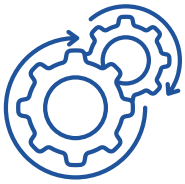
帶您認識肝臟
Getting to Know Your Liver

常見資源 General Resources



肝臟的六大主要功能 Six Key Functions of the Liver

營養代謝 Metabolism	解毒排毒 Detox	製造膽汁 Bile
把食物轉化為身體所需能量 Turns food into energy	分解酒精、藥物及體內廢物 Breaks down alcohol, drugs and waste	幫助消化及吸收脂肪 Helps digest and absorb fat
製造蛋白質 Proteins	**儲存養分 Storage**	**免疫防禦 Immunity**
例如白蛋白及凝血因子 E.g. albumin and clotting factors	儲存糖原、維他命及鐵質 Stores glycogen, vitamins and iron	清除血液中的細菌及病原體 Clears bacteria from the blood

與家庭醫生談談肝臟健康
Talk to Your Family Doctor About Liver Health

您可以這樣問醫生：

- 我需要驗乙肝、丙肝嗎?
- 我的肝功能正常嗎?
- 我有脂肪肝的風險嗎?
- 我的藥物和保健品安全嗎?

Questions you can ask:

- Do I need hepatitis B and C tests?
- Are my liver tests normal?
- Am I at risk of fatty liver?
- Are my medicines and supplements safe?

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THE UNIVERSITY OF BRITISH COLUMBIA
Digital Emergency Medicine
Department of Emergency Medicine | Faculty of Medicine
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肝病風險清單 Liver Disease Risk Factors Checklist

- ☐ 亞洲或太平洋地區出生或成長 Born or raised in Asia or the Pacific (or your parents were)
- ☐ 家人患有乙肝或肝癌 Family history of hepatitis B or liver cancer
- ☐ 腰圍大，或有糖尿病、三高 Large waist, diabetes, high blood pressure or cholesterol
- ☐ 經常飲酒，或喝酒會臉紅 Frequent drinking of alcohol, or flushing when drinking
- ☐ 1992 年前輸血或接觸不潔針具 Transfusion before 1992, or unsterile needles
- ☐ 常服藥物、中草藥或保健品 Regular use of medicines, herbs or supplements

只要有其中一項，請與家庭醫生談談檢查

If any apply to you, talk to your family doctor about testing

請盡快求醫的情況
Situation to See a Doctor Promptly

- 眼白或皮膚變黃 Yellow eyes or skin
- 嘔血或黑色大便 Vomiting blood or black stools
- 腹部明顯脹大 Marked abdominal swelling
- 意識混亂、嗜睡 Confusion or drowsiness

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