

胃肠健康

Gastro-intestinal (GI) Health

罗佳昀醫生

胃肠病专家

Greenlane Medical Specialists (GLMS)

Counties Manukau Health (CMDHB)

自我介绍-About Me

- 在威灵顿出生 Born in Wellington
- 父母来自台湾 (普通话) Parents from Taiwan
- 在香港长大的 (广东话) Grew up in Hong Kong
- 奥塔哥医学院 Otago Medical School 1999 医学专科训练 Internal Medicine and Gastroenterology (内科/消化专科) FRACP 2007
- 香港中文大学 The Chinese University of Hong Kong-内镜治疗 2008 - 2010

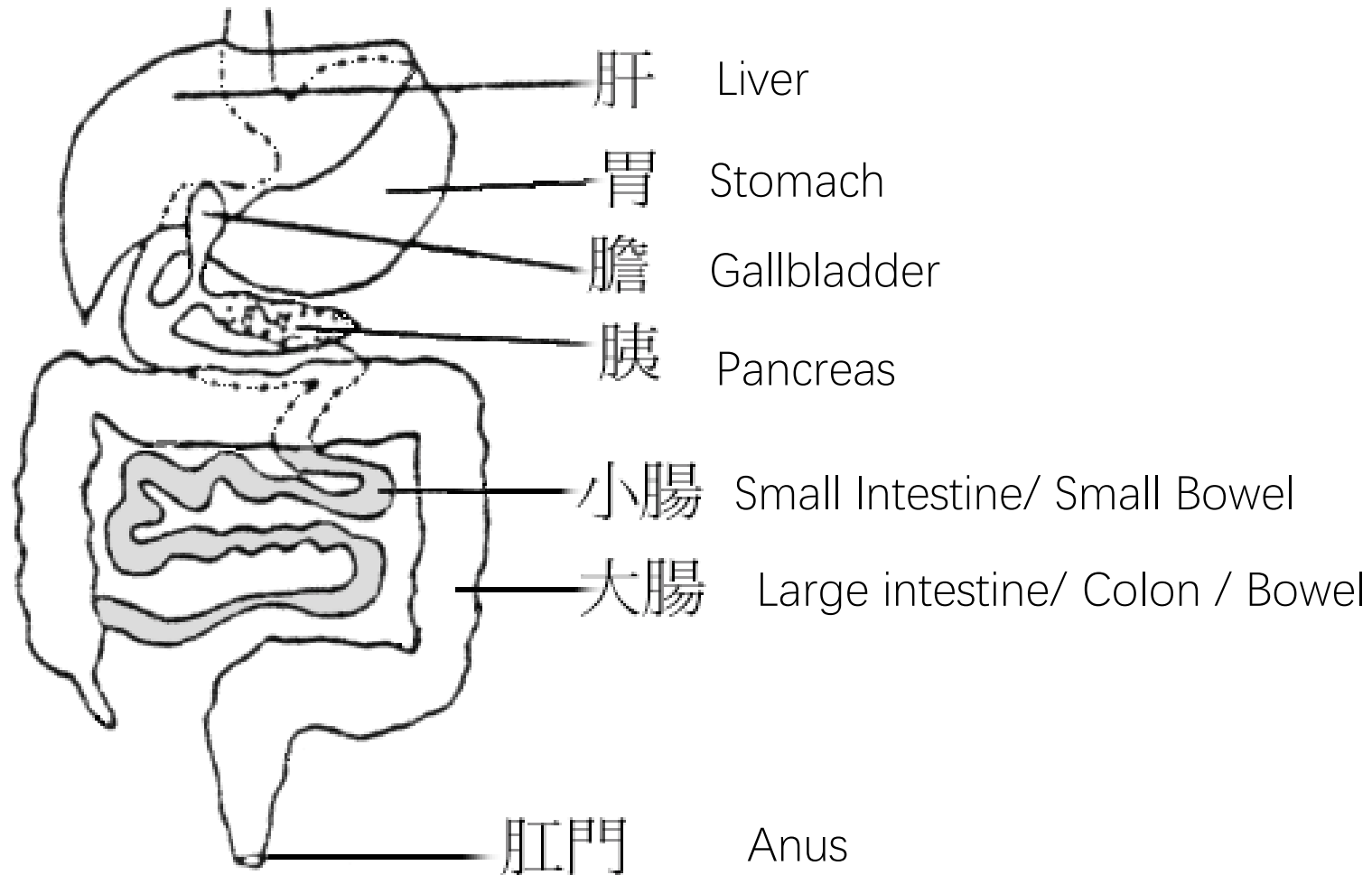
现在委任

- 紐西蘭國立醫院 (Middlemore Hospital) 胃腸肝膽專科主治醫師
2010
- Greenlane Medical Specialists -私人診所 (中区) 2017

