



Includes English Version

How do we prevent
liver cancer?

10个亚洲
人中就有
1个患有
乙肝!

幸福生活， 从“肝”开始

预防肝癌，你必须知道的


关于乙肝，你需要知道的七件事

- 肝炎指的是肝脏发炎。¹
- 乙型肝炎(乙肝)病毒是导致包括肝硬化和肝癌在内的很多肝病的主要原因。¹
- 十分之一的亚洲人患有慢性乙型肝炎。²
- 慢性乙肝患者得肝癌的可能性比非乙肝患者高 12 到 300 倍。³
- 肝癌是美国亚裔人群的第三大癌症死因。¹
- 只有去做乙肝检查才能知道你有没有感染乙肝。
- 预防乙肝最好的方法就是接种疫苗。

参考资料：

1. CDC website, <http://www.cdc.gov/hepatitis>
2. U.S. Department of Health & Human Services, <http://www.omhrc.gov/templates/content.aspx?!D=7240&lvl=2&lvlid=190#topii>
3. Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Preventable Diseases. Atkinson W, Wolfe S, Hamborsky J, McIntyre L, eds. 11th ed. Washington DC: Public Health Foundation, 2009

这是一个关于
阿豪和惠惠的爱情故事



在一个天气晴朗的下午，阿豪很兴奋地准备跟他女朋友惠惠求婚。



惠惠，我真的很爱你。我希望这辈子都可以一直和你在一起。你愿意嫁给我吗？

我当然愿意嫁给你，可是…



可是什么？

有件事情我一定要先告诉你。其实，我有乙型肝炎，你会介意吗？

什么？你怎么没有早点告诉我？



我很想早点说，但是一直很担心说了会影响我们的感情...



这个实在太意外了！

惠惠，我是真心地爱你，也想和你结婚，但是我不太确定我们现在该怎么办。



不如我们去问你姐姐美玲，看她有没有什么建议。



阿豪、惠惠和姐姐美玲约在一个餐厅见面。



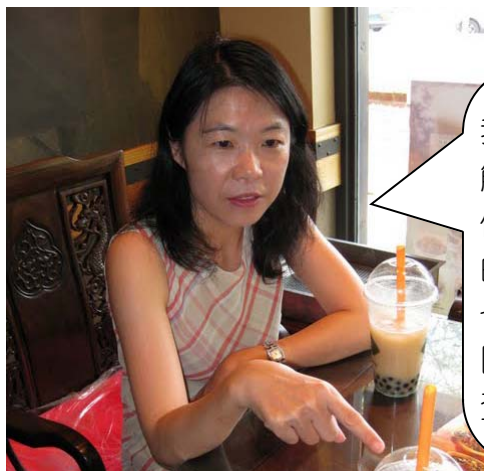
听到你们要结婚，我真的很高兴！

谢谢美玲姐。可是我们现在碰到一个难题，我其实有乙肝。



○ 乙肝是经由血液、精液、体液传播的。
下列是**可能的**传染途径：

- 患有乙肝的母亲在分娩时传染给婴儿
- 和乙肝患者有血液或者伤口的接触
- 和乙肝患者共用剃须刀或者牙刷
- 共用刺青、穿洞、吸毒的针头
- 和乙肝患者发生性行为



