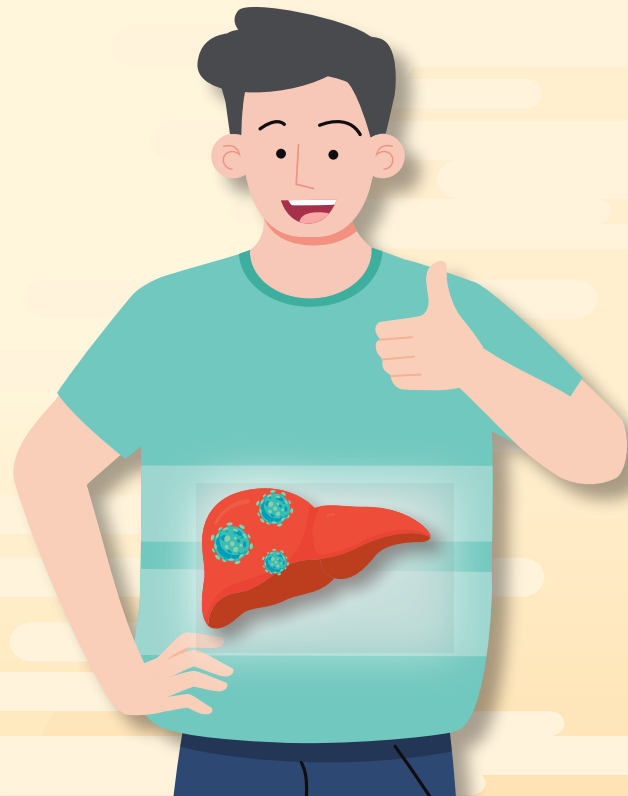


慢性乙型肝炎 活得健康

Healthy Living
with Chronic Hepatitis B



慢性乙型肝炎

- 乙型肝炎是由乙型肝炎病毒感染所引起的肝臟疾病，部分患者未能清除病毒而發展為**慢性乙型肝炎**
- 慢性乙型肝炎患者可持續沒有症狀，直至肝臟受嚴重損害後才出現徵狀
- 未有接受治療的慢性乙型肝炎患者當中，約 15 - 40% 長遠會出現**肝硬化**或**肝癌**



慢性乙型肝炎患者應



定期進行檢查



遵從醫生指示接受
治療及跟進



保持健康飲食
及生活習慣



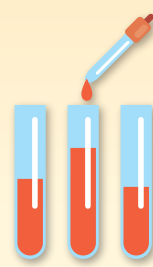
採取預防措施
預防病毒傳播

定期檢查

慢性乙型肝炎患者無論有否出現症狀，都應定期進行檢查，及早察覺肝臟的變化

定期檢查一般包括：

- 血液測試(如肝功能、甲胎蛋白、病毒量等)
- 肝臟超聲波檢查



遵從醫生指示接受治療及跟進

抗病毒藥物能有效抑制乙型肝炎病毒複製，減低患上肝硬化、肝衰竭及肝癌的風險

- 醫生會根據慢性乙型肝炎患者的個別情況如肝功能、病毒指數、肝臟纖維化的程度和有否出現併發症等因素作詳細評估，以決定何時需要抗病毒藥物治療
- 抗病毒藥物並不能完全清除乙型肝炎病毒，大部份患者需要長期每日服藥
- 慢性乙型肝炎患者應遵照醫生指示服用抗病毒藥物，切勿因病毒量已經受控或肝功能回復正常而自行減藥或停藥，否則可引致肝炎復發、肝衰竭，甚至死亡
- 若忘記依時服藥，請盡快補服。但若第二天才發現，便只須服用當天的劑量，不要在一天內服用兩倍劑量

- 常用的乙型肝炎口服抗病毒藥物包括恩替卡韋和替諾福韋

- ✓ 成效良好
- ✓ 副作用少
- ✓ 服用方便(通常每天只需服用一次)



恩替卡韋 entecavir

- 須空腹服用，建議餐前至少兩小時或餐後至少兩小時服用
- 食物會減低恩替卡韋的吸收，影響藥物療效

替諾福韋 tenofovir

- 毋須空腹服用
- 有兩種配方：

富馬酸替諾福韋 (TDF)

適合乙型肝炎病毒載量屬高水平的孕婦服用，以減低將乙型肝炎病毒傳給嬰兒的風險

磷丙替諾福韋 (TAF)

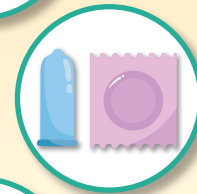
適合腎病和骨質疏鬆症患者服用

保持健康飲食及生活習慣

- 避免煙酒
- 不要進食生或未煮熟的貝類海產
- 不要自行服用成分不明的藥物以免損害肝臟
- 保持均衡飲食及多吃新鮮蔬果
- 多做體能活動及保持健康體重

預防傳染

- 家庭成員和性伴侶應及早進行乙型肝炎血液測試，如沒有乙型肝炎抗體及未受感染，應考慮接種乙型肝炎疫苗
- 若性伴侶的乙型肝炎免疫情況不詳或尚未完成疫苗接種，應採取安全性行為及使用安全套
- 處理任何皮膚損傷時應戴上手套，並妥善包紮
- 處理受血液或體液污染的物品時應戴上手套，及使用家用漂白水消毒
- 切勿與他人共用剃刀、指甲鉗等有機會受血液污染的用具
- 切勿與他人共用針筒針咀或其他注射用具



