

Kab mob siab

Yam koj yuav tsum paub.





Kab Mob Siab B. Yog txhais li cas?

“Kab Mob Siab B” yog ib nqe lus uas siv piav qhia txog kev huam mob rau daim siab uas raug kis raws kab mob siab B (HBV). Kab Mob Siab B ua kom daim siab puas thiab yog tsis kho tus kab mob kom yog, nws muaj peev xwm ua mob loj cov nyom, xws li daim siab tsis ua hauj lwm, mob cancer rau daim siab, thiab tej zaum tuag taus.¹

Kab Mob Siab B Mob Luv piv rau Kab Mob Siab B Mob Ntev

Kab Mob Siab B muaj hom “mob luv” los yog “mob ntev.”²

Kab Mob Siab B Mob Luv

- Tshwm sim thaum koj kis tau tus kab mob siab B thawj zaug.
- Yog ib tug kab mob ncua luv luv—koj lub zog cev tua cov kab mob kom tuag tawm mus thiab koj muaj peev xwm zoo taus li ntawm hli puav.²
- Kab mob nyob luv dua rau (6) lub hlis.²

Kab Mob Siab B Mob Ntev

- Tshwm sim rau thaum koj lub nruab zog cev tsis muaj zog tua tus kab mob tuag taus.²
- Yog ib hom kab mob ncuá ntev—cov kab mob nyob hauv koj cov ntshav li 6 lub hlis los yog ntev dua.²
- Yog ib hom mob huam loj rau lub siab uas tsis pom cov tsos mob yooj yim.³
- Yog tsis kho, yuav muaj peev xwm ua mob loj heev xws li siab khov (thaum kab caws pliav hlav rau daim siab zoo, daim siab tsis mob) los yog mob cancer rau daim siab.^{2,4}

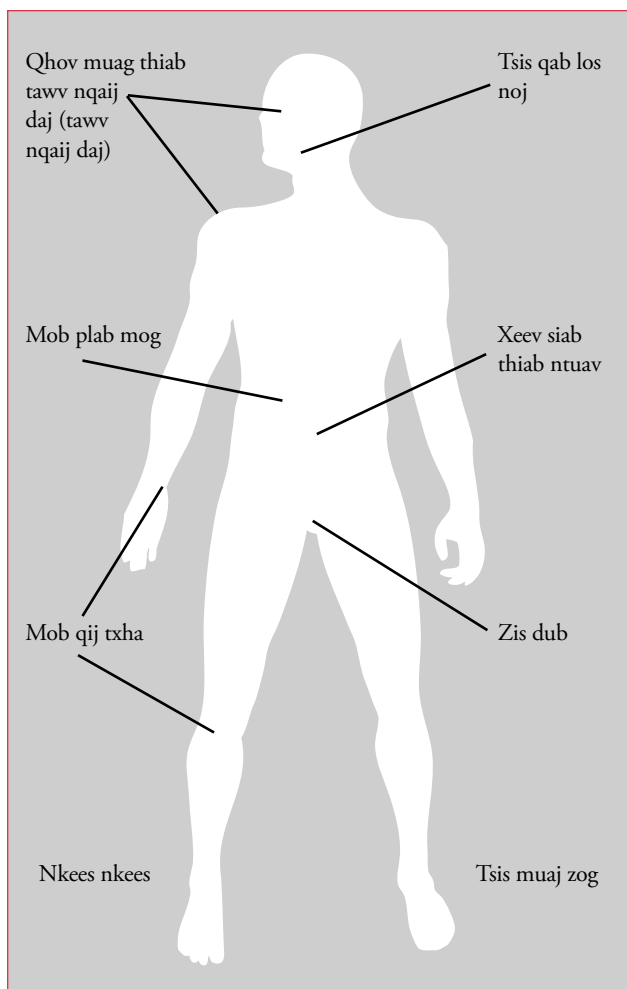
Leej twg muaj feem yuav muaj kab mob siab B mob ntev?

Tus yuav muaj feem mob kab mob siab B mob ntev ntau dua yog tus uas chwv tau tus neeg muaj kab mob cov ntshav los yog cov kua faj siv hauv lub cev. Cov muaj feem kis kab mob siab B tshaj yog:

- Neeg Esxias thiab neeg Pov Txwv.³
- Cov me nyuam yug los ntawm leej niam uas muaj tus kab mob.²
- Cov neeg tsis siv khoom tiv thaiv thaum sib deev nrog rau tus neeg muaj kab mob los yog sib deev coob tshaj ib tug khub.²
- Cov neeg sib qiv koob siv txhaj tshuaj, tho qhov, zas duab rau tawv nqaij, nkaug koob.³
- Cov neeg uas tau ntxiv ntshav los yog ntxiv cov ntshav ua ntej 1972.²

Kab Mob Siab B tshwm sim ua mob zoo li cas?

