

# 肺結核。

## Tuberculosis (TB)

Tuberculosis or TB is a disease caused by germs called bacteria that most often affects the lungs. You can get infected with TB when you breathe in the germs. You are at a higher risk to get TB if you have a weak immune system. This system can be weakened by poor diet, illness, medicines, stress and other causes.

### Types of infection

There are two types of TB infection, latent and active.

**Latent** infection is when you may have no signs of TB. The bacteria are in your body, but they are not active. You will not feel sick or spread TB to others. Skin or blood tests will be positive for TB. Treatment is still needed to prevent you from getting active TB later.

**Active** infection is when you have signs of the disease. You are able to spread the disease to others when you breathe, cough, sing or laugh and other people breathe in the TB germs. Without treatment, TB can cause serious damage to the lungs and death.

### Signs

TB in the lungs can cause these signs:

- Cough that lasts more than 3 weeks or won't go away
- Fever and chills
- Weight loss or loss of appetite
- Feeling weak and tired
- Chest pain
- Night sweats

肺結核是指一種由細菌引起的疾病，該細菌通常會影響肺部。當您吸入此細菌時，就會感染肺結核。如果您的免疫系統較弱，罹患肺結核的幾率就更高。不良飲食、疾病、藥物、壓力或其它誘因都可能削弱免疫系統。

### 感染類型

肺結核感染有兩種類型：潛伏性感染和活動性感染。

**潛伏性感染**是指您可能沒有任何肺結核症狀。細菌在您體內，但並不活躍。您不會感到不適，也不會將肺結核傳染給他人。皮膚或血液檢查均顯示肺結核呈陽性。為了防止您以後患上活動型肺結核，您仍然需要接受治療。

**活動性**感染是指您具有肺結核所有症狀。在您呼吸、咳嗽、唱歌或大笑時，而他人又吸入了肺結核病菌，您就將疾病傳播給了他。如果不及時治療，肺結核會對肺部造成嚴重損害甚至死亡。

### 症狀

肺結核可能引發下列症狀：

- 咳嗽持續三週以上或久治不愈
- 時冷時熱
- 體重減輕或食欲不振
- 感到虛弱疲勞
- 胸痛
- 盜汗

## Testing

A skin test will be done to see if you are infected. A positive test means that you have been infected. If your test is positive, your doctor may also use a blood test, a chest x-ray and tests of the sputum you cough up to see if you have TB. Your family members and others living with you will also be skin tested to check if they also are infected.

A negative test often means that you are not infected. The skin test may not react if you have a weak immune system. Your doctor may check for TB if your skin test is negative, but you still have signs.

## Medicines

If you have a positive skin test or have TB, you will be started on medicines.

- For latent infection, you may need to take medicine for 3 to 9 months.
- For active TB, medicine treatment may be needed for 6 to 12 months or more.

**Take your medicines as directed.** You may need more than one type of medicine for TB.

- **You need to take all of your medicines for as long as your doctor orders.**
- **Do not stop taking them, even if you feel better.**

Skipping doses or stopping medicines early can cause:

- The spread of TB to others.
- The infection to come back.
- The germs to become resistant to the medicine. This means the germs are harder to stop with the medicines available, making it harder to treat.

## 檢測

需要進行皮膚反應測試確定您是否感染。測試結果呈陽性意味著您被感染。如果檢測結果呈陽性，您的醫師可能還會對您進行驗血、胸透和痰液測試以確定您是否感染肺結核。您的家人以及其他同您合住的人也將接受皮膚反應測試，檢查他們是否也被感染。

測試結果呈陰性通常意味著您未被感染。如果您的免疫系統較弱，皮膚反應測試可能不會有任何反應。如果您的皮膚反應測試呈陰性，但您仍有症狀，您的醫師可能會進一步檢查您是否罹患肺結核。

## 藥物

如果您的皮膚反應測試呈陽性或患有肺結核，您必須服藥。

- 對於潛伏感染，您可能需要服用三至九個月的藥物。
- 對於活動性肺結核，可能需要六至十二個月或者更長時間的藥物治療。

**遵照醫囑服藥。**您可能需要服用多種肺結核藥物。

- 您需要按照醫生的指示服用所有藥物。
- 即使您感覺好多了，也切勿停藥。

早起不服藥或停藥可能導致如下結果：

- 將肺結核傳染給他人。
- 重新被感染。
- 病菌產生抗藥性。這意味著現有藥物很難制止病菌傳播，增加治療難度。

Most often, after 2 to 3 weeks of medicine treatment for active TB, you are no longer contagious. This means you will not pass TB germs to others, but you still need to take your medicine as ordered.

## Protect yourself and others

- Wash your hands well with soap and water or use alcohol based hand sanitizer before and after meals.
- Keep your body strong. Eat 3 meals and drink 6 to 8 glasses of fluid each day.
- Go to all your doctor appointments.
- **Always cover your mouth** when you cough or sneeze with a tissue, then throw it away. You can also cough into your sleeve if you do not have a tissue. Then, wash your hands.

## Hospital care

If you are sick enough that you need to be in the hospital, steps will be taken to prevent others from getting TB.

- You will be isolated in your room until you have been on TB medicines for 2 to 3 weeks or until your sputum is not infected.
- Anyone who comes into your room will wear a mask.
- The door to your room will be closed.
- You will need to wear a mask when you are out of your room.

大多數情況下，對活動性肺結核進行二至三週的藥物治療之後，您不再具有傳染性。這意味著您不會再將肺結核病菌傳染給他人，但您仍需遵照醫囑服藥。

## 保護自己保護他人

- 飯前飯後用肥皂與清水洗手，或使用含酒精的洗手液。
- 保持身體強健。每日保持正常三餐并喝六到八杯水。
- 按時去看醫師。
- 當您咳嗽或打噴嚏時，**一定要用紙巾捂住嘴**，然後扔掉。如果身上沒帶紙巾，您也可以用袖子捂住嘴咳嗽。然後洗手。

## 住院治療

如果您的病情嚴重到需要住院治療，請採取措施防止將肺結核傳染給他人。

- 將會讓您在自己房間中進行隔離，直到您連續服用肺結核藥物二到三週，或者直到您的痰液不再具有感染性。
- 任何進入您房間的人都會佩戴口罩。
- 您的房門也會緊閉。
- 當您離開房間時，需要佩戴口罩。

## **Call your doctor right away if you:**

- Have a worse cough.
- Cough up blood.
- Have trouble breathing.
- Lose weight even when you are eating a good diet.
- Have fevers or night sweats.
- Have brown urine or gray stools.
- Have yellow skin or yellow eyes.

## **Talk to your doctor or nurse if you have any questions or concerns.**

## **如有以下狀況，立刻聯絡醫師：**

- 咳嗽得更加厲害。
- 咳血。
- 呼吸困難。
- 即使吃的很好，體重仍在遞減。
- 發燒或者盜汗。
- 小便呈褐色或大便呈灰色。
- 皮膚泛黃或眼睛泛黃。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。