我听说，一般日常的接触是不会传染乙肝的，但是没有采取保护措施性行为可能会传染。也许你们应该去看一下医生，做一下乙肝的检查。



乙肝不会通过下列方式传播：

- 共用食物、水
- 共用餐具、杯子
- 碰触、拥抱、接吻
- 咳嗽、打喷嚏
- 哺乳



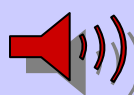
什么是乙肝检查？

乙肝检查就是一个简单的抽血检查，可以知道你是不是已经被感染了或者是有被感染的风险。我和我同事上礼拜才去做了这个检查呢！



你为什么需要做检查？
你又不可能得乙肝！

其实，从亚洲来的移民特别需要去做乙肝检查，像我们和爸妈都要去。



有部分人群特别需要做乙型肝炎检查，包括（但不局限于以下）：

- 出生在乙肝盛行的亚洲地区的；
- 父母来自乙肝盛行地区且自己本身从未接种过疫苗的；
- 进行毒品注射的；
- 有多个性伙伴的；
- 男性和男性发生性行为者

阿豪听了惠惠和美玲的意见，决定去找医生。

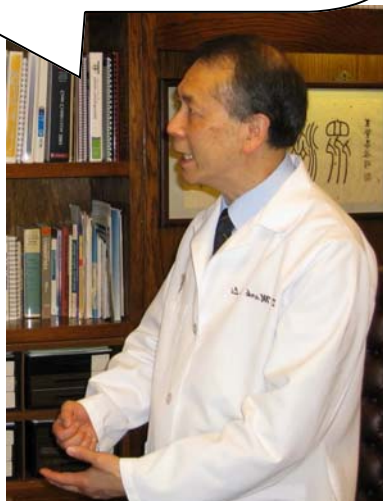
大夫，我的女朋友有乙型肝炎，但是我们要结婚了。我该怎么办？

你应该做一下乙型肝炎检查，看你是不是被感染了或者是被感染的风险。



但是我每年都有检查肝功能，结果都说是正常的。

肝功能检查和乙型肝炎检查是不一样的。很多医生不一定会提醒你们做乙型肝炎检查。



可我一直在吃一些保肝的中药，我觉得自己一点问题也没有！

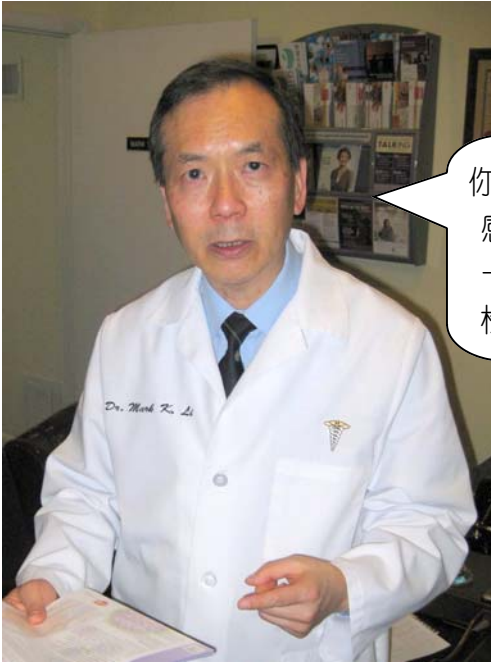


吃中药不能保证你就不会得乙型肝炎或肝癌。

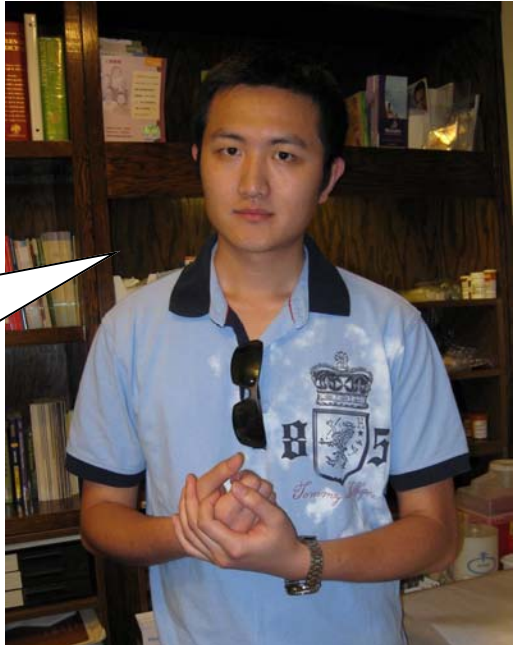


慢性乙型肝炎是一种危险的疾病，是因为它通常没有症状。即使是觉得自己很健康的人也可能是乙肝患者。

- 很多感染慢性乙肝的人可能在长达三十年期间都没有症状。
- 有些感染慢性乙肝的人会有类似急性乙肝的症状，比如：发烧、恶心、腹部疼痛、没有食欲、尿液呈深色、关节疼痛、或黄疸等。



