

# 乙型肝炎一般信息 Hepatitis B General Information

## 乙型肝炎是華裔社區的無聲殺手

### Hepatitis B is a silent killer for the Asian Community

華裔人士中，每十人就有一人是乙型肝炎帶菌者。但大多數人並不知道自己已經受到感染

As many as one in ten Asian Americans have chronic Hepatitis B. Most do not even know that they are infected.

沒有適當的治療或定期檢查，每四名乙型肝炎帶菌者有一名會死於肝癌或肝衰竭。瞭解乙型肝炎，保護自己，保護家人。

Without management or treatment, one in four chronic hepatitis B carriers will eventually die of liver cancer or liver failure.

<p><b>什麼是乙型肝炎？</b> 乙型肝炎是世界上最為常見的傳染性肝病。它是由乙型肝炎病毒(HBV)引起，這一病毒侵害肝臟。通常大多數成人人都能抵抗乙型肝炎病毒，並且徹底康復。但是也有許多成人無法抵抗乙型肝炎病毒。令人遺憾的是，這也包括大多數受到傳染的嬰兒和兒童。他們被診斷為乙型肝炎病毒的“慢性攜帶者”。病毒可在其血液和肝臟停留長時間。他們可能會將病毒傳染給他人。好消息是已經有一種疫苗能夠預防乙型肝炎。同時那些“慢性攜帶者”也能夠獲得多種治療。</p>	<p><b>What is hepatitis B?</b> Hepatitis B is the world's most common liver infection. It is caused by the hepatitis B virus (HBV) which can attack and injure the liver. Most adults are usually able to get rid of the hepatitis B virus and "recover" without any problems. But many adults, and unfortunately most infected babies and children, will be unable to get rid of the virus. They are diagnosed as being "chronic carriers" of hepatitis B -- the virus can stay in their blood and liver for a long time. They can pass the virus on to other people. The good news is that there is a vaccine to prevent hepatitis B and new drugs for "chronic carriers" with active signs of disease who could benefit from treatment.</p>
<p><b>有多少人受到影響？</b> 全球有二十億人(將近有三分之一人口)已受到乙型肝炎病毒感染。許多人清除了病毒並且康復，但是有四億人無法清除病毒，並繼續充當病毒的“慢性攜帶者”。乙型肝炎在亞洲，東南亞，印度和部分非洲和南美洲，東歐及中東地區最為常見。美國有一百多萬慢性乙型肝炎病毒攜帶者。</p>	<p><b>How many people are affected?</b> Two billion people around the world (almost 1 out of 3 persons) have been infected with the hepatitis B virus. Many people recover and get rid of the virus, but 400 million people have been unable to get rid of the virus and remain "chronic carriers" of the virus. Hepatitis B is most common in Asia, Southeast Asia, India, parts of Africa and South America, Eastern Europe, and the Middle East. In the United States there are more than one million Americans who have chronic hepatitis B infections.</p>
<p><b>華人為何應當關心乙型肝炎？</b> 乙型肝炎能夠傳染任何年齡或種族的任何人，但是亞裔人士受到傳染的風險要高得多。在全球的乙型肝炎“慢性攜帶者”中，有75%為亞裔。雖然乙型肝炎在中國極為常見，它也是美籍華人的一個問題。隨著華人遷入美國和其它國家，病毒也與其共行。</p>	<p><b>Why should Chinese people be concerned about hepatitis B?</b> Hepatitis B can infect any person of any age or race, but Asians are at much higher risk for getting infected. Worldwide, 75% of all "chronic carriers" of hepatitis B are of Asian descent. Although hepatitis B is very common in China, it is also a problem among Chinese-Americans. As Chinese people move to the United States, and other countries, the virus travels with them. One of the myths among Asians is that hepatitis B can be "inherited" since several generations in one family may be infected. But this is not a "genetic disease" -- hepatitis B is caused by a virus. Chinese families can break the cycle of hepatitis B infection by getting tested, vaccinated and treated.</p>
