社區資源及參考文獻
Resources and References



https://stock.adobe.com/ca/search?k=liver+cartoon

社區資源 Community Resources

- **卑詩省健康鏈接 HealthLink BC**

  8-1-1（每天24小時提供卑詩省醫療保健系統的信息，附有中文）

  8-1-1 (health system navigators 24 hours per day and Chinese speakers are available)

  網站 Website: www.healthlinkbc.ca

HealthLinkBC
BC Health Service Locator
Province of British Columbia

使用應用程序 Use App

(可於 App Store、Google Play 或 Microsoft store 網路商店免費下載)

(Available on App Store, Google Play, or Microsoft store)

社區資源 Community Resources

- **卑詩長者指南 BC Seniors' Guide**

旨在協助長者維持健康生活的資訊彙編,提供 9 種語言版本

Book-style compilation of information to help live a healthy lifestyle as we age, available in 9 languages

網站 Website: https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc_seniors_guide_12thed_chinese.pdf

- **卑詩省家庭照顧者中心 Family Caregivers of BC**

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

網站 Website: www.familycaregiversbc.ca

社區資源 Community Resources

- **電子健康紀錄 Health Gateway**
  - 卑詩省政府製作的平台供使用者網上瀏覽個人健康資訊。
    A platform developed by the B.C. provincial government for users to access their personal health information online.
  - 允許您在一個地方存取多項個人健康資訊。
    Allows you to access many types of your personal health information in one convenient digital location.
  - 您可以使用電子健康紀錄應用程式或瀏覽其網站
    You can access Health Gateway either using the Health Gateway app or by visiting their website
    https://www.healthgateway.gov.bc.ca/