你想知道自己有没有感染乙型肝炎，唯一的办法就是做这个检查。



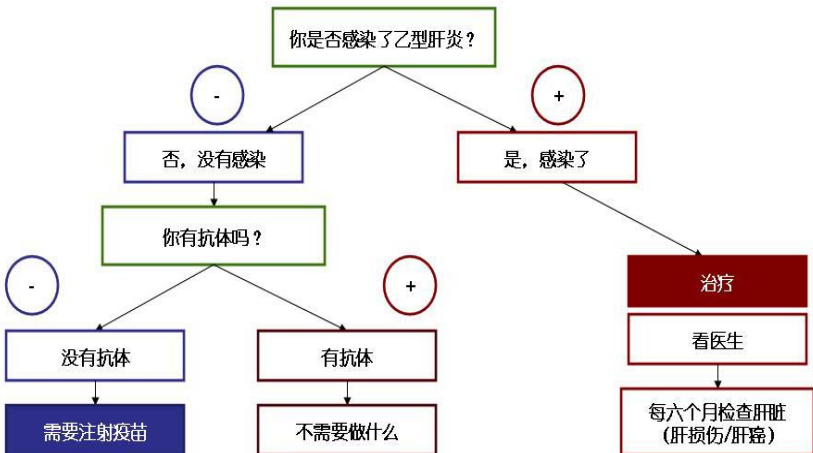
我知道了。那我今天就做这个乙肝检查吧！

几天后，阿豪和惠惠回到医生办公室去讨论他的检查结果。

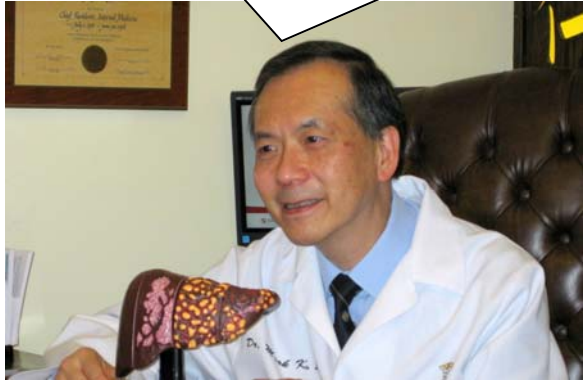


阿豪，你上次乙型肝炎检查的结果出来了。

乙型肝炎检查



好消息是你没有感染乙肝！但是，你还是有被感染的风险，所以你需要在六个月内打三针乙型肝炎疫苗。



惠惠，因为你已经得了乙型肝炎了，你应该定期来我这里做健康检查。



虽然乙肝不能治愈，但是定期接受治疗可以让病毒数量维持在较低的水平。

哦，原来是这样。我现在就跟你约时间。



谢谢大夫，我今天就打我的第一针疫苗吧。

阿豪和惠惠如愿以偿地结婚了并且幸福地生活在一起！



问与答

问：如果我的肝功能测验显示为正常，我还需要做乙肝检查吗？

答：需要。肝功能检查和乙型肝炎检查是两回事。你需要另外跟医生要求做乙型肝炎检查。

问：我的配偶/伴侣有患有慢性乙型肝炎。我们进行性行为的时候需要采取保护措施吗？

答：需要。你需要一直使用避孕套直到完成全部的三针乙肝疫苗，并且查出有乙型肝炎抗体为止。如果你体内已有乙肝抗体，则不必使用避孕套来预防乙型肝炎。

问：我的医生跟我说因为我现在住在美国，得乙型肝炎的可能性很低，这是真的吗？

答：不，这是不对的。虽然乙型肝炎在整个美国并不普遍，但是就亚洲移民这个特殊群体而言还是很普遍的。作为亚裔，你感染乙肝的可能性要比其他美国人高得多。

问：我的医生说我的检查结果一切正常。我需要做什么吗？

答：你应该询问医生你是否有乙肝抗体。如果没有，你需要接种乙肝疫苗。乙肝疫苗可以安全有效地预防乙肝感染。

问：我知道我患有乙肝，但是我觉得很健康。我真的需要担心乙肝这件事吗？

答：你需要针对肝脏受损的情况和肝癌进行定期检查。很多慢性乙肝患者没有任何症状，而且肝功能指数是正常的，尽管如此，他们得肝癌或其他肝脏疾病的机会还是比其他人高得多。