<p><b>我如何可能感染上乙型肝炎？</b> 乙型肝炎是一種通過血液傳播的“傳染病”。含病毒的體液也能夠傳染病毒。乙型肝炎通過血液的直接接觸，無防護性交，共享針頭傳播，也可由受到感染的母親在分娩時傳染給新生嬰兒。您不可能從空氣，擁抱或觸摸，馬桶座或門把的接觸中感染乙型肝炎；乙型肝炎並非通過偶然接觸傳播。</p>	<p><b>How can I get hepatitis B?</b> Hepatitis B is an "infectious disease" that is spread through blood. Bodily fluids that contain blood can also pass the virus. Hepatitis B is spread through direct blood contact, unprotected sex, shared needles, and from an infected mother to her newborn baby during delivery. You cannot get hepatitis B from the air, from hugging or touching, from toilet seats or door knobs. Hepatitis B is NOT spread through casual contact.</p>
<p><b>何人最有可能受到乙型肝炎感染？</b> 雖然每個人均有受到乙型肝炎感染的風險，有些人受到感染的可能性較大。由於您的工作，生活方式，或者僅僅是於您出生在一個有乙型肝炎病史的家庭中，都可能增加您受到感染的機會。以下是某些最為常見的“高風險”群體 - 但是請記住這一名單並不包含所有的高風險群體：</p> <ul style="list-style-type: none"><li>• 亞裔人士，特別是那些父母移民到美國的人士。</li><li>• 與患有乙型肝炎者結婚或與其家庭密切接觸的人士，包括成人和兒童。</li><li>• 在乙型肝炎流行的國家(亞洲、印度和部分非洲和南美洲，東歐及中東地區)居住或旅行的人士。</li><li>• 從事無防護性交及/或擁有多個性伴侶的人士。</li><li>• 在工作中與血液接觸的健康護理人員和他人</li><li>• 接受腎透析或在醫院內居住的人士。</li><li>• 注射毒品的癮君子。</li></ul>	<p><b>Who is most likely to get infected with hepatitis B?</b> Although everyone is at some risk for getting hepatitis B, there are some people who are more likely to get infected. Your job, lifestyle, or just being born into a family with hepatitis B can increase your chances of being infected. Here are some of the most common "high risk" groups - but please remember that this is not a complete list:</p> <ul style="list-style-type: none"><li>• People of Asian descent, especially if their parents have immigrated to the United States.</li><li>• People who are married to or live in close household contact with someone who has hepatitis B. This includes adults and children.</li><li>• People who live in or travel to countries where hepatitis B is very common (Asia, India, parts of Africa and South America, Eastern Europe, and the Middle East).</li><li>• People who have unprotected sex and/or have multiple sexual partners.</li><li>• Health care workers and others who are exposed to blood in their jobs.</li><li>• Patients who are on kidney dialysis or live in institutions.</li><li>• People who use illegal drugs.</li></ul>
<p><b>是否有疫苗能夠防止乙型肝炎？</b> 所有嬰兒，兒童和成人均可接受疫苗注射。這一疫苗非常安全。您不可能由於接種疫苗而患上乙型肝炎。最好的消息是您和您的親人只需要接受三次注射，即可獲得終生保護。嬰兒和18歲以下兒童通常可從本州衛生廳獲</p>	<p><b>Is there a vaccine to prevent hepatitis B?</b> Yes, all babies, children and adults can be vaccinated. The vaccine is very safe -- you cannot get hepatitis B from the vaccine. The best news is that it only takes three shots to protect yourself and your loved ones for a lifetime. Babies and children up to age 18 years can usually receive free vaccine from state</p>

