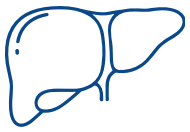
常見的肝病有哪些?
What are the Most Common Liver Diseases?

常見資源 General Resources

主要的肝病類型
Main Types of Liver Diseases



脂肪肝 Fatty Liver (MASLD)

- 與體重過重、糖尿病、高血壓、高膽固醇有關
- 早期通常沒有症狀
- 可進展至肝硬化

- Associated with being overweight, diabetes, high blood pressure and high cholesterol
- Usually no early symptoms
- Can progress to cirrhosis

病毒性肝炎 Hepatitis B and C

- 乙型肝炎經血液、性接觸或母嬰傳播
- 丙型肝炎主要經血液傳播
- 可轉為慢性感染
- 可導致肝硬化和肝癌

- Hepatitis B is transmitted through blood, sexual contact or from mother to baby
- Hepatitis C is mainly spread through blood
- Can become chronic
- Can lead to cirrhosis and liver cancer

酒精性肝病 Alcohol Related Liver Disease

- 長期大量飲酒可損害肝臟
- 可導致脂肪肝、酒精性肝炎、肝硬化

- Heavy and long-term alcohol use can damage the liver
- Can lead to fatty liver, alcoholic hepatitis and cirrhosis

iCON interCultural Online Health Network
THE UNIVERSITY OF BRITISH COLUMBIA
Digital Emergency Medicine
Department of Emergency Medicine | Faculty of Medicine
BRITISH COLUMBIA
Supported by the Province of British Columbia

© 2026 The University of British Columbia
Created by UBC Digital Emergency Medicine.

Thank you to the B.C. Ministry of Health Patients as Partners Initiative for their support.

肝病的常見症狀
Common Symptoms of Liver Disease

容易疲倦 Tireness	食欲不振 Poor appetite	嘔心 Nausea
右上腹不適 Discomfort in right upper abdomen	皮膚或眼睛發黃 Jaundice	腹部脹大 Abdominal swelling

需要立即就醫的警號
Warning Signs to See a Doctor



右上腹持續不適 Right upper quadrant discomfort



腹部明顯脹大 Increasing abdominal swelling



神智不清 Confusion or drowsiness



皮膚或眼睛明顯發黃 Severe jaundice

如出現以上情況，請盡早找家庭醫生評估
See your family doctor early if you notice any of these

iCON interCultural Online Health Network
THE UNIVERSITY OF BRITISH COLUMBIA
Digital Emergency Medicine
Department of Emergency Medicine | Faculty of Medicine
BRITISH COLUMBIA
Supported by the Province of British Columbia

© 2026 The University of British Columbia
Created by UBC Digital Emergency Medicine.

Thank you to the B.C. Ministry of Health Patients as Partners Initiative for their support.