

# 慢性乙型肝炎

## 活得健康

### Healthy Living with Chronic Hepatitis B



慢性乙型肝炎是導致肝硬化和肝癌的主要原因。

由於大部分慢性乙型肝炎患者並沒有明顯症狀，只能透過血液測試才能得知有否感染乙型肝炎。因此許多人並不知道自己已感染乙型肝炎，亦忽略了定期檢查的重要性。

要保持肝臟健康，慢性乙型肝炎患者應：

- 1 接受定期檢查
- 2 評估藥物治療的需要
- 3 保持良好飲食及生活習慣

#### 定期檢查

慢性乙型肝炎患者無論是否需要接受藥物治療，也應該接受定期檢查

定期檢查通常包括：



#### 藥物治療

目前尚未有根治慢性乙型肝炎的方法，但藥物治療可抑制肝炎病毒複製，改善肝炎病情，從而減低肝硬化和肝癌的風險。

要注意的是，並非每一位慢性乙型肝炎患者均需要接受藥物治療。醫生會根據患者的情況作詳細評估，以決定合適的治療方案。



口服抗病毒藥物常用於治療慢性乙型肝炎，成效良好，副作用少，而且服用方便（通常每天只需服用一次）。



目前有數種口服抗病毒藥物可用作治療乙型肝炎。醫生會根據患者的情況來選擇藥物。進行抗病毒藥物治療的過程中，患者必須進行血液測試，檢驗乙型肝炎病毒數量以評估服用藥物後的反應和效果。若該抗病毒藥物未能發揮效用，則有可能是出現抗藥性，醫生或會建議患者使用另一種藥物。

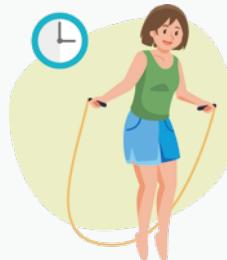


服用任何抗病毒藥物均需遵照醫生指示。切勿因病毒複製已被抑制或肝功能回復正常而自行停藥。不當停藥後，乙型肝炎很有機會復發，更可能會引致肝衰竭，甚至死亡。

#### 良好飲食及生活習慣



保持均衡飲食，多吃新鮮蔬果



培養運動習慣



避免煙酒



不要進食未經煮熟的貝類海產



不要自行服用成分不明的藥物以免損害肝臟



Chronic Hepatitis B (CHB) is the main cause for cirrhosis and liver cancer.

Hepatitis B often does not cause any symptoms, and it can only be diagnosed by blood test. Therefore, most people do not know that they are having hepatitis B and unaware of the need of monitoring the infection.

To keep liver healthy, people with CHB should:



Receive regular examination



Evaluate for the need of antiviral treatment

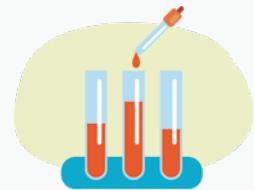


Maintain balanced diet and healthy lifestyle

## Regular Examination

People with CHB should be monitored regularly, no matter whether they need antiviral treatment

Regular examination usually includes:



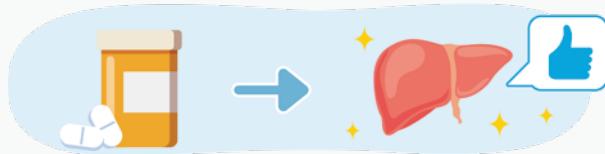
### Blood test

- liver function
- alpha-fetoprotein
- viral load



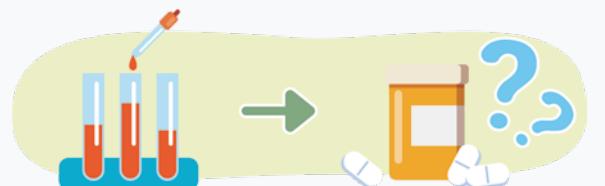
### Ultrasonographic abdominal examination

Oral antiviral medications are commonly used in treating CHB. They are effective with minimal side effects, and they are simple to take (usually taken once daily).



Currently there are several oral antiviral medications available for treating hepatitis B. Doctor would decide the medication according to the patients' conditions.

To assess how well the antiviral is working, blood test should be conducted for viral load measurement during treatment. Ineffectiveness of the antiviral therapy may suggest the presence of drug resistance. In this case, switching to another drug may be recommended by the doctor.



The antiviral medication must be taken as prescribed. **Do NOT stop the medication even when the viral replication is suppressed or the liver function is restored to normal.** It is highly likely that inappropriate interruption of antiviral medication will lead to hepatitis B reactivation, which may cause liver failure and even death.

## Balanced Diet and Healthy Lifestyle



Maintain balanced diet with abundant fresh vegetables and fruits



Exercise regularly



Do not smoke or drink



Avoid eating raw and undercooked shellfish



Do not take medication with uncertain ingredients to avoid liver damage



[www.hepatitis.gov.hk](http://www.hepatitis.gov.hk)  
Hepatitis Hotline  
**2112 9911**

Viral Hepatitis Control Office  
Department of Health

Special Preventive Programme  
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