<p>得免費疫苗注射。請向您的醫生查詢有關乙型肝炎疫苗的事宜。</p>	<p>health departments. Ask your doctor for the hepatitis B vaccine.</p>
<p><b>我是否應當接受疫苗注射？</b> 在美國，醫生建議所有新生兒和18歲以下兒童均應當接受疫苗注射。成人特別是亞裔人士也有患上乙型肝炎的風險。請與您的醫生討論有關接受乙型肝炎疫苗注射的事宜—請保護您自己不要患上這一種嚴重的傳染性肝病。</p>	<p><b>Should I get vaccinated?</b> In the United States, doctors recommend that all newborns and children up to age 18 years should be vaccinated. Adults are also at risk for hepatitis B, especially those of Asian descent. Talk to your doctor about getting the hepatitis B vaccine - protect yourself from a serious liver infection.</p>
<p><b>乙型肝炎疫苗是否安全？</b> 是，醫學和科學研究已顯示，這是現有的最爲安全的疫苗之一。在全球接受疫苗注射者已超過十億人次。疫苗是在實驗室中製成的。您不可能由于接受疫苗注射而患上乙型肝炎。最常見的副作用是胳膊的注射部位發紅和酸痛。請在接受系列疫苗注射之前，與您的醫生討論其它可能的副作用，及您的任何過敏體征。</p>	<p><b>Is the hepatitis B vaccine safe?</b> Yes, medical and scientific studies have shown it to be one of the safest vaccines ever made. More than one billion doses have been given throughout the world. The vaccine is made in a laboratory -- you cannot get hepatitis B from the vaccine. The most common side effects are redness and soreness in the arm where the shot is given. Talk to your doctor about other possible side effects and whether you have any allergies before starting the vaccine series.</p>
<p><b>接受疫苗 – 對抗B型肝炎，防止肝癌</b></p>	<p><b>Get vaccinated – to protect yourself and your family from hepatitis B infection and liver cancer</b></p>
<p><b>我還能採取何種其它措施，保護自己不患上乙型肝炎？</b> 由于乙型肝炎是通過血液傳播的，您應當避免與他人共用尖利的物品，如剃鬚刀、牙刷、耳環和指甲剪。在接受針灸、刺青和身體穿刺時，請務必使用消毒針頭。請戴手套或使用紙巾保護自己的手，以避免觸摸血液。與性夥伴使用避孕套。使用漂白粉清洗血漬。在觸摸血液之後務必用肥皂和水徹底洗手。最重要的是請務必接受疫苗注射。</p>	<p><b>What else can I do to protect myself from hepatitis B?</b> Since hepatitis B is spread through blood, you should avoid sharing sharp objects such as razors, toothbrushes, earrings, and nail clippers. Make sure that sterile needles are used for acupuncture, tattoos and body piercing. Avoid touching blood by using gloves or paper towels to protect your hands. Use bleach to clean up blood spills. Use condoms with sexual partners. Avoid using illegal drugs. Always wash your hands thoroughly with soap and water after touching any blood. Most importantly, make sure you get vaccinated.</p>
<p><b>我如何得知自己已受到乙型肝炎感染？</b> 乙型肝炎是一種“無聲的傳染病”。大多數人在受到感染時沒有任何症狀。因此，他們可能在不知情的情況下患上乙型肝炎。您可要求您的醫生或當地的健康診所進行簡單的驗血。驗血可顯示您是否已受到感染。</p>	<p><b>How will I know if I have been infected with hepatitis B?</b> Hepatitis B is a "silent infection. Most people don't have any symptoms when they are infected. So they can have hepatitis B without even knowing it. Your doctor or local health clinic can order a simple blood test. The blood test can show whether you have been infected or not.</p>