**1 of 10
Asians
has
Hepatitis
B!**

A Happy Life Starts With A Healthy Liver

What we need to know to prevent liver cancer

7 important things that we should know about hepatitis B

- **Hepatitis means inflammation of the liver.** ¹
- **Hepatitis B virus is a major cause of liver disease, including liver cirrhosis and liver cancer.** ¹
- **As many as 1 in 10 Asians in the U.S. are chronically infected with hepatitis B virus.** ²
- **Persons with chronic hepatitis B infection are at 12 to 300 times higher risk of liver cancer than those without infection.** ³
- **Liver cancer is the third leading cause of cancer deaths among Asians in the U.S.** ¹
- **The only way to know whether you are infected with hepatitis B is to get screening.**
- **The best way to prevent hepatitis B is by getting vaccinated.**

References:

1. CDC website, <http://www.cdc.gov/hepatitis>

2. U.S. Department of Health & Human Services, <http://www.omhrc.gov/templates/content.aspx?ID=7240&lvl=2&lvlid=190#topiii>

3. Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Preventable Diseases. Atkinson W, Wolfe S, Hamborsky J, McIntyre L, eds. 11th ed. Washington DC: Public Health Foundation, 2009

**This is a story of Hao and Hui,
a young Chinese couple who are
thinking about getting married.**



One sunny day in the park, Hao is excited because he is going to propose to his girlfriend, Hui.



Hui, I love you so much. You are the one that I want to spend the rest of my life with. Will you marry me?

Of course I want to marry you, but....



But what?

I have something important to tell you. Actually, I have chronic hepatitis B infection.

What? Why didn't you tell me earlier?



I wanted to but I was afraid this would affect our relationship.



This is too shocking.



Hui, I love you very much. I still want to marry you, but I am not sure about what we should do now.



Maybe we can talk to your sister, Mei-Ling, and see if she has any advice.



Hao and Hui turn to his sister, Mei-Ling, for advice in a restaurant.



I'm so happy to know that you're getting married!

Thanks, Mei-Ling, but we have some problems. I have chronic hepatitis B infection.



 Hepatitis B is **transmitted** by blood, semen or body fluid. This can happen in the following situations:

- From an infected mother to her baby at birth
- Contact with blood or open sores of an infected person
- Sharing razors or toothbrushes with an infected person
- Sharing needles for tattoos, piercings or injecting drugs
- Sexual contact with an infected person



I recently learned that daily contact will not transmit hepatitis B, but unprotected sex can. You should both see a doctor and get screening for hepatitis B.



Hepatitis B is **NOT** transmitted by:

- Sharing food or water
- Sharing eating utensils or drinking glasses
- Touching, hugging or kissing
- Coughing or sneezing
- Breastfeeding



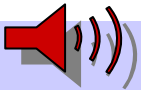
What is screening?

Hepatitis B screening is a simple blood test to check whether you are infected or at risk for infection. I just had hepatitis B screening last week with my friends at work.



Why did you go for a screening? You don't have any risk!

Actually, for immigrants from Asia, like us and our parents, it is important to go for screening in particular.



Hepatitis B screening is recommended for certain groups of people, including but not limited to:

- People born in Asia – regions with a high prevalence of hepatitis B
- Unvaccinated people whose parents are from regions with high rates of hepatitis B
- Injection drug users
- Have multiple sex partners
- Men who have sex with men

Hao decided to go to the doctor's office.

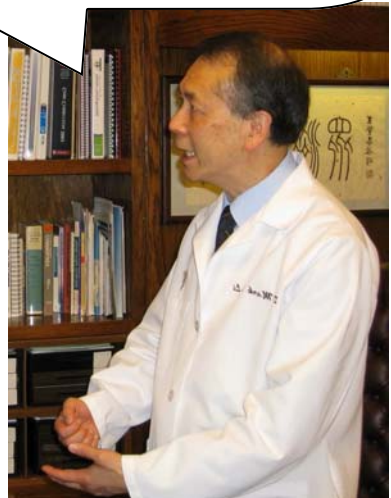
My girlfriend has chronic hepatitis B infection, and we are planning to get married. What should we do?

You should do a screening to see whether you are at risk or infected.