Vim yog neeg feem coob tsis muaj cov cim qhia thiab cov tsos mob tshwm sim ua mob rau tias yog tus kab mob siab B,³ yog ib qho tseem ceeb uas yuav tau mus ntsuam xyuas yog tias koj xav tias tsam koj muaj tus kab mob. Cov cim qhia thiab cov tsos mob tshwm sim ua mob yuav pom tom qab 12 lub lim piam uas koj kis tau lawm thiab tej zaum ua ke nrog qee yam los yog tag nrho cov nram no²:





Yuav ua cas kuv thiaj paub tias kuv muaj kab mob siab B mob ntev?

- Hais kom koj tus kws kho mob xa koj cov ntshav mus ntsuam xyuas,³ zoo xws li ntsuam xyuas npuas roj.
- Yog tias ntsuam xyuas tsis muaj kab mob, koj yuav tau txhaj tshuaj tiv thaiv kab mob siab B.³ Yog tias ntsuas muaj tus kab mob, nug koj tus kws kho mob seb koj puas yuav tau kho.

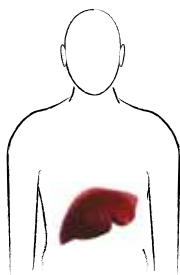


Koj daim siab yog koj txoj kev noj qab nyob zoo — thiab koj lub neej.

Daim siab yog yam loj tshaj nyob hauv sab nruab nrog cev.⁴ Koj tsis muaj peev xwm ciaj sia yog tsis muaj daim siab ua hauj lwm.⁴ Nws yog nyob ntawm koj sab xis, qis zog koj cov tav.² Daim siab ua ntau lub luag num tseem ceeb⁴:

- Tshem tawm los sis ntsuas kom cov tshuaj muaj taug sib luag hauv cov ntshav
- Tsim cov roj ntsha protein uas pab tiv thaiv kom tsis txhob los ntshav
- Tsim kom muaj kua tsib los pab nqus roj thiab tshuaj qab los tawm
- Tsim kom muaj cov nruab zog los tiv thaiv kev kis kab mob
- Tshem kab mob germ thiab kab mob bacteria tawm ntawm cov ntshav

**Yog tseg ntev tsis kho,
mob kab mob siab
B mob ntev yuav
muaj peev xwm ua
kom daim siab
puas tsuaj loj.¹**



Daim siab zoo zoo

Nov yog daim siab zoo zoo.



Siab o

Daim siab voos tsis tsum tim
yog kab mob siab B muaj peev
xwm ua kom lub siab o—hlav
caws pliaiv rau daim siab.⁵



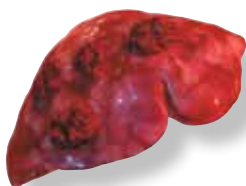
Siab khov

Nyob hauv daim siab khov,
ua caws pliaiv puas rau daim
siab zoo zoo, thaiv cov ntshav
kom txhob ntwis mus rau
daim siab thiaiv tiv thaiv nws
kom txhob ua hauj lwm li
nws yuav tsum tau ua.⁴



Siab mob cancer

Siab mob cancer yog huam
qog phem rau daim siab.⁵ Tej
zaum daim siab yuav mob
cancer yam uas tsis tas yuav
khov thiaj mob.⁶





Qhov cov neeg muaj mob coob yeej qhia tau tseeb lawm.

Yog tshawb nrhiav pom tias koj muaj kab mob siab B mob ntev, koj yuav tsum paub tias tsis yog koj ib leeg nyob hauv ntiaj teb thiaj li ntxov siab txog hom kab mob no.

- Thoob ntej teb kwv yees li **1 tug ntawm 20** tus (400 vam tus tib neeg) ua neej nrog kab mob siab B mob ntev.⁷
- Kwv yees li **2 vam** tus neeg hauv teb chaw Asmeskas ua neej nyob nrog kab mob siab B mob ntev.⁷ Ntau tshaj ib nrab yog neeg Esxias.³
- Coob npaum li **1 tug ntawm 10** tus neeg Esxias thiab cov yug nyob txawv teb chaws neeg Esxias Asmesliskas yog ua neej nyob nrog kab mob siab B mob ntev.³
- Yog tsis ua tib zoo saib xyuas thiab kho kom raug, **1 tug ntawm 4** tug neeg muaj kab mob siab B mob ntev yuav tuag los ntawm daim siab tsis ua hauj lwm los yog siab mob qog cancer.³

Yog tsis muaj kev kho kom zoo, vim li cas thiaj yuav tau kho?

Txawm tias yeej tsis muaj kev kho kom tus kab mob siab B mob ntev kom zoo los, nws tseem ceeb heev uas yuav tau saib xyuas, thiab mus kho yog tias koj tus kws kho mob pom zoo lawm.

Qee hom tshuaj muaj peev xwm txo cov kab mob hauv koj cov ntshav thiab yuav pab ua kom koj daim siab ua hauj lwm zoo ntxiv.

Koj muaj peev xwm ua neej tau nyob nrog tus kab mob siab B mob ntev.

