

# Living with Hepatitis B

## 患有乙型肝炎

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# Disclosure 披露

- How I look after hepatitis B is different from how others look after hepatitis B
  - 我照顾乙肝的方式与其他人照顾乙肝的方式不同
- Different access to tests
  - 不同的测试访问权限
- Different ideas about who needs treatment
  - 关于谁需要治疗的不同观点

# Vaccine in 1984, Treat mothers 2006 1984 年疫苗, 2006 年治疗母亲

- 2/10 infected
  - 2/10 感染者
- Not from eating together
  - 不是因為一起吃飯
- 1984 Taiwan, Canada
- 1987 Hong Kong
- 1992 – 2002 China
- Less young people with HBV  
年轻人患乙肝的人数减少



# Stigma and hiding

## 恥辱和隱藏

- Family members don't talk about it
  - 家人不談論這件事
- People do not want to be tested
  - 人們不想接受測試
- Getting married, starting a family
  - 結婚、組成家庭
- Being around grandchildren
  - 和孫子們在一起



# No monitoring

## 無監測

- Pain in upper right part of stomach – liver cancer
  - 胃右上部分疼痛 – 肝癌
- Weight loss, water in stomach, turning yellow – liver failure
  - 體重減輕、胃積水、變黃 – 肝衰竭
- Men 3/10
  - 男子 3/10
- Women 1/10
  - 女子 1/10

# Regular monitoring

## 定期監測

- Lifelong infection means lifelong monitoring
  - 終身感染=終身監測
- Blood tests 血液檢查
  - ALT high if hepatitis B damaging the liver
    - 如果B型肝炎損害肝臟，則 ALT 高
    - Higher the ALT, faster the liver is being damaged
      - ALT 越高，肝臟受損越快
  - Platelets falling/low indicates advanced scarring of the liver
    - 血小板下降/低表示肝臟出現嚴重疤痕
  - HBsAg positive means hepatitis B still there
    - HBsAg 陽性表示B型肝炎仍然存在
  - HBV DNA low means hepatitis B is controlled, not damaging the liver
    - HBV DNA 低意味著乙型肝炎得到控制，不會損害肝臟
  - HBV DNA high means hepatitis B might be causing damage to the liver
    - HBV DNA 高意味著B型肝炎可能對肝臟造成損害

# Blood tests

## 血液檢查

- Should look at everything, everywhere, all at once
  - 应该同时审视所有地方的所有事物
- Connecting Ontario – labs from anywhere in Ontario
  - 連接安大略省 – 來自安大略省任何地方的實驗室



# Other tests

## 其他測試

- Blood test: AFP (alpha fetoprotein) 甲胎蛋白
  - 血液檢查 : AFP
  - Can go up with liver cancer but there are other causes
    - 可能會罹患肝癌，但還有其他原因
- FibroScan 肝纖維化掃描
  - Tap on liver to tell if it is hard or not
    - 敲一下肝臟，看看它是否堅硬
  - Treat if liver getting stiffer
    - 如果肝臟變得僵硬，請進行治療
- Ultrasound 超音波
  - Look for new lumps
    - 尋找新的腫塊
  - Anyone with cirrhosis
    - 任何患有肝硬化的人
  - Men over age 40 - 40歲以上男性
  - Women over age 50 - 50歲以上女性



# Treating hepatitis B

## 治療B型肝炎

- Not everyone needs or wants treatment
  - 並非每個人都需要或想要治療
- Control not cure – long term treatment needed
  - 控製而非治癒 – 需要長期治療
- 1 pill a day 每天 1 粒
  - Entecavir
  - Tenofovir (TDF) Viread
  - Tenofovir (TAF) Vemlidy – very expensive, price will come down in future
- New medicines might cure hepatitis B
  - 新药或可治愈乙肝
  - Recent medicines only work in a few, lot of side effects
    - 最近的药物只对少数副作用有效

# How often to monitor

## 多久監測一次

- Most people are stable – once a year
  - 大多數人都處於穩定狀態—每年一次
- More often if things are not stable
  - 如果情況不穩定，則更常見
- AI might help people monitor in the future
  - 人工智能未来可能会帮助我们监控人们

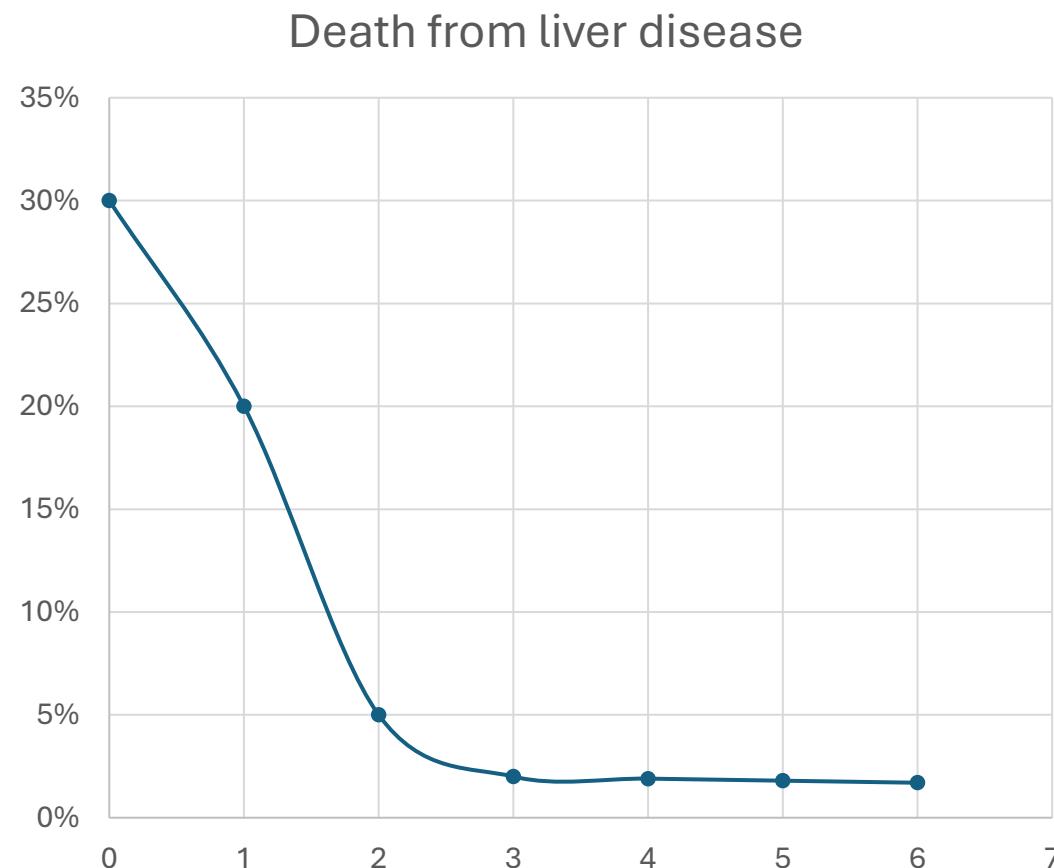
# Good news for hepatitis B

## 乙肝的好消息

- Vaccine: fewer people with hepatitis B
  - 疫苗：乙肝患者减少
- Main risk is liver cancer, about 1%/year
  - 主要风险是肝癌，约1%/年
  - If there is 100 people, every year 1 might get cancer
    - 如果有 100 人，每年可能有 1 人患癌症
  - Most liver cancer is treatable, especially if small
    - 大多数肝癌是可以治疗的，尤其是小
- Monitoring: most people live a normal life
  - 监测：大多数人生活正常
  - Patients living to 80 and 90 years old
    - 活到80岁和90岁的患者

# Things get better if we try harder, but there is a limit

如果我们更加努力，事情就会变得更好，但有一个限度



- Nobody lives forever (yet)
  - 没有人能永生（目前）
- No matter what we do, some will get liver cancer
  - 无论我们做什么，有些人都会患上肝癌
- Not all will survive liver cancer
  - 并非所有人都能在肝癌中幸存
  - No matter how much more you do
    - 无论你做多少
- Live the life that you have, nobody's promised tomorrow
  - 过好自己的生活，没有人能保证明天

# Living with hepatitis B

## 患有B型肝炎

- Can do almost everything
  - 幾乎可以做所有事情
- Can eat anything within reason
  - 合理範圍內甚麼都可以吃
- Can drink within reason
  - 合理範圍內可以喝
- Be a surgeon or dentist if hepatitis B treated
  - 如果B型肝炎得到治療，可以成為外科醫生或牙醫
- Household members and sexual partners should be vaccinated
  - 家庭成員和性伴侶應接種疫苗

