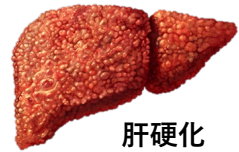


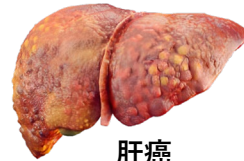
正常肝臟

## 乙型肝炎

乙型肝炎是由乙型肝炎病毒所引起的嚴重肝臟感染。如沒有接受治療與護理，時間一長，乙型肝炎可能導致肝硬化、肝臟受損甚至肝癌。即使您沒有感到不適，您仍然應該定期看醫生，瞭解病毒有否損壞您的肝臟。學習如何護肝，保持肝臟健康。



肝硬化



肝癌

乙型肝炎在亞裔家庭中十分普遍。您的家族病史有助醫生為您選擇最佳的治療方法。如果您的家族成員曾經有以下的病況，請在方格內打勾：

- 乙型肝炎病毒
- 乙型肝炎病毒，並正在或曾經使用藥物
- 肝癌
- 肝硬化

把您的肝臟受到感染這個事實坦誠地告知家人和您關心的人，並鼓勵他們接受測試及注射疫苗。乙型肝炎是可以預防和治療的。

### 乙型肝炎的護理：

- 遵循預約去看醫生。
- 按照醫生的指示做化驗檢查。
- 善用這張卡，記錄您的健康情況。
- 按照醫生的處方服藥。
- 如果您打算或正在服食中草藥和其他藥物，請告訴您的醫生。因為它們可能對肝臟有害。
- 切勿飲酒，酒能傷肝。

### 保護你心愛的人：

乙型肝炎是透過血液與體液傳播的。

- 在進行性行為時，請使用安全套。
- 請勿與任何人共用牙刷或剃刀。

如你有任何疑問，請向醫生查詢。

**It is important to routinely see your primary care provider (PCP) to discuss your hepatitis B status. Bring this card with you, so your PCP can record important information. You can use this card to monitor your liver health and track any changes.**定期去看醫生是很重要的。謹請按照預約時間做乙型肝炎復診，並帶上這張卡。醫生會把您的測試結果記錄在卡上，讓您可以監察肝臟的健康狀況。

Name 姓名

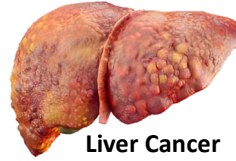
MRN 東北會員號碼



Healthy Liver



Cirrhosis



Liver Cancer

**Hepatitis B** is a serious liver infection caused by the hepatitis B virus. If not cared for or treated, hepatitis B can lead to cirrhosis (liver scarring), liver damage, and liver cancer.

Even if you don't feel sick, you should still see your PCP regularly to check if the virus is damaging your liver. Learn how to care for your liver and keep it healthy.

Hepatitis B is very common in Asian families. Your family history helps your PCP decide what is the best treatment for you. Check all the conditions anyone in your family has had:

- Hepatitis B virus
- Hepatitis B virus and is/was on medication
- Liver cancer
- Cirrhosis

Be open and tell your family and loved ones about your liver infection. Encourage them to get tested and vaccinated. Hepatitis B is preventable and treatable.

### YOU CAN HELP YOUR LIVER

- Go to scheduled appointments
- Get the lab tests your PCP orders for you
- Take medication as prescribed by your PCP
- Do not drink alcohol, which can damage your liver
- Herbal products or medicine may damage your liver, so do not take any without consulting your PCP
- Keep track of your health with this card

### PROTECT YOUR LOVED ONES

Hepatitis B can spread through blood and body fluids

- Use condoms when you have sex
- Do not share your toothbrush or razor with anyone

## Liver Health Pocket Tracker

肝臟健康追蹤



**NORTH EAST**  
MEDICAL SERVICES  
東北醫療中心

**Acknowledgement:** The creation of this material was modeled after Charles B. Wang Community Health Center's Hepatitis B Screening and Treatment Tracker

