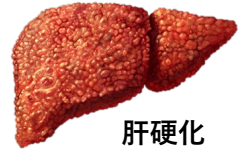


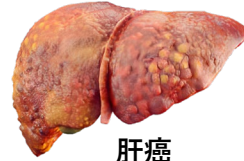
正常肝臟

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。

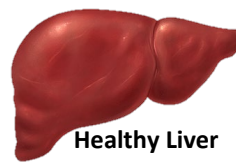
- 在進行性行為時，請使用安全套。
- 請勿與任何人共用牙刷或剃刀。

如你有任何疑問，請向醫生查詢。

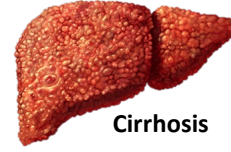
It is important to routinely see your primary care provider (PCP) to discuss your hepatitis B status. Bring this card with you, so your PCP can record important information. You can use this card to monitor your liver health and track any changes. 定期去看醫生是很重要的。謹請按照預約時間做乙型肝炎復診，並帶上這張卡。醫生會把您的測試結果記錄在卡上，讓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