BRITISH COLUMBIA | Health Gateway

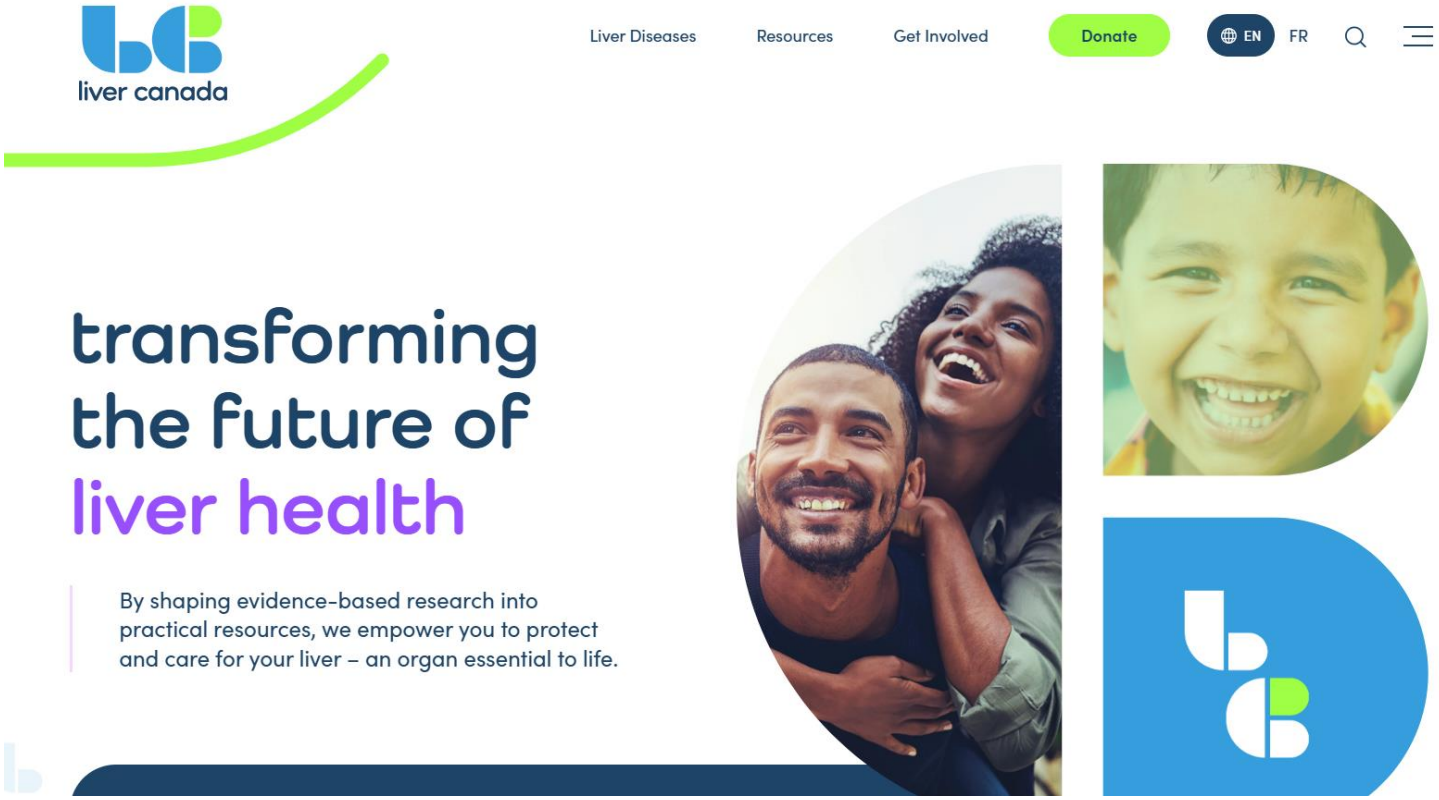
社區資源 Community Resources

- **Liver Canada**

  肝病資訊、病人支援及社區講座，備有中文資訊

  Liver disease information, patient support and community talks, with Chinese materials

  網站 Website: www.liver.ca



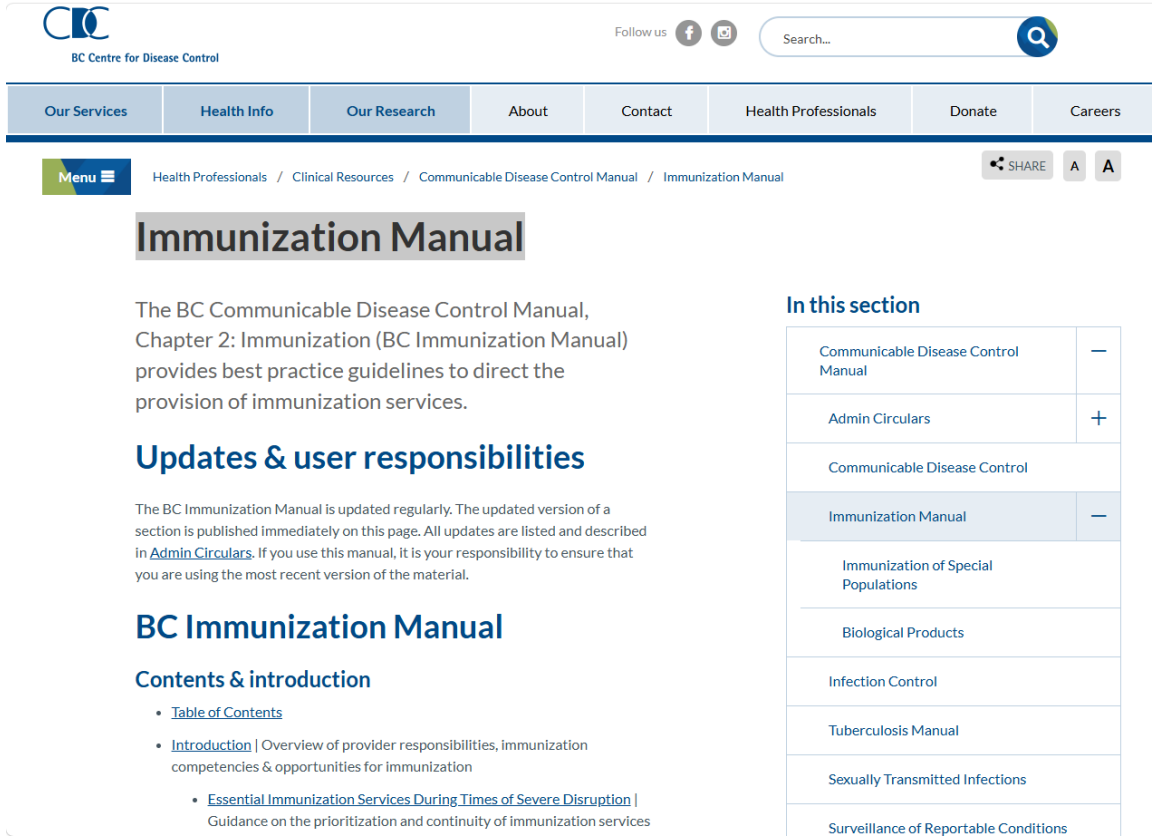
- **HEPBeware**
- **Help4Hep**

社區資源 Community Resources

- **BC Centre for Disease Control (BCCDC)**

免疫接種手冊（只有英文版本）：Immunization Manual:

BC Centre for Disease Control

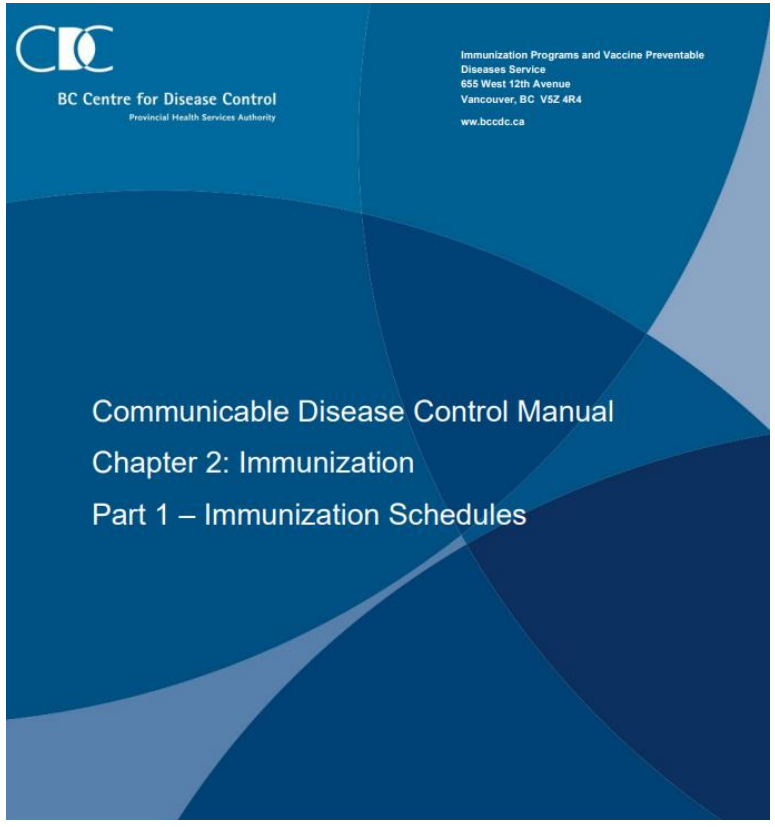


社區資源 Community Resources

- **BC Centre for Disease Control (BCCDC)**

傳染病控制手冊
第二章：疫苗接種 - 第一部分：疫苗接種時間表（只有英文版本）
Communicable Disease Control Manual Chapter 2: Immunization Part 1 – Immunization Schedules:

BC Centre for Disease Control



社區資源 Community Resources

- **Canadian Hepatitis B Network:** https://canadianhbvnetwork.ca/peer-support-group

Canadian Hepatitis B Peer Support Group

Canadian Hepatitis B Network

HOME ABOUT US PATIENTS MEMBERS PROVIDERS PUBLICATIONS CONFERENCES & EVENTS

UPCOMING WEBINAR!

Dr. Orlee Guttman will be discussing "Hepatitis B in Children and Young Adults - Vaccination and Beyond" on November, 2026.

The webinar will be in English, with French, Mandarin and Cantonese interpretations.

Hepatitis B Webinar / Webinaire sur l'hépatite B

Jointly Organized By / Organisé conjointement par

Canadian Hepatitis B Peer Support Group

多倫多全科醫院肝病中心
華人乙型肝炎互助團體
Toronto General Hospital Centre for Liver Disease
Chinese Hepatitis B Peer Support Group

Topic : Hepatitis B in Children and Young Adults - Vaccination and Beyond
Sujet : Hépatite B chez l'enfant et le jeune adulte - Vaccination et perspectives

Speaker: Dr. Orlee Guttman (MD)(BC Children's Hospital)
Conférencier: Dr. Orlee Guttman (MD)
(Hôpital pour enfants de la Colombie-Britannique)

Date: November 21st, 2026 (Saturday)
Date: 21 Novembre 2026 (samedi)

Time: Toronto time 12:00 noon – 1:00pm
(Vancouver time 10:00 am – 11:00 am)
Heure: Heure de Toronto 12:00 noon – 1:00pm
(Heure de Vancouver 10:00 am – 11:00 am)