## HEPATITIS B VIRUS BLOOD TESTS 乙型肝炎病毒(HBV)血液測試結果

TEST 測試	DATE 日期	RESULT 結果
<b>Hepatitis B Surface Antigen</b> 乙肝表面抗原(HBsAg) A positive (+) test result means you are infected with the hepatitis B virus. 如果這項測試結果呈陽性(+), 表明你已經感染了乙肝病毒。		
<b>Hepatitis B Surface Antibody</b> 乙肝表面抗體 (anti-HBs) A positive (+) test result means you are immune to the hepatitis B virus. 如果這項測試結果呈陽性(+), 表明你對乙肝病毒產生免疫力。		
<b>Hepatitis B "e" Antigen</b> 乙肝 "e" 抗原 (HBeAg) A positive (+) test result often means the amount of virus in your blood is higher, and you may be more likely to spread the virus to others. A (+) "e" antigen is often described as "big three positive" 如果這項測試結果呈陽性(+), 通常表明您血液內的病毒數量較高。您把病毒傳染他人的機會較高。當"e"抗原呈陽性, 通常稱為「大三陽」。		
<b>Hepatitis B "e" Antibody</b> 乙肝 "e" 抗體 (anti-HBe) A positive (+) test result can mean the amount of virus in your blood is lower, and this is often described as "small three positive" 如果這項測試結果呈陽性(+), 表明您的血液內病毒數量較低。當"e"抗體呈陽性 (而"e"抗原呈陰性), 通常稱為「小三陽」。		

## VIRAL HEPATITIS CO-INFECTION TESTS 病毒性肝炎合併感染測試

TEST 測試	DATE 日期	RESULT 結果
<b>Hepatitis A Antibody</b> 甲型肝炎抗體 A positive (+) test result means you are immune to the hepatitis A virus 陽性 (+) 測試結果意味著您對甲型肝炎病毒免疫		
<b>Hepatitis C</b> 丙型肝炎 A positive (+) test result means you are or were infected with the hepatitis C virus 陽性 (+) 測試結果意味著您感染了丙型肝炎病毒		
<b>Hepatitis D</b> 丁型肝炎 A positive (+) test result means you are or were infected with the hepatitis D virus 陽性 (+) 測試結果意味著您感染了或曾經感染了丁型肝炎病毒		

## LIVER CANCER SURVEILLANCE 肝癌監測

TEST 測試	DATE 日期	RESULT 結果
<b>Ultrasound</b> 超聲波 This test helps detect cirrhosis or liver cancer 該測試有助於檢測肝癌		
<b>AFP</b> 甲胎蛋白 (ng/mL) This test can help detect liver cancer 該測試有助於檢測肝癌		

## HEPATITIS B MONITORING & TREATMENT 乙型肝炎監測和治療

<b>ALT 轉氨酶水平 (U/L)</b> This measures liver inflammation. ALT測量肝臟炎症。	<b>HBV Viral Load 乙肝病毒含量 (IU/mL)</b> This measures how much hepatitis B virus is in your blood. 乙肝病毒含量測量您血液中的乙型肝炎病毒含量。	<b>Fibrosis Assessment 纖維化評估</b> This test estimates the amount of scarring in the liver. 該測試估計肝臟中的疤痕量。
<b>NORMAL FOR YOU IS :</b> 您的結果正常是 :	<b>NORMAL FOR YOU IS :</b> 您的結果正常是 :	<b>DATE 日期:</b>
<b>DATE 日期</b>	<b>RESULT 結果</b>	<b>DATE 日期</b>

<b>No to Mild Fibrosis</b> 沒有或輕微纖維化	<b>F0-1</b>
<b>Moderate Fibrosis</b> 中度纖維化	<b>F2</b>
<b>Severe Fibrosis</b> 嚴重纖維化	<b>F3</b>
<b>Cirrhosis</b> 肝硬化	<b>F4</b>

## TREATMENT TRACKING 治療追蹤

MEDICATION NAME 藥物名稱	DOSAGE 劑量	START DATE 開始日期	END DATE 結束日期