如何治療肝病和及早發現的重要性!
How are Liver Diseases Treated and the Importance of Early Detection!



常見資源 General Resources

誰應該做與 MASLD 相關的肝臟疤痕檢查?
Who Should be Checked for Liver Scarring-Related to MASLD?

- 第2型糖尿病
- 肥胖，或腰圍持續增大
- 肝酵素異常
- 任何掃描顯示「脂肪肝」
- 以下兩項或以上：
  - 高血壓、高三酸甘油酯、低高密度脂蛋白膽固醇、糖尿病前期

- Type 2 diabetes
- Obesity, or a waist that keeps growing
- Liver enzymes even midly abnormal
- “Fatty liver” on any scan
- Two of more of these:
  - High blood pressure ,high triglycerides, low HDL cholesterol, pre-diabetes

如何改變飲食和運動習慣?
How to Change Your Diet and Exercise?

- 減少加工碳水化合物和精製澱粉
- 避免含糖飲料和果汁
- 考慮地中海式飲食模式

- Cut back on processed carbohydrates and refined starch
- Avoid sugary drinks and fruit juice
- Consider a Mediterranean-style diet

每週五天快步走，每次30分鐘，總共150分鐘

5 days a week of brisk walking, about 30 minutes each, for a total of 150 minutes

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Digital Emergency Medicine
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為什麼早期發現很重要?
Why Early Detection Matters?

沉默的疾病：慢性B型肝炎通常數十年無症狀
The Silent Disease: Chronic hepatitis B is often asymptomatic for decades

預防損害：早期診斷可進行醫療管理，防止肝硬化和肝衰竭
Prevention of Damage: Early diagnosis allows for medical management that can prevent cirrhosis and liver failure

降低癌症風險：抗病毒治療能非常有效地降低肝癌風險
Reducing Cancer Risk: Antiviral therapies are highly effective at reducing the risk of liver cancer

保護他人：知道自己的狀態後，可以採取措施防止病毒傳播給家人和伴侶
Protecting Others: Knowing your status allows you to take steps to prevent spreading the virus to family and partners

保護自己與家人
Protecting Yourself and Family

檢測
Testing

疫苗接種
Vaccination

安全保護措施
Safe protections

安全身體穿刺
Safe tattoos and piercings

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