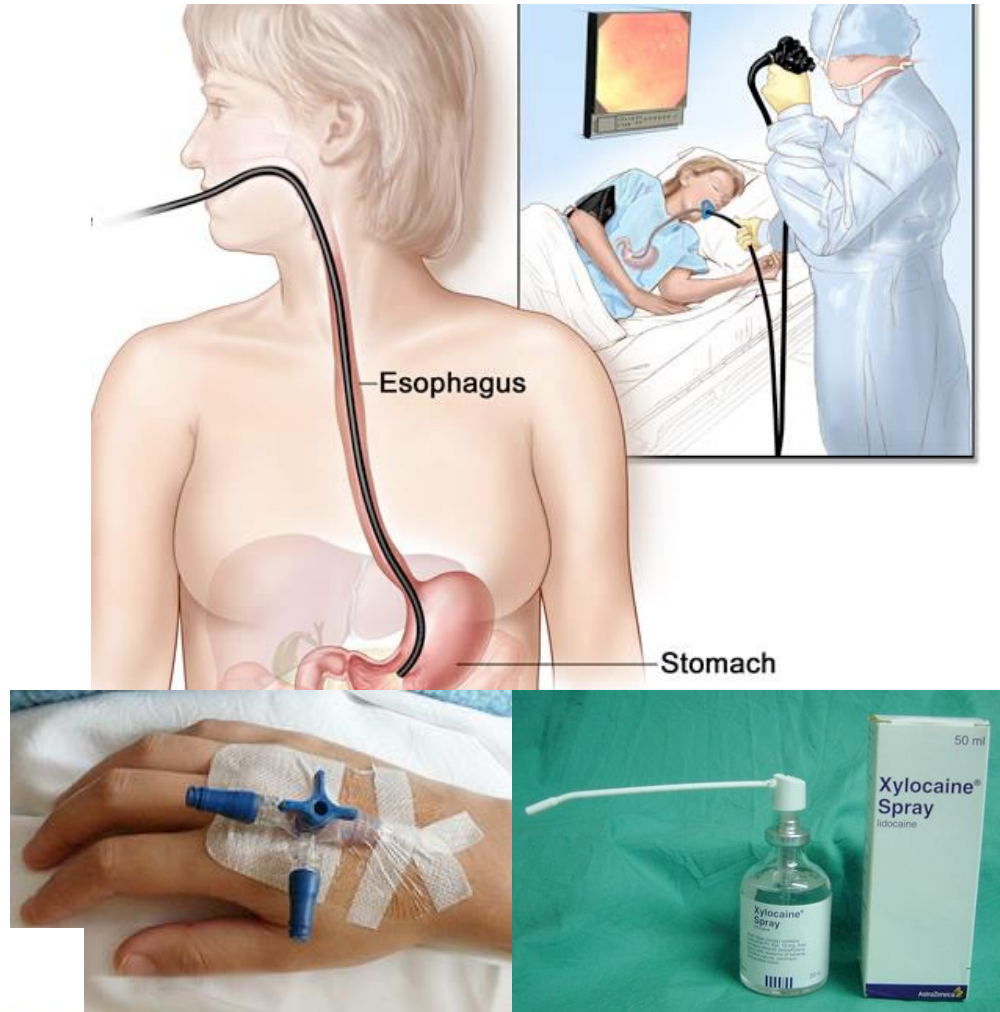
提纲 - Outline

- 消化道 – Digestive System
- 了解胃镜/结肠镜检查 – Understanding Endoscopy
- 常见的消化道问题 – Common GI conditions
 - 胃食管反流病 - GORD
 - 巴雷特食管 – Barrett's
 - 食道癌 – Oesophageal Cancer
 - 幽门螺杆菌 – Helicobacter pylori
 - 消化性溃疡 – Peptic Ulcer disease
 - 胃癌 – Gastric Cancer
 - 乙肝,肝癌 – Hepatitis B, Liver Cancer (HCC)
 - 肠癌 – Bowel Cancer (CRC)

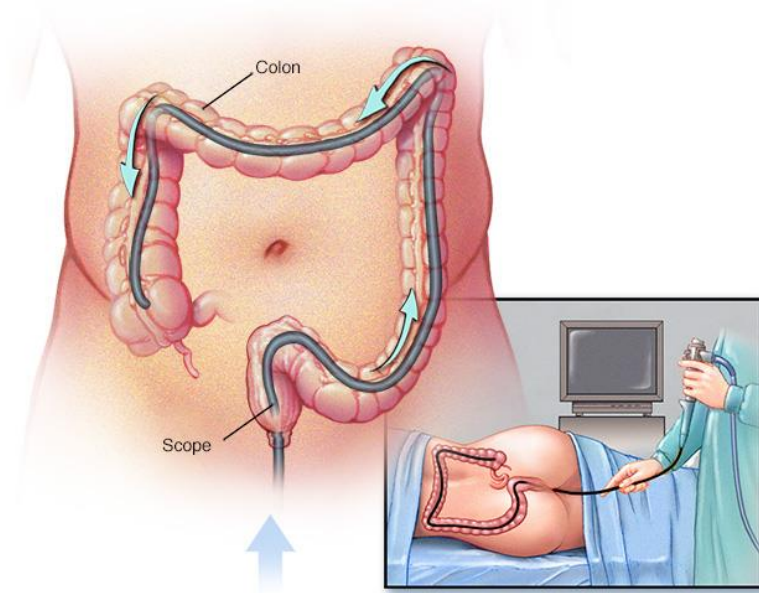
消化系统功能是什麼？ - Introducing the GI system



了解胃镜检查 – Understanding Gastroscopy



结肠镜 – Colonoscopy



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.



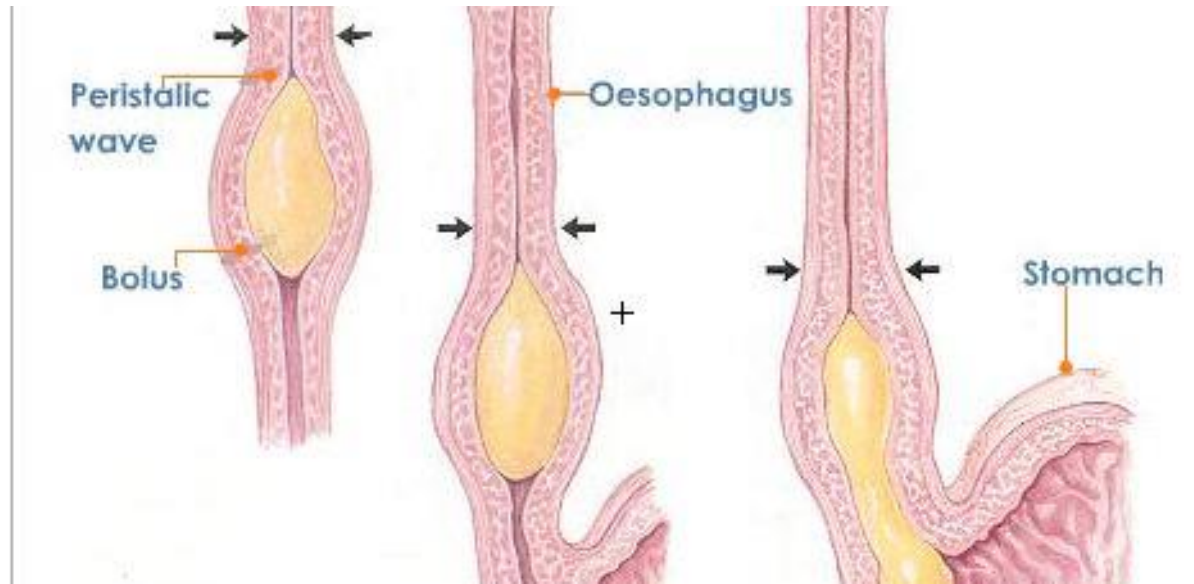
为什么需要做胃镜? – Why do I need a Gastroscopy?