<p><b>有多少人從乙型肝炎“康復”或成爲乙型肝炎病毒的“慢性攜帶者”？</b> 答案取決于您是在成年後、童年還是在嬰兒時期受到感染。成人通常能夠“康復”，因爲他們的免疫系統能夠清除病毒。如果健康的成人受到感染，他們有90%的機率清除病毒，另有10%的機率成爲慢性攜帶者。但是如嬰兒和兒童受到感染則更有可能成爲慢性攜帶者，因爲其免疫系統較難清除病毒。如嬰兒受到感染，他們只有10%的機率清除病毒，有90%的機率成爲慢性攜帶者。兒童則有40%的康復機率，另有60%的機率成爲慢性攜帶者。但是每個人都能夠通過接受疫苗注射獲得保護，避免受到乙型肝炎感染。</p>	<p><b>How many people "recover" from or become "chronic carriers" of hepatitis B?</b> The answer depends on whether you are infected as an adult, a child, or a baby. Adults usually "recover" because their immune systems can get rid of the virus. If a healthy adult is infected, they have a 90% chance of getting rid of the virus and a 10% chance of becoming chronically infected. Babies and children, however, are more likely to develop a chronic infection. Their immune systems have more difficulty getting rid of the virus. If a baby is infected, there is only a 10% chance of getting rid of the virus and a 90% chance of developing a chronic infection. Young children have a 40% chance of recovering and a 60% chance of developing a chronic infection. But everyone can be protected against hepatitis B infections through vaccination.</p>
<p><b>乙型肝炎感染者需知</b></p> <ul style="list-style-type: none"> <li>● <b>接受乙型肝炎檢查</b>— 要求你的醫生爲你和家人進行簡單的乙型肝炎表面抗原(HBsAG)和乙型肝炎表面抗體(HBsAB)驗血，檢查你是否是乙型肝炎帶菌者或對乙型肝炎病毒已經有了抵抗力。</li> <li>● <b>接受定期肝炎和肝癌檢查</b>— 如果你的表面抗原檢查呈陽性，你就是乙型肝炎帶菌者。雖然許多的乙型肝炎帶菌者並無症狀而且感覺“健康”，但仍有較高的機會轉變成爲肝硬化或肝癌。乙型肝炎帶菌者需要定期接受肝炎和肝癌檢查：每六個月接受血液甲胎蛋白(AFP)和轉胺酶(ALT)含量測試。在30歲以後，每年還要增加肝部超音波檢查。一次性檢查不足以發現早期肝癌，所以定期復查十分重要。</li> <li>● <b>適當的治療</b>— 並不是所有的乙型肝炎帶菌者都需要接受治療。但如患者的轉胺酶(ALT)持續升高，顯示肝臟受到損害，則可能需要服用抗病毒藥物，口服藥(lamivudine, adefovir, entecavir or telbivudine)或許接受兩種干擾素針劑(interferon)治療。帶菌者特別要戒酒和注射甲型肝炎預防針來減少對肝臟的進一步損傷。值得注意的是，雖然社會上常有其他治療乙型肝炎方法的宣傳，但是到目前為止，只有上述的六種藥物獲得美國國家正式的核准，證明能有效的對抗乙型肝炎病毒。慢性乙型肝炎無法完全治癒，但接受適當的治療來控制病毒，你也可以有正常的家庭和生活。</li> </ul>	<p><b>What should every Hepatitis B carrier know?</b></p> <ul style="list-style-type: none"> <li>● <b>Get screened</b> – If your Hepatitis B surface antigen (HBsAG) is positive, you are a hepatitis B carrier and have chronic hepatitis B.</li> <li>● <b>Get routine monitoring</b> – Although many hepatitis B carriers have no symptoms and feel “healthy”, they still run a high risk of developing liver cancer or cirrhosis. It is important for carriers to check every six months for blood levels of ALT for liver damage, and AFP to screen for liver cancer. After 30 years of age, an annual ultrasound examination of the liver is recommended. Either test alone can miss the diagnosis of a small liver cancer.</li> <li>● <b>Get treatment if necessary</b> – Although not everyone needs treatment, if blood levels of ALT are evaluated, suggesting ongoing liver damage, once daily oral drug treatment(lamivudine, adefovir, entecavir or telbivudine) or 2 types of interferon injection may be appropriate. These are the only six FDA approved treatments for chronic Hepatitis B. Appropriate management can reduce the risk of further liver damage and liver cancer. Take control of your own health, learn about the management and treatments available for hepatitis B. Don't be fooled by advertisement for unproven methods of prevention and treatment. (Chronic Hepatitis B carriers can enjoy completely normal live with precautions to avoid further liver damage – vaccinate against Hepatitis A and avoid drinking alcohol)</li> </ul>