

脂肪肝對心血管健康的影響

The Effect of Fatty Liver Disease on Cardiovascular Health

脂肪肝的發病原因 Pathogenesis of Fatty Liver Disease

- 與糖尿病和肥胖（代謝綜合症）有關
- 胰島素抵抗導致脂肪肝和糖尿病
- 通常在40-50歲之間診斷
- Associated with diabetes and obesity (metabolic syndrome)
- Insulin resistance causes fatty liver and diabetes
- Usually diagnosed between the ages of 40 and 50

脂肪肝的症狀 Symptoms of Fatty Liver Disease

- 大多數人沒有任何症狀，大多數患者被發現有脂肪肝是因為驗血測到肝酵素升高
- 在很少情況下，患者會感疲勞或右上腹部不適
- Most people have no symptoms. Most patients come to attention because of lab testing suggests elevated liver enzymes detected incidentally
- Rarely, patients would feel fatigue or right upper abdomen discomfort

脂肪肝的診斷方法 Diagnosis of Fatty Liver Disease

- 影像學檢查，例如：超聲波、CT掃描、MRI
- 肝活檢（只有極少數患者需要肝活檢，例如一些診斷不明確的患者）
- 排除肝臟疾病的其他原因，例如：病毒性肝炎、酒精性肝炎、自身免疫性肝炎、藥物等等
- Imaging, E.g. ultrasound, CT scan, MRI
- Liver biopsy (Only a rare portion of patients need it if the diagnosis of fatty liver is not clear after non-invasive tests)
- Rule out other causes of liver disorders. E.g. viral hepatitis, alcohol hepatitis, autoimmune hepatitis, medications, etc.

脂肪肝的治療方法 Management of Fatty Liver Disease

減肥

- 體重減輕5至7%(最好是10%)
- 目標是每週減掉1-2磅
- 肥胖定義為體重指數(BMI)> 30 公斤 / 公尺²

Weight loss

- Lose 5 to 7% (preferably 10%) of body weight
- Aim to lose 1-2 lbs per week
- Obesity is defined as BMI > 30 kg/m²

戒酒

- 越少酒越好
- 酒精也會引起脂肪肝和肝損傷

Alcohol cessation

- The less, the better
- Alcohol can also cause fatty liver and liver damage

降低心血管危險因素

糖尿病

- 控制飲食及做運動
- 在家監測血糖
(目標空腹血糖 4-7mM、餐後血糖 6-10mM)

Optimization of Cardiovascular Risk Factors

Diabetes

- Control diet and do exercise
- Monitor home blood glucose
(Target fasting blood glucose 4-7mM and post meal blood glucose 6-10mM)

高膽固醇

- 兩種類型的壞膽固醇：低密度膽固醇、三酯甘油。它們會增加血管硬化風險，三酯甘油也會導致脂肪肝

Dyslipidemia

- 2 types of bad cholesterol: low-density lipoprotein (LDL), Triglyceride. They both increase cardiovascular risk through promoting atherosclerosis and Triglyceride also causes fatty liver

接種甲型和乙型肝炎疫苗

Vaccination for Hepatitis A and B

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脂肪肝患者須知 Note for Fatty Liver Disease Patients

- 許多人不會出現嚴重的肝臟問題，但少數人會發展為肝硬化
- 治療脂肪肝也有助於治療心臟病
- Many people will not develop serious liver problems. But a minority of people will develop cirrhosis.
- Treatment for fatty liver also helps treating heart disease.

社區資源 Community Resources

什麼是非酒精性脂肪性肝炎 What is non-alcoholic steatohepatitis (NASH)? (英文 English)

<https://www.healthlinkbc.ca/health-topics/non-alcoholic-steatohepatitis-nash>

非酒精性脂肪肝 *Non-alcoholic fatty liver.* (英文 English)

<https://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/symptoms-causes/syc-20354567>

卑詩健康資訊 HealthLink BC

電話: 8-1-1

(每天24小時提供卑詩省醫療保健系統的信息，設有中文服務)

(health system navigators 24 hours per day and Chinese speakers are available)

卑詩省家庭照顧者中心 Family Caregivers of BC

照顧者熱綫 Caregiver Support Line: 1-877-520-3267