- 吞咽困难 – Swallowing Difficulties
- 持续呕吐 – Persistent Vomiting
- 吐血 – Vomiting Blood
- 上腹部疼痛 – Upper abdominal pain
- 大便呈黑色 – Black stool
- 胸口闷 – Chest pain
- 腹泻 – Diarrhoea

为什么需要做结肠镜? Why do I need a Colonoscopy?

- 排便出血 – Rectal Bleeding
- 排便习惯改变 - 便秘/腹泻 – Change in Bowel Habit
- 腹痛 – Abdominal Pain
- 家族史肠癌 – Family History of Bowel Cancer
- 缺铁性贫血 – Iron Deficiency Anaemia

食道/管(Oesophagus) – 把食物推到胃裡



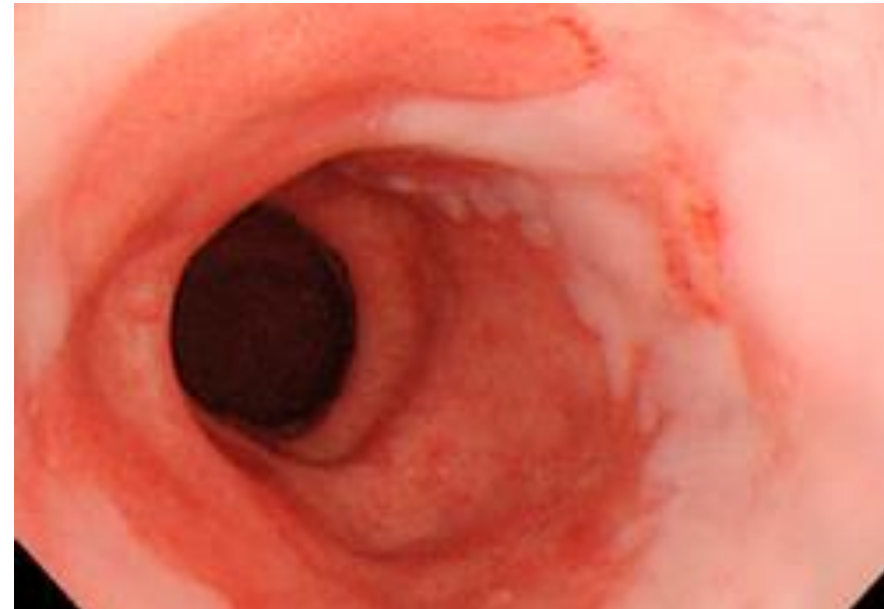
肌肉推食物 Muscles push food into the stomach



內窺鏡圖像 Endoscopy

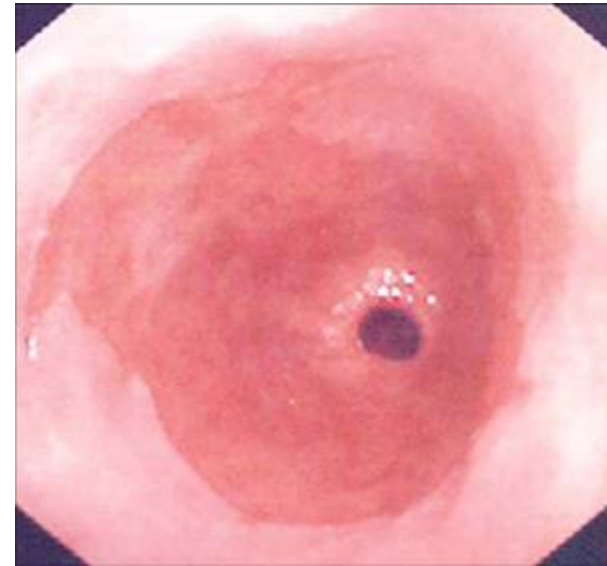
胃食管反流病 – Gastro-Oesophageal Reflux Disease (GORD)

- 亚洲 Asia 2.5-7.1%
- 欧洲 Europe 10-20%
- 食管下段肌肉弱 (weak lower oesophageal sphincter)->胃酸回流 (reflux)
- 常见刺激原因 (Common triggers)
 - 肥胖 - Overweight
 - 咖啡因过量 – Excess Coffee
 - 过量饮酒 – Excess Alcohol
 - 抽烟 - Smoking
 - 辛辣食物 – Spicy foods
 - 吃得过多 – Over-eating



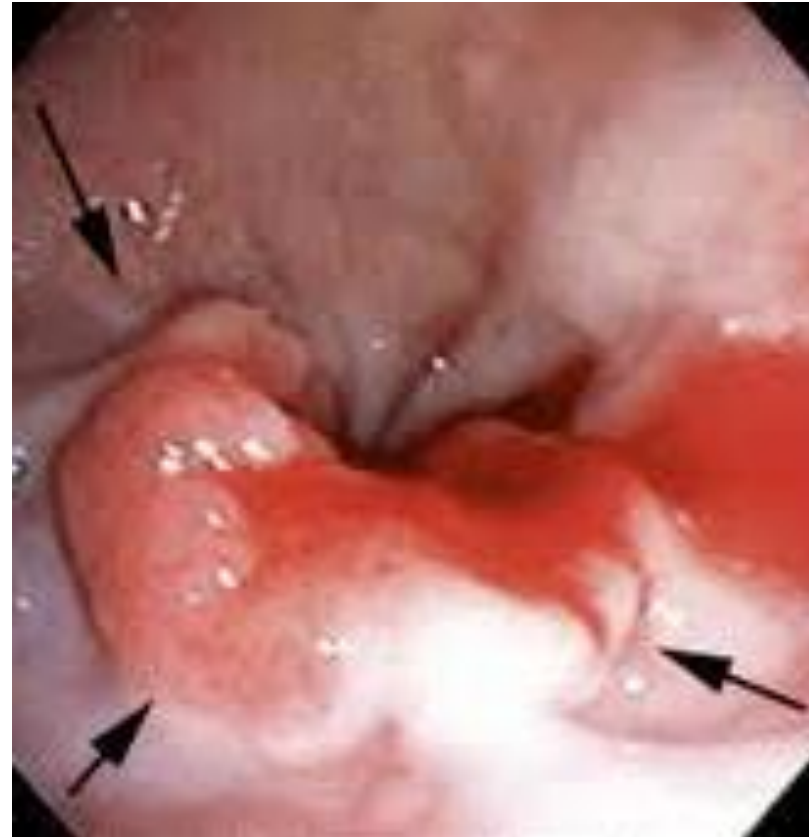
Barretts Oesophagus 巴雷特食管

- 癌前状态 Pre-cancerous lesion (每年患癌症的风险 annual risk of cancer 0.5%)
- 胃食管反流病 5-15% (人口频率 1-3%)
- 高危因素 (High risk features)
 - 白种人 - Caucasian
 - 男性 - Male
 - 年龄超过50岁长段 Age > 50y
 - 抽烟者 Smoker
 - 饮酒者 Drinker

