

Hepatitis B

Hepatitis B is a serious infection of the liver caused by the hepatitis B virus (HBV). The incubation period of hepatitis B is 45-160 days (average is 120 days). HBV infection can cause long-term liver disease. It is a major cause of acute and chronic hepatitis, cirrhosis and primary hepatocellular carcinoma.

HBV infection may occur in two phases - acute or chronic.



Acute Phase

An acute phase occurs just after the person is infected and lasts from several weeks to months, about 50% of infected adults are asymptomatic.

Chronic Phase

The chronic phase follows an acute phase in some instances and the person becomes a "chronic carrier" with HBV remaining in the liver and blood. Ninety percent of infants infected by transmission from the mother at the time of delivery become chronic carriers and 25% eventually die of hepatic carcinoma or other liver disease.

How does it spread?

Hepatitis B can be contracted through exposure to contaminated blood and blood products through use of contaminated needles, razors, dental and medical equipment, tattooing and body-piercing devices as well as sexual contact with infected individuals.

It can also be passed from mother to infant, primarily at the time of birth.

How can you prevent it?

Personal:

- Avoid multiple sex partners and unsafe sex, always use condoms if you are not sure whether the sex partner is a carrier
- Avoid sharing razors, toothbrushes or needles for injection and ensure acupuncture, tattooing or ear-piercing is done with sterilized instruments
- Protect yourself from direct contact with other people's blood or body fluids including semen, vaginal discharge, etc

By Vaccination:

Hepatitis B vaccine provides good protection against HBV and is given in a total of 3 injections, given initially and 1-2 and 6-18 months later.

How is it treated?

There is no cure for hepatitis B, however there are some drugs that may slow down the disease process.

Prevention is, therefore, very important.

Source:

A Practical Guide For The Medical Office
(Shoreland, Inc.)

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乙型肝炎

乙型肝炎是由乙型肝炎病毒（HBV）引起的嚴重肝臟病毒感染，其潛伏期為45-160天（平均為120天）。乙型肝炎病毒感染可引致長期的肝病，並且是造成急性肝炎及慢性肝炎、肝硬化，甚至原發性肝癌的主要成因。

乙型肝炎病毒感染分為急性肝炎和慢性肝炎。



急性肝炎

急性肝炎是在患者感染後立即出現，並持續數周至數月，當中約五成的成年患者並無任何症狀。

慢性肝炎

在某些情況下，慢性肝炎會緊接急性肝炎而出現，乙型肝炎病毒會留存在患者的肝臟和血液中，使患者成為「慢性肝炎帶菌者」。九成的嬰兒會在帶菌的母親分娩時被傳染成為慢性肝炎帶菌者，而當中25%的嬰兒會因而死於肝癌或其他肝臟疾病。

乙型肝炎如何傳播？

乙型肝炎可以透過接觸受污染的血液和血液製品傳播，如使用受污染的針筒、剃刀、牙科和醫療設備、紋身和穿刺裝置以及與患者進行性接觸。

乙型肝炎也可以從母親傳給嬰兒，主要是在嬰兒出生時被傳染。

如何預防乙型肝炎？

個人方面

- 避免擁有多個性伴侶及進行不安全的性行為，如果不確定性伴侶是否帶菌者，請務必使用安全套。
- 避免共用剃刀、牙刷或注射針筒，並確保針灸、紋身或穿耳孔是用無菌的設備進行。
- 避免與其他人的血液或體液直接接觸，例如精液及陰道分泌物等。

接種疫苗

乙型肝炎疫苗為接種者提供良好的保護，避免感染乙型肝炎病毒，並總共須注射3針，包括第一劑注射、1-2個月後接受第二劑注射及6-18個月後接受最後一劑注射。

如何治療乙型肝炎？

現時醫學上並沒有根治乙型肝炎的方法，但部分藥物可以緩減乙型肝炎惡化。

因此，預防感染是非常重要的。

資源來源：

A Practical Guide For The Medical Office
(Shoreland, Inc.)

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