社區資源 Community Resources

- **Action Hepatitis Canada:**
  https://www.actionhepatitiscanada.ca/



社區資源 Community Resources

- Canadian Association for the Study of the Liver（CASL）：https://hepatology.ca/

Canadian Association for the Study of the Liver

CASL ACEF

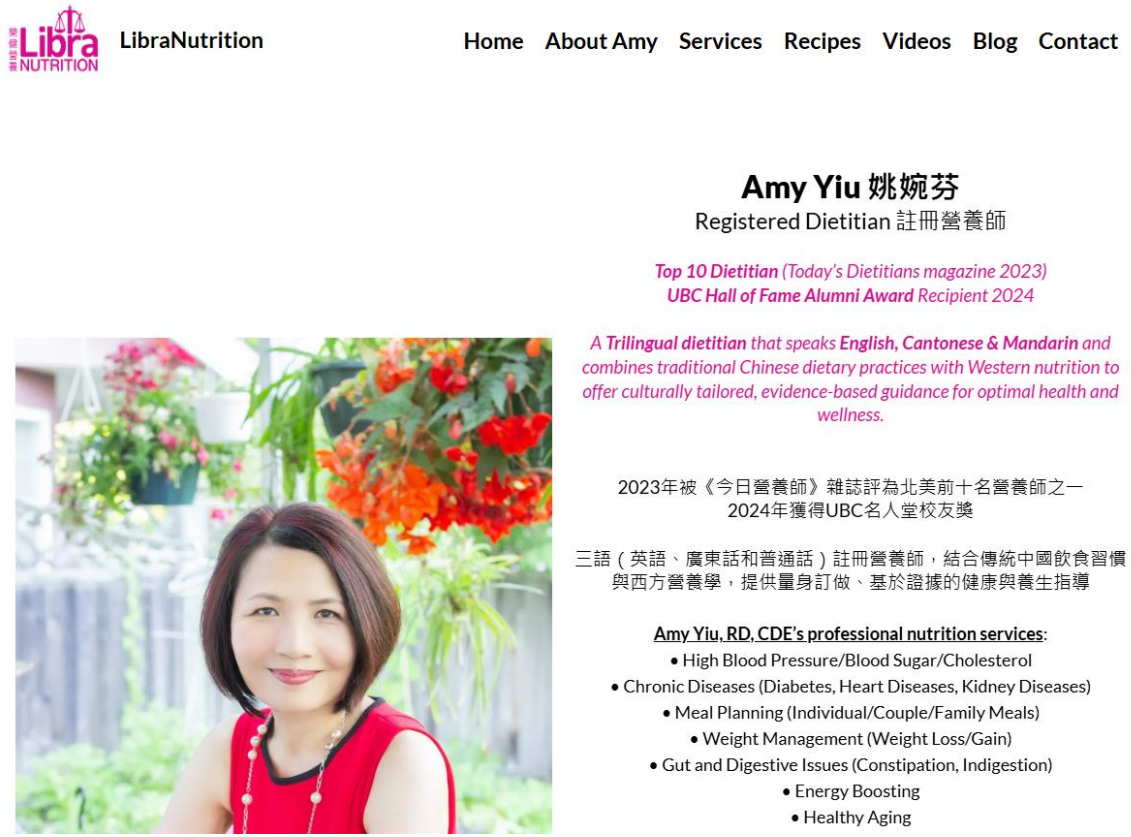
Association Canadienne pour l'étude du foie



社區資源 Community Resources

- 樂健營養 Libra Nutrition： https://libranutrition.com/

LibraNutrition



參考文獻（一）
References (1)

- **WHO. Hepatitis B fact sheet**：[https://www.who.int/news-room/fact-sheets/detail/hepatitis-b, accessed Oct 2026]
- **Canadian HBV Network. Epidemiologic and clinical features of chronic HBV infection in 8 Canadian provinces. CMAJ Open**：[https://www.cmajopen.ca/content/7/4/E610, 2019]
- **BC Medical Journal. Chronic hepatitis B in British Columbia: updates from the 2025 CASL/AMMI Canada guidelines**：[https://bcmj.org/articles/chronic-hepatitis-b-british-columbia-updates-2025-canadian-association-study, 2025]
- **BC Guidelines. Viral Hepatitis Testing**：[https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/hepatitis, 2021]
- **HealthLink BC. Living well with hepatitis C virus (HealthLink BC File 40b)**：[https://www.healthlinkbc.ca/node/11603, accessed Oct 2026]
- **Mayo Clinic. Fatty liver disease (MASLD): Looking beyond the scale**：[https://communityhealth.mayoclinic.org/featured-stories/fatty-liver-disease-looking-beyond-the-scale, accessed Oct 2026]

參考文獻（二）
References (2)

- **PubMed Central. Review of MASLD in lean individuals:** [https://pmc.ncbi.nlm.nih.gov/articles/PMC10780205, 2024]
- **ALEH Working Group. Updated recommendations for the management of MASLD. Annals of Hepatology:** [https://www.elsevier.es/en-revista-annals-hepatology-16-articulo-updated-recommendations-for-management-metabolic-S1665268125001279, 2025]
- **CCSA. Canada's Guidance on Alcohol and Health:** [https://ccsa.ca/more-6-drinks-week-puts-your-health-risk-new-canadas-guidance-alcohol-and-health, 2023]
- **Clinical Correlations. The Asian Glow: a screening tool for esophageal cancer risk:** [https://www.clinicalcorrelations.org/2009/07/29/the-asian-glow-a-unique-screening-tool-to-evaluate-for-an-elevated-risk-of-esophageal-cancer/, 2009]
- **CSEP. Canadian 24-Hour Movement Guidelines for Adults aged 18–64 years:** [https://csepguidelines.ca/adults-18-64/, 2020]
- **Icons: Font Awesome Free (CC BY 4.0):** [https://fontawesome.com/license/free, accessed Oct 2026]