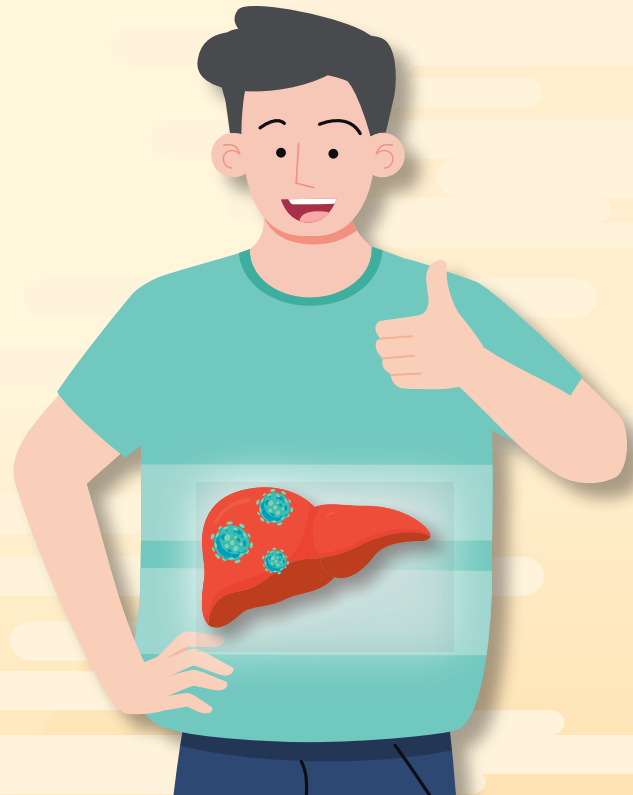
有關乙型肝炎感染和治療的更多資訊，
請諮詢你的醫生



www.hepatitis.gov.hk

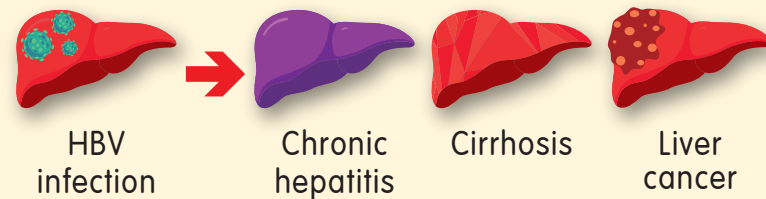
慢性乙型肝炎 活得健康

Healthy Living
with Chronic Hepatitis B



Chronic hepatitis B

- Hepatitis B is a liver disease caused by hepatitis B virus (HBV) infection. Some people fail to clear the virus and develop **chronic hepatitis B (CHB)**.
- People with CHB may remain asymptomatic until signs and symptoms develop secondary to serious liver damage.
- About 15 - 40% of untreated people with CHB could develop **cirrhosis** and **liver cancer**.



People with CHB should



receive regular
examination



follow doctor's
instruction to receive
treatment and follow-up



maintain healthy diet
and lifestyle



adopt preventive
measures to stop HBV
transmission

Regular examination

People with CHB should have regular examination for early detection of changes in the liver condition, no matter whether they have symptoms.

Regular examination usually includes:

- Blood test (such as liver function, alpha-fetoprotein, viral load, etc.)
- Ultrasonographic abdominal examination



Follow doctor's instruction to receive treatment and follow-up

Antiviral medication is effective in inhibiting HBV replication and reducing the risk of cirrhosis, liver failure and liver cancer.

- Doctors will thoroughly assess the condition of each patient with CHB, such as liver function, viral load, degree of liver fibrosis and presence of complications, to determine when antiviral medication is needed.
- Use of antivirals cannot clear HBV completely and most patients require long-term daily use.
- Patients with CHB must take antiviral medication as prescribed. **Do not self-discontinue or self-adjust the dosage even when the viral load is suppressed or the liver function is restored to normal.** Inappropriate interruption of antiviral treatment may lead to hepatitis B reactivation, liver failure and even death.
- If you forget to take the medication on time, take it as soon as possible. However, if you recall that on the following day, leave out the missed dose. Do not take two doses together in the same day.

- Common oral antivirals for hepatitis B include entecavir and tenofovir.

- Effective
- Few side effects
- Simple to take (usually taken once daily)



Entecavir

- Should be taken on an empty stomach, at least two hours before meal or at least two hours after meal
- Absorption of entecavir may be affected when taken with food, making it less effective

Tenofovir

- Can be taken with or without food
- Two formulations:

Tenofovir disoproxil fumarate (TDF)

Suitable for pregnant women with high viral load to reduce the risk of mother-to-child transmission of HBV

Tenofovir alafenamide (TAF)

Suitable for patients with renal impairment or osteoporosis

Maintain healthy diet and lifestyle

- Do not smoke or drink
- Avoid eating raw or undercooked shellfish
- Do not take medication with uncertain ingredients to avoid liver damage
- Maintain balanced diet with abundant fresh vegetables and fruits
- Be physically active and maintain healthy body weight

Prevent transmission of HBV

- Family members and sexual partners should get tested for hepatitis B, and consider receiving hepatitis B vaccination if found to be non-immune and not infected with HBV
- Practise safer sex if sex partner has an unknown hepatitis B immunity status or has not been fully vaccinated
- Wear gloves while handling open wounds with care and bandage them properly
- Disinfect items contaminated by blood or body fluids with household bleach and gloves on
- Do not share personal care items which may be contaminated with blood, such as razors and nail scissors
- Do not share needles or any other injecting equipment



Please consult your doctor for further information regarding HBV infection and treatment



www.hepatitis.gov.hk

Viral Hepatitis Control Office
Special Preventive Programme
Department of Health
July 2023



控制病毒性肝炎辦公室
Viral Hepatitis Control Office



衛生防護中心
Centre for Health Protection



衛生署
Department of Health