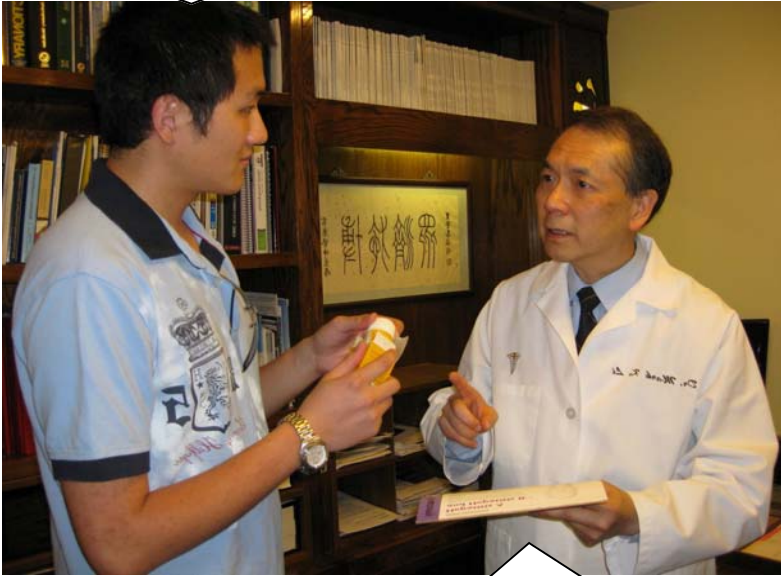


However, my annual liver function test said I am okay.

Liver function testing is different from hepatitis B screening. Many doctors don't remember to recommend hepatitis B screening.



Also, I have been taking traditional Chinese medicine to protect my liver. I feel totally healthy!

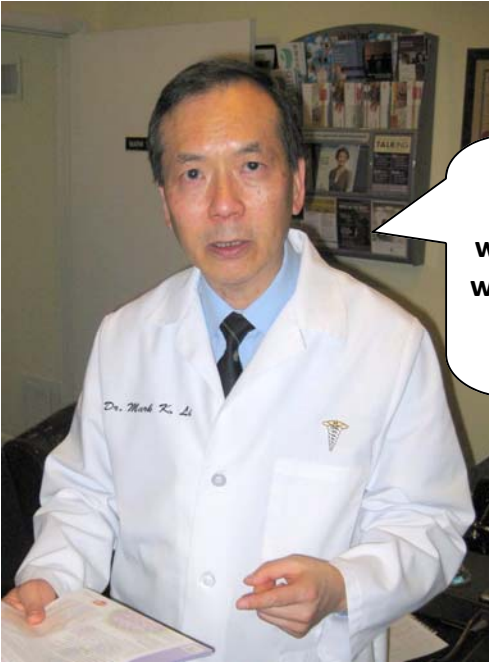


Taking traditional medicine does not guarantee that you will not get hepatitis B or liver cancer.



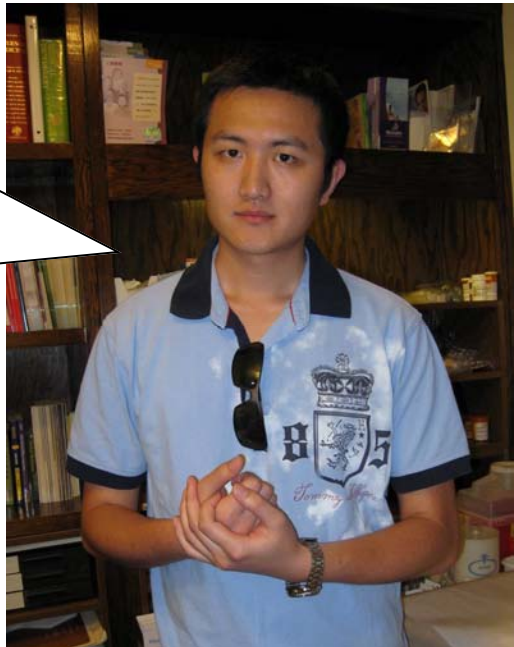
Chronic hepatitis B is dangerous because there are **often no symptoms until the disease is very advanced**. Even if you feel healthy you may already be infected.

- Many people with chronic hepatitis B remain symptom free up for decades.
- Some experience ongoing symptoms similar to those of acute hepatitis B, such as fever, nausea, abdominal pain, loss of appetite, dark urine, joint pain, or jaundice.



The only way to know whether you are infected with hepatitis B is to get a screening.

I see; I'll have the screening now to check my hepatitis B status.