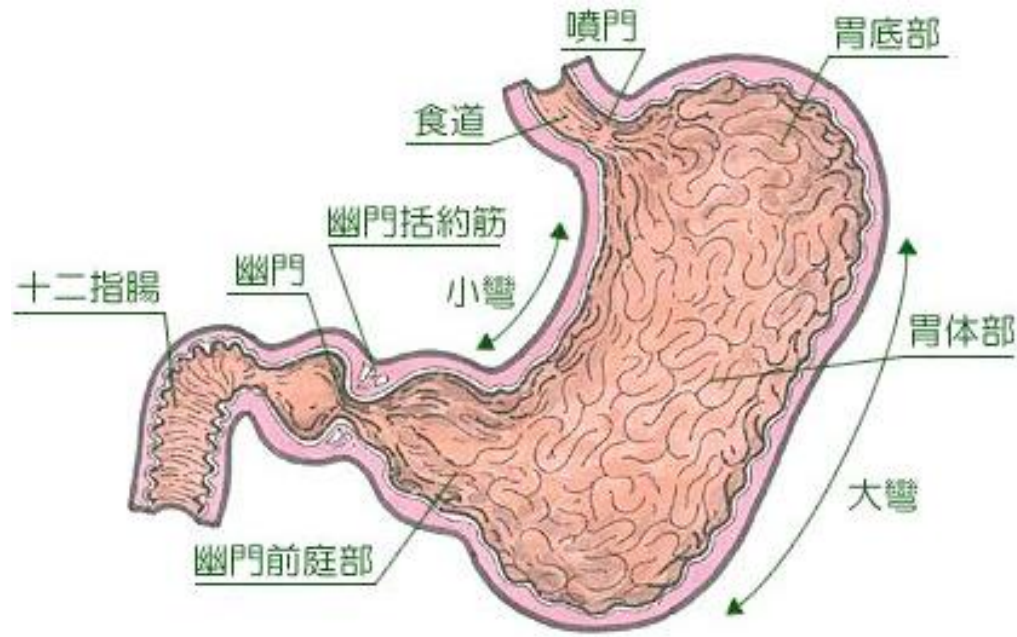


食道癌 – Oesophageal Cancer

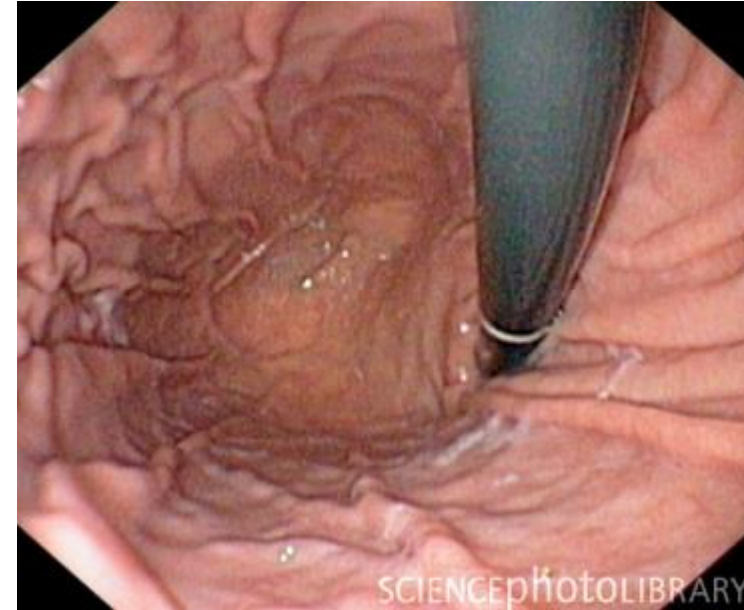
- 鳞状细胞癌 (Squamous Cell)
 - 抽烟者 Smoker
 - 饮酒者 Drinker
- 腺癌 (Adenocarcinoma)
 - 胃食管反流病 GORD
 - 巴雷特食管 (Barrett's Oesophagus)



胃 – 胃酸殺死細菌並開始消化 – Stomach – Acid to kill bacteria and to start digestion



胃酸和胃液消化食物並且將磨碎



內窺鏡圖像 Endoscopy

幽门螺杆菌 – Helicobacter pylori (Hp)

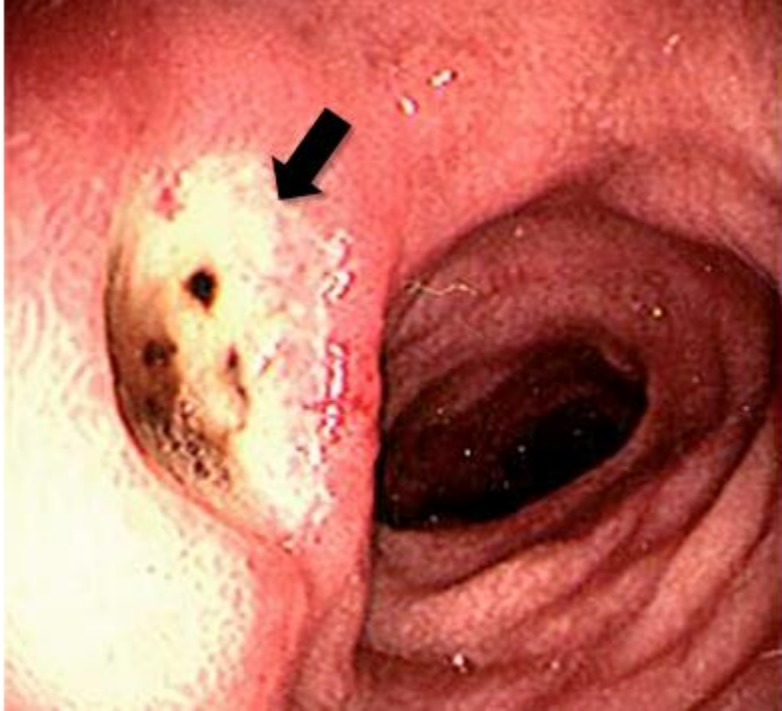
- 幽门螺杆菌是存在于约二分之一的世界人口 – Half of the world are infected with Hp
 - 受污染的食物或水 - In contaminated food and water
 - 大多数感染幽门螺旋杆菌的人没有症状 Majority Asymptomatic (80%), 绝不会发展问题 and will have no long term problems
 - 能够引起一些消化问题 some will have GI symptoms, 包括胃炎 gastritis, 胃溃疡 ulceration (寿命风险 10-20%), 胃癌 cancer (寿命风险 1-2%)
-
- 症状包括 Symptoms
 - 打嗝 Belching
 - 腹胀 Bloating
 - 恶心 Nausea
 - 胃酸反流 Reflux
 - 腹痛 Pain
 - 口臭 Bad breath



