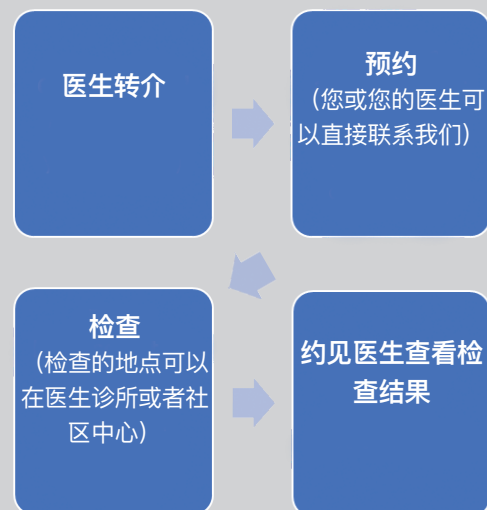
## 哪里可以做肝纤维化扫描检查？

在昆士兰目前只有部分医院以及少数非盈利组织可以提供该项检查。昆士兰民族社区委员（ECCQ）是提供该项检查的非盈利组织之一。

## ECCQ可以帮哪些人做肝纤维化扫描检查？

ECCQ可以帮助海外来澳洲的并患有慢性乙(B)肝或丙(C)肝的人士**免费做肝纤维化检查**。包括所有持永居和临时签证的人士。

## ECCQ免费肝纤维化扫描检查程序



## 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 **free Fibroscans at ECCQ**. It includes people with a temporary visa such as an international student, people on working and holiday visas and so on.

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



您的医生可以在我们的网站上下载转介信  
[www.eccq.com.au/bbv](http://www.eccq.com.au/bbv)

**定期做检查非常重要，医生会要求您做包括血液，肝纤维化扫描和超声波的检查。**

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，请联系ECCQ中文组：

电话：07 3844 6877 / 0479130997

电邮：chinese@eccq.com.au

网站：www.eccq.com.au/bbv-chinese

Facebook: ECCQ BBV/STIs Chinese Group



Wechat:



Line:

以上服务由昆士兰卫生厅资助，昆士兰民族社区委员会为您提供

## Further information

Please contact ECCQ:

**Phone:** 07 3844 9166

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

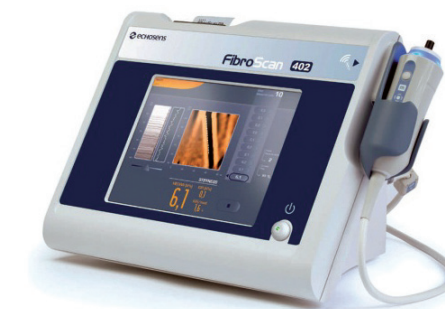
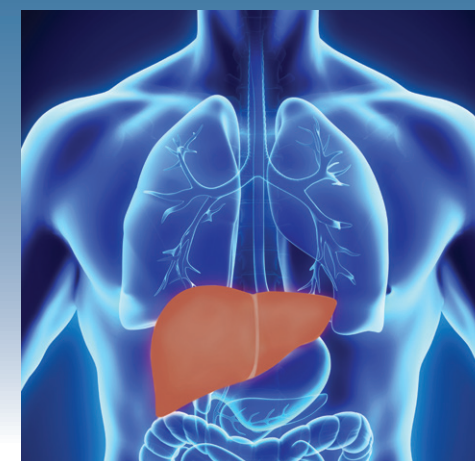
**Website:** www.eccq.com.au/bbv