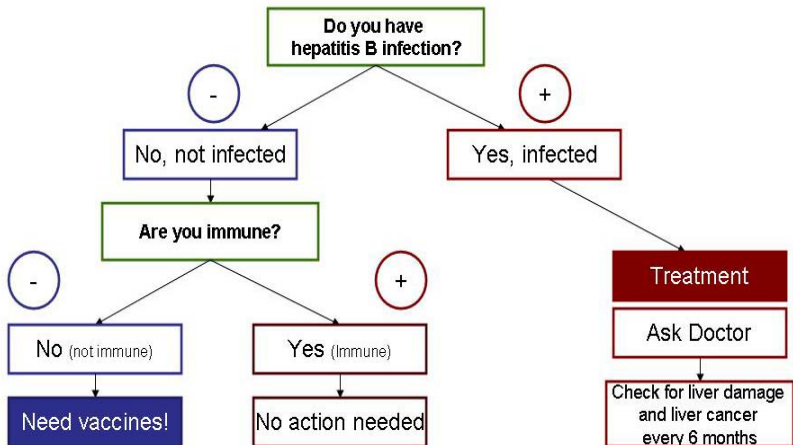


Few days later, Hao returns to the doctor's office for his screening result with Hui.

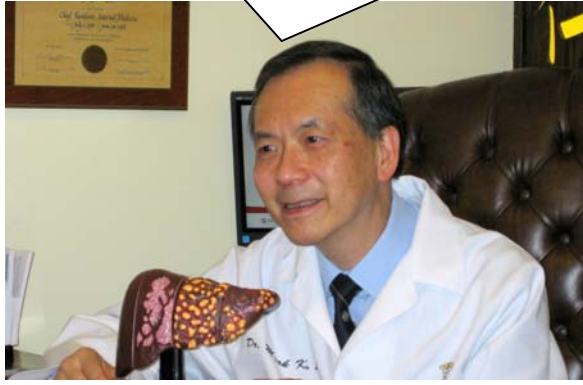


Hao, we have the results of your hepatitis B screening test from your last visit.

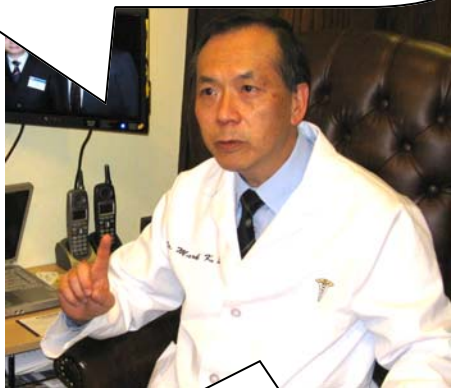
Hepatitis B Screening



It's good to know that you are not infected! However, you are at risk for infection, so you need to receive 3 shots in the next 6 months to be vaccinated.



Hui, as for you, since you have already been infected, you should come to my office regularly to do a follow-up on your health status.



Even though hepatitis B cannot be fully cured, you may take treatments to keep the amount of virus low.



I see. I'll make an appointment now.

Thank you, doctor. I would like to have my first shot of vaccine today.

Hui and Hao are now happily married!



Q: If my liver function test says I am normal, do I still need to do a hepatitis B screening?

A: Yes, liver function test is totally different from the hepatitis B screening test. You still need to request your doctor for hepatitis B screening separately.

Q: My spouse is chronically infected. Do we need protection when having sex?

A: Yes, you should use condoms until you complete the vaccination and have the antibodies for hepatitis B. If you already have the antibodies, you do not need protection when having sex.

Q: My doctor told me that since I am in United States, the risk of getting hepatitis B is very low. Is that true?

A: No, it is not true. Although the prevalence of hepatitis B is low in the U.S., the prevalence for Asian immigrants is very high. This means that you are at higher risk than other people in the States.

Q: My doctor said that my screening result is normal. Do I need to do anything?

A: You should check with your doctor whether you have antibodies. If you don't, you need to receive the hepatitis B vaccination. The hepatitis B vaccine is safe and effective at preventing hepatitis B infection.

Q: I know I am hepatitis B infected, but I feel healthy. Do I really need to worry about my hepatitis B status?

A: You should get regular checkups for liver damage and liver cancer. Many chronically infected patients do not show symptoms and have normal liver function tests, but are still at increased risk for liver cancer and liver damage.

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www.maacp.org

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