Neeg coob tus ua neej taus nrog tus kab mob siab B mob ntev. Nram no yog ib co kauj ruam zoo uas koj muaj peev xwm siv los txhim kho koj txoj kev noj qab nyob zoo:

- Kho koj tus mob raws li koj tus kws kho mob pom zoo mus tsis tu ncuu.
- Qhia koj tus kws kho hniav los yog lwm tus kws kho mob tias koj muaj kab mob siab B mob ntev.⁸
- Qhia kom koj tus kws kho mob paub tag nrho cov tshuaj, tshuaj qab los, los yog tshuaj ntsuab uas koj tab tom siv.⁸
- Pw kom txaus, thiab qoj ib ce kom raws sij hawm (raws li koj tus kws kho mob pom zoo).²
- Noj cov zaub mov kom zoo tshaj li koj muaj peev xwm.²

Cov Lus Ntseeg piv nrog Qhov Tseeb

Tej zaum koj tau hnov cov lus neeg ntseeg dhau los. Tam sim no koj yuav paub qhov tseeb.

COV LUS UAS NEEG NTSEEG

“Kuv tsis hnov mob ces kuv kuj tsis muaj kab mob siab B mob ntev.”

“Muaj kab mob siab B mob ntev txhais tias kuv tsis muaj peev xwm nyob ze cov phooj ywg thiab tsev neeg tau.”

“Cov tshuaj muag hauv khw los yog tshuaj ntsuab yuav kho tau kab mob siab B mob ntev.”

“Yuav tsum txhob muaj leej twg paub tias kuv muaj kab mob siab B mob ntev.”

“Kuv kis tau kab mob siab B mob ntev los ntawm kev sib chwv raug xws li hnoos, txham, los yog sib koom noj mov ua ke.”

“Cov neeg muaj kab mob siab B mob ntev yuav mus ua luam dej tsis tau.”

“Kab mob siab B mob ntev muaj raws ntawm niam txiv los.”



QHOV TSEEB

Tej zaum, cov neeg muaj kab mob siab B mob ntev yuav muaj peev xwm ua neej nyob taus yam tsis muaj cov tsos mob thaum uas tus kab mob rhuav lub siab puas.²

Kis tsis tau kab mob siab B mob ntev los ntawm kev sib chwv.² Yog muaj kev ceev faj zoo, koj muaj peev xwm ua tau ib yig neej li qub.

Tsis muaj dab tsi yuav kho tau kab mob siab B mob ntev. Qee yam tshuaj hauv khw thiab tshuaj ntsuab yuav ua tau kom daim siab puas.⁸

Kab mob siab B mob ntev tsis yog ib yam uas yuav txaj muag rau—400 vam tus neeg muaj tus kab mob.⁷

Kab mob siab B tsis kis los ntawm kev sib chwv. Nws yog kis raws cov ntshav muaj kab mob, kev sib deev tsis tiv thaiv, los yog kis ntawm leej niam rau tus me nyuam thaum yug.³

Cov neeg muaj kab mob siab B yuav mus ua tau luam dej. Kab mob siab B tsis muaj peev xwm kis hauv pas dej da.²

Kab mob siab B muaj los ntawm ib tug kab mob thiab tsis yog muaj raws ntawm niam txiv los. Kab mob siab B muaj peev xwm kis ntawm leej niam mus rau tus me nyuam thaum lub caij yug me nyuam.³

XAV PAUB NTXIV

Cov kev pab txog Kab mob siab B

- **American Liver Foundation**
www.liverfoundation.org
- **Asian Liver Center at Stanford University**
liver.stanford.edu
- **Centers for Disease Control and Prevention**
www.cdc.gov
- **Immunization Action Coalition/
Hepatitis A, B, and C Prevention Programs**
www.hepprograms.org
- **American Cancer Society,
New York Chinese Unit**
[www.cancer.org/docroot/COM/content/div_Eastern/
COM_11_2x_Chinese_Unit.asp?sitearea=COM](http://www.cancer.org/docroot/COM/content/div_Eastern/COM_11_2x_Chinese_Unit.asp?sitearea=COM)
- **Korean Community Services of
Metropolitan New York, Inc.**
www.kcsny.org
- **Hepatitis Foundation International**
www.hepfi.org

Kab mob siab B pawg neeg sib pab

- **Hepatitis B Information and Support List**
www.hblist.org

Cov pov thawj: **1.** *Hepatitis B Frequently Asked Questions*. Atlanta, GA: Centers for Disease Control and Prevention; 2006. <http://www.cdc.gov/ncidod/diseases/hepatitis/b/faqb.htm>. Accessed December 1, 2007. **2.** *Hepatitis B*. Rochester, MN: Mayo Foundation for Medical Education and Research; 2007. <http://www.mayoclinic.com/health/hepatitis-b/DS00398/>. Accessed December 1, 2007. **3.** *2007 Physician's Guide to Hepatitis B