幽门螺杆菌 Helicobacter Pylori

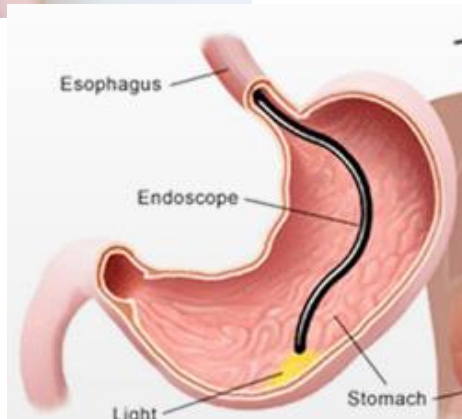


溃疡 - Ulcer



- 幽门螺杆菌 (Hp)
- 非類固醇/甾体抗炎药 (NSAID)

幽门螺杆菌 : 怎样测试 – How to test for Hp?



溃疡治療 Ulcer Treatment

- 只有高危人群 (比如患者有家族史的胃癌) 或者有症状才需要治疗
 - Only high risk patients need treatment
- 治疗成功率 – Medical treatment success rate 60-80%
- 胃药 (Acid suppression) + 两种抗生素 (Antibiotics) 一起吃 7-10天

- 减少胃溃疡的风险: Reduce risk of ulcers
- 少喝咖啡/茶/汽水 – Less coffee, tea and soft drinks
- 不要抽烟 – Don't smoke
- 减轻压力 – Reduce stress

胃癌 – Gastric (Stomach) Cancer



- 在中国发病率 Incidence in China 3.1/10,000
- 乡村 Rural > 城市 Metropolitan
- 男性 Males > 女性 Females

胃癌风险因素 – Risk Factors for Gastric Cancer

- 幽门螺杆菌 - Hp
- 高盐饮食 High salt diet (制冷的可用性减少对腌制食品的需求 → 胃癌发生率减少)
- 加工肉类 Processed Meat (香肠 Sausage, 火腿 Ham 每天 >30g)
- 抽烟 Smoking (戒烟10年后风险降低至基线水平 risk back to baseline after stopping for 10 years)
- 肥胖 Overweight (风险增加 Risk increased by 22%)
- 腹部放射 Previous Radiotherapy (睾丸癌 Testicular , 淋巴瘤 Lymphoma)
- 男性 Male
- 家史 Family History

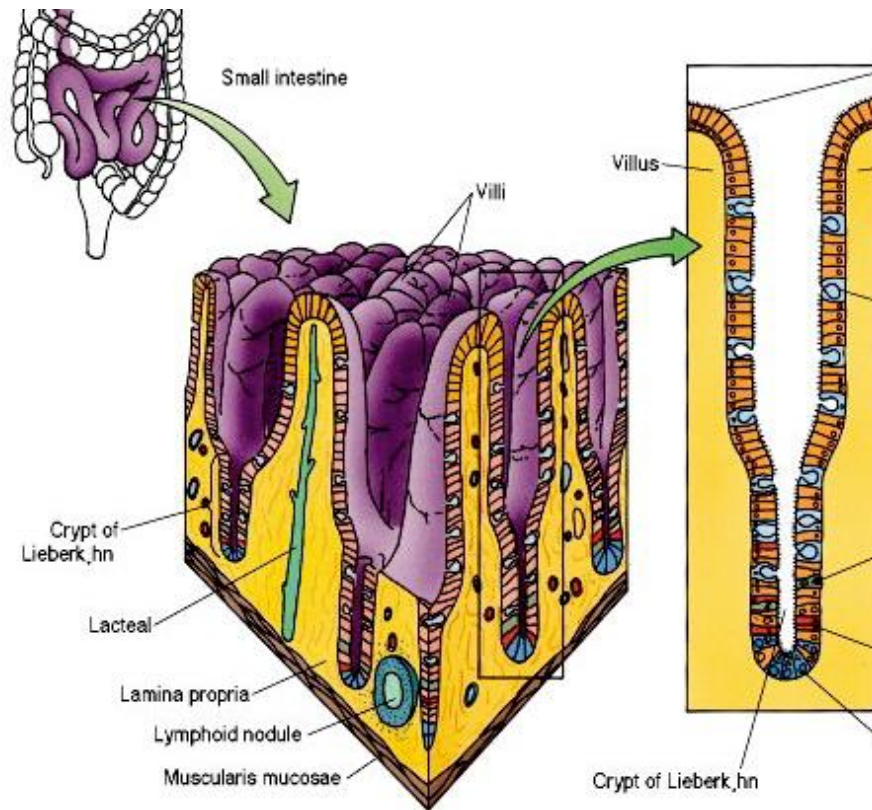
胃癌保护因素 – Gastric Cancer Protecting Factors

- 蔬菜水果 Fruit and Vegetables
- 新鲜蔬菜比煮熟蔬菜更具保护作用 Fresh rather than cooked vegetables
- 最有可能涉及维生素C含量 High Vitamin C foods

胃癌 – Who needs investigating?