# 肝纤维化扫描检查 (FibroScan)

For people living with hepatitis B  
or hepatitis C

乙(B)肝和丙(C)肝感染者必读



## 什么是肝纤维化扫描检查？

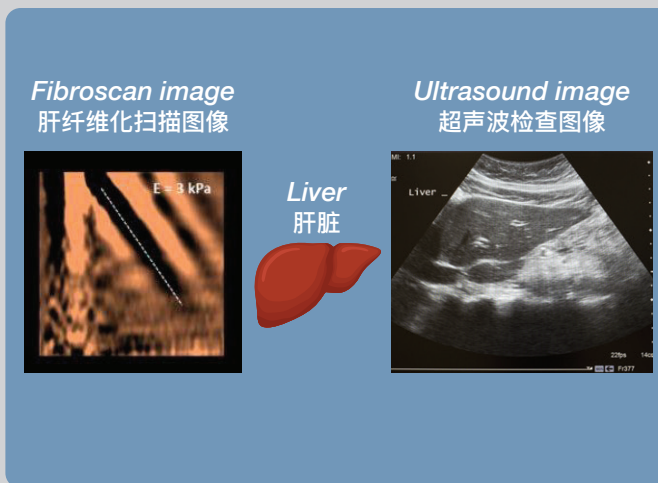
肝纤维化扫描（FibroScan）也称瞬时弹性扫描是一项无痛无创的用于查看肝脏损伤的检查。肝损伤可由多种疾病或原因引起，比如慢性肝炎，脂肪肝，长期饮酒，某些药物包括草药和传统药物。

有些疾病比如**慢性乙(B)肝和丙(C)肝**可以引起肝脏瘢痕但身体不会出现任何症状。肝脏出现瘢痕显示肝受损。轻度的瘢痕称为**肝纤维化**。而严重时称为**肝硬化**。肝硬化会导致肝脏无法正常工作 and 运行。

定期进行肝纤维化扫描检查可以帮助及时发现肝损伤。如果出现肝损伤，就需要控制或者进行药物治疗以防止进一步的恶化，避免发展成**肝硬化**或**肝癌**甚至死亡。

## 肝纤维化扫描检查和肝超声波检查一样吗？

**不一样**。两种检查会给医生提供肝脏不同方面的参考数据。肝纤维化扫描检查主要是查看肝脏纤维化和硬化的程度，而超声波检查是查看肝脏的其它病变比如肝脏肿瘤或癌变情况。



## What is a Fibroscan?

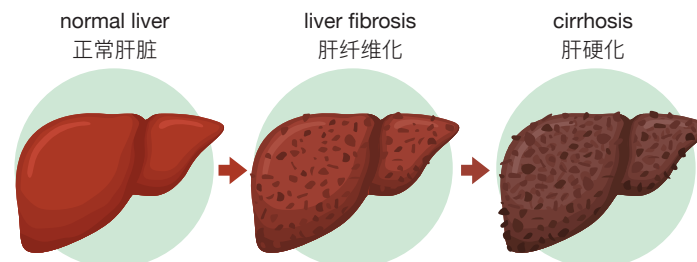
Fibroscan is a pain free test to check for potential damage to the liver. Liver damage can happen due to a range of diseases or causes such as chronic hepatitis, fatty liver, long-term alcohol use, some medications including herbal and traditional medicines.

Diseases such as **chronic hepatitis B and chronic hepatitis C** can cause scarring to 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**. This could mean 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 different information for the doctor about the liver. The Fibroscan looks for fibrosis or cirrhosis of the liver. The ultrasound looks for other changes such as liver cancer.



## 怎样进行肝纤维化扫描检查？



做肝纤维化扫描检查跟做超声波检查相似。您需要平躺，检查人员会将仪器的探头放在您肝区的位置，如图所示。检查很简单，仅需要大约

10分钟便可完成。但是在做检查之前，您需要空腹2-3个小时（可以抿点水），中间不能喝水或吃东西，不然会影响检查的结果。

## 肝纤维化扫描检查准确吗？

**准确**。医生会根据肝纤维化检查结果并结合其它检查比如血液和超声波，来判定肝脏病情的进展情况。

## 做肝纤维化扫描检查会对身体造成影响吗？

**不会**。肝纤维化扫描检查在长期或短期都不会对身体造成任何影响和伤害。孕妇以及装有心脏起搏器的人士也可以做这项检查。

## 谁需要做肝纤维化扫描检查？

**慢性乙(B)型肝炎感染者**需要定期做专项检查。这些检查包括血液检查，超声波和肝损伤检查比如**肝纤维化扫描**。肝纤维化扫描检查通常需要1-3年做一次。

**丙(C)型肝炎可以治愈**。在进行治疗之前，医生会先进行一系列的检查查看肝受损情况，比如使用肝纤维化扫描检查。过度肥胖可能会影响肝纤维化扫描的检查结果。

## How is the Fibroscan performed?

Performing the 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 2-3 hours (can sip water only). 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?

**People with chronic hepatitis B** should 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 1-3 years.

**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 Fibroscan result may be affected for some people who are overweight.