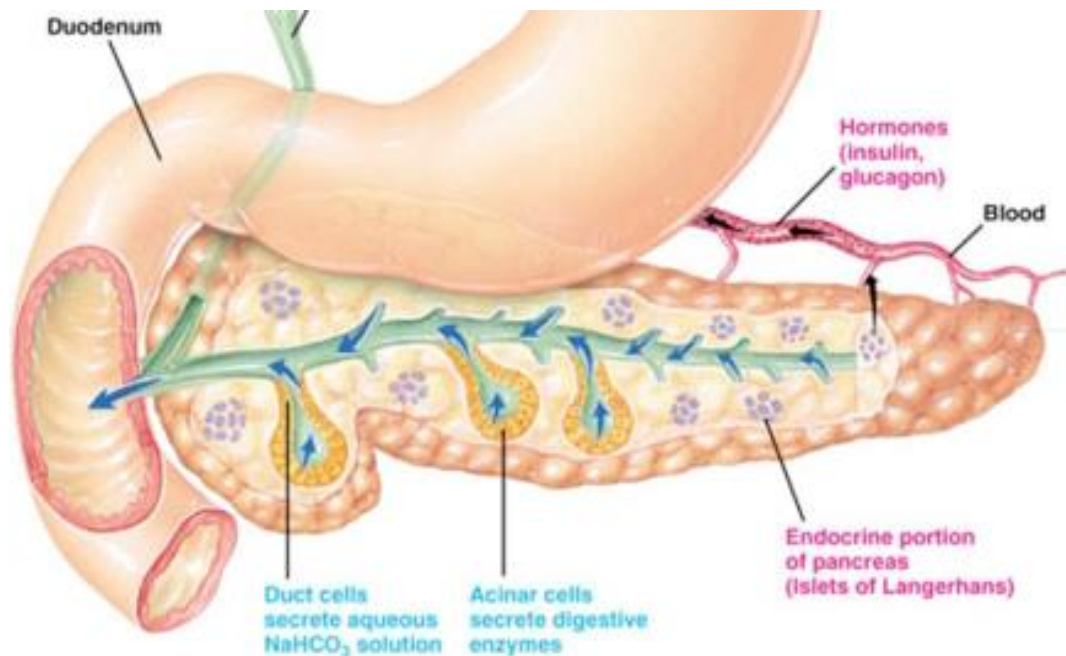
- 任何新上消化道症状 Any new upper GI tract symptoms
 - 反流 reflux,
 - 消化不良 indigestion
 - 恶心 nausea
 - 吞咽困难 swallowing difficulties
 - 出血 bleeding的患者都应该寻求医疗帮助 seek medical attention
- 如果症状发生 Symptoms > 45年 → 胃镜检查 Endoscopy

小腸(Small Bowel) - 吸收養分

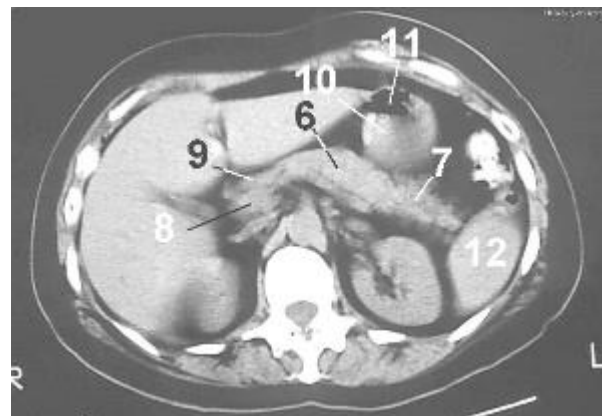


膠囊內鏡檢查 pillcam

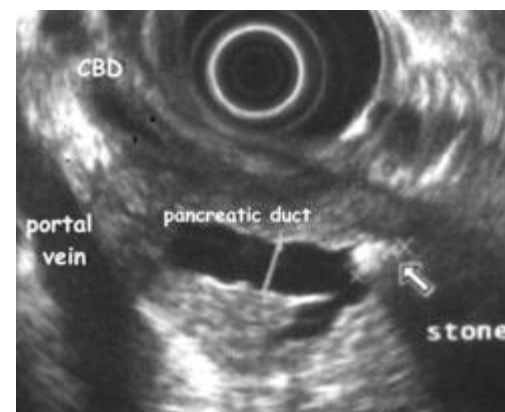
胰腺 (Pancreas) - 消化食物, 控制血糖



荷爾蒙和消化液 Hormones and Digestive Juice

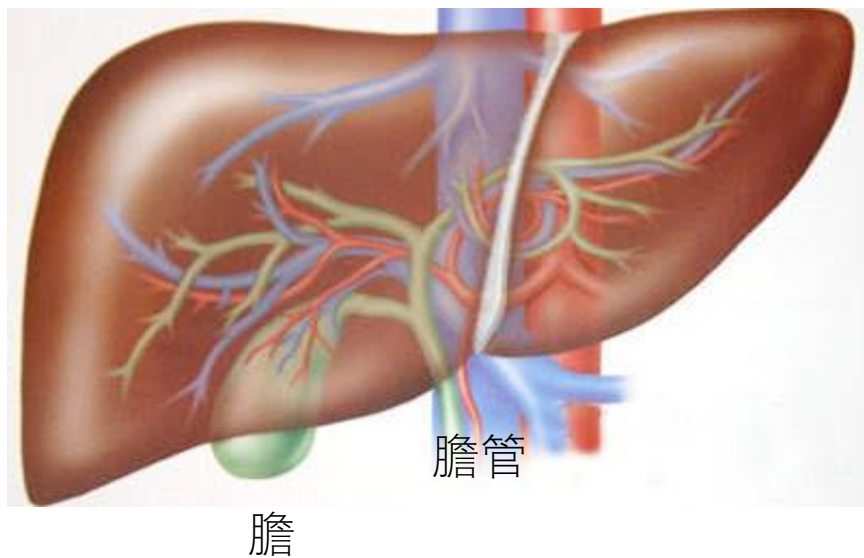


電腦斷層掃描 CT Scan



內鏡超聲 EUS

肝 (Liver) - 處理儲存的營養物質



乙型肝炎 – Hepatitis B

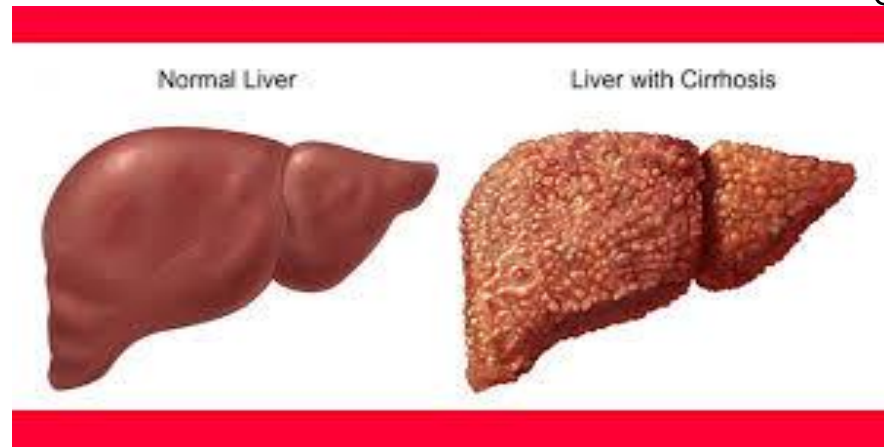
- 全球有3.5亿人受到感染 350 million people affected worldwide
- 通过血液和体液传播 spread by blood and bodily fluids
- 多达40%可能发展危险的肝脏疾病 40% develop advanced liver disease (肝硬化 cirrhosis, 肝衰竭 liver failure 和肝细胞癌 liver cancer)
- 自从20世纪80年代在新西兰引入全民疫苗以来, 疾病负担已经减轻 The burden is decreasing with vaccination at birth
- 在此日期之前出生的人中, 或者出生在接种疫苗不可用的国家, 流行率仍然很高 The prevalence is still high in those born before universal vaccination and in countries that do not vaccinate

在中国 – China

- 2006年，7.8%的人口感染了HBV of the population infected
(毛利人Maori 5.3%，太平洋岛民 Pacific Island 7.6%，新西兰 Pakeha <1%)
- 乙肝疫苗于1987年在中国引入 Vaccination introduced in 1987
- 1992年中国政府制定了全国乙型肝炎免疫计划（首个24小时，1个月和6个月疫苗剂量x 3） Immunization programme 1992
- 收取用户费用严重阻碍了疫苗的使用 2002年免费提供疫苗 Free from 1992
- 疫苗吸收率从1992年出生的儿童中的30%提高到2012年的99.7% Vaccination rates now very high
- 中国儿童的运载率从20世纪90年代的10%下降到2014年的0.32% Carrier rate has dropped from 10% -> 0.32%

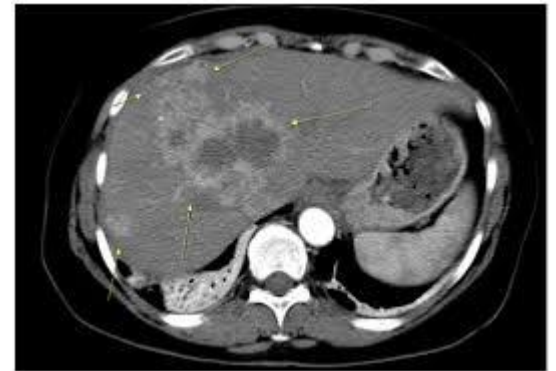


- HBV携带者通常无症状 – Carriers have no symptoms
- 肝损害只能通过血液检查检测 – Damage can only be picked up from blood tests
- 症状 Symptoms (黄疸 Jaundice, 腹水 Swelling, 混乱 confusion) 通常只在终末期肝病时出现 advanced stages only



肝癌 Liver Cancer

- 2012年全球共有 Worldwide new diagnoses 782,000个新病例和 745,000 deaths人死亡
- 无肝硬化患者的年发病率 Non cirrhotics= 0.2至0.8%
- 肝硬化患者年发病率 Cirrhotics = 8%
- 没有有效的治疗方法 No effective treatments
- 除非早期发现 Early detection is important



肝癌的危險因素 – Risk factors for Liver Cancer

- 年齡較大 Older Age
- 男性 Male
- 肝硬化 Cirrhosis
- 乙肝病毒載量較高 High viral load
- 抽煙 Smoker
- 肥胖 Obese
- 糖尿病 Diabetes

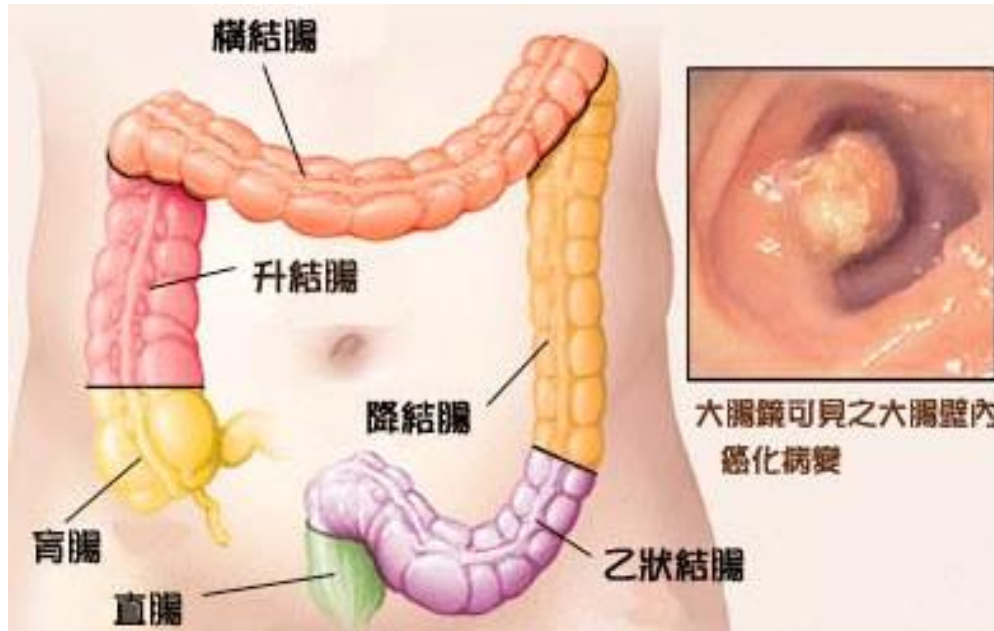
新西兰 New Zealand Surveillance

- 乙型肝炎患者提供了每6个月一次的血液测试 Blood tests every 6 months (AFP, LFTs) – Hepatitis Foundation
- 肝硬化或肝癌家族史的患者每6个月提供一次超声检查 USS for cirrhotics and those with a FHx of Liver cancer every 6 months

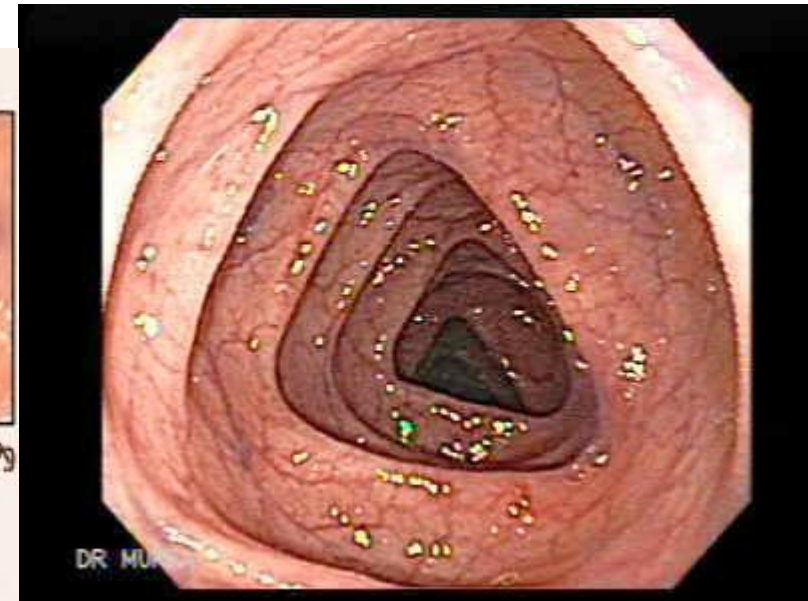
对中国人的推荐 Recommendations for Chinese Hepatitis B carriers

- 2000年以前出生在亚洲的任何人都应该接受乙型肝炎的血液检查
Test for Hepatitis B if born before 2000
- 如果阳性,应每6个月进行一次血液检查 If positive blood tests 6 monthly
- 40岁以上的任何人都应该做 Fibroscan. If > 40 years do a one off Fibroscan to stage.
- 如果转氨酶 (ALT)异常或严重的肝纤维化 → 专家审查 If ALT raised of cirrhotic should see a specialist

結(大)腸 (Colon) - 吸收水分



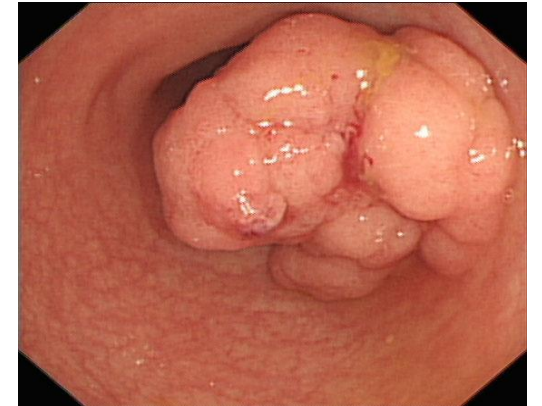
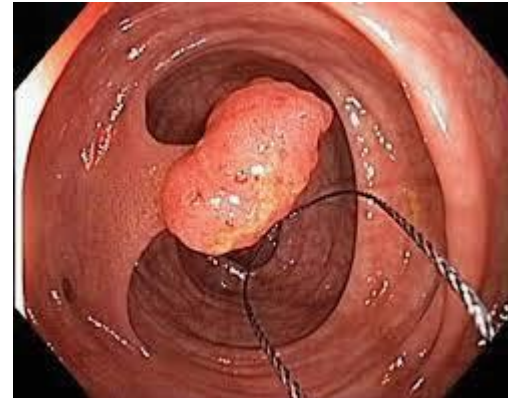
吸收水生產糞便 – absorb water, make faeces



內窺鏡圖像 Endoscopy

肠癌 Bowel Cancer

- 发病率 Incidence: 新西兰男性每10万人中有50.6人，中国男性每10万人中有25人
- 症状: Symptoms
- 排便出血 Rectal Bleeding
- 排便习惯改变 Change in bowel habit
- 缺铁性贫血 Iron deficiency anaemia
- 腹痛 Abdominal pain
- 无意的减肥 Sudden weight loss



肠癌风险因素 Risk factors for Bowel Cancer

- 年龄 Age
- 家史 Family History
- 炎症性肠病 Inflammatory Bowel Disease
- 腹部放射 Previous Radiation
- 种族（在白人/非洲裔美国人中更常见） Race
- 男性 Male
- 肥胖 Obesity

红肉和加工肉类 Red meat and Processed meat

- 烤和油炸锅会增加风险 BBQ and fried meat worse
- 每百克每日红肉Red meat 增加17%的风险 (95%CI 1.05-1.31)
- 每加工肉 Processed meat 50克, 风险增加18% (95%CI 1.10-1.28)
- 世界卫生组织将加工过的肉类 (香肠, 熏肉, 火腿, 牛肉干, 熏牛肉, 烟熏/盐腌/发酵/腌制肉类) 归类为第1组致癌物 (将这些食物与石棉, 香烟, 酒类放在癌症的相同危险类别中)
- 红肉 = 2A组致癌物 (可能与之相关)

抽烟 Smoking

- 与不吸烟者相比，CRC的风险增加：RR 1.18 (1.11-1.25)
- 吸烟者死于CRC的风险也增加 (RR 1.25; 1.14-1.37)

糖尿病 Diabetes


- 糖尿病增加CRC风险: RR 1.38, 95% CI 1.26-1.51
- ?胰岛素作为结肠粘膜细胞的生长因子

肠癌的保护因素 Bowel Cancer Protecting factors

- 膳食元素有相互矛盾的数据 conflicting data
- 阿司匹林降低常规使用者CRC风险-20-40% Aspirin: But bleeding risk!
- 澳大利亚国家指南2017建议所有50至70岁的澳大利亚人服用100mg肠溶阿司匹林

建议摘要 Summary



- 如有任何症状，寻求医疗救助 If you have symptoms see a doctor
- 健康饮食 Eat well (少盐渍 low salt /加工肉类 low processed meat, 更多水果和蔬菜 lots of fruit and vegetables)
- 不要吸烟 Don't smoke 
- 锻炼以预防肥胖和糖尿病 Exercise regularly prevent obesity and diabetes
- 减轻压力 Reduce stress
- 如果早期发现癌症或疾病，则更有可能得到适当的治疗 Early detection allows better outcomes

Thanks for your attention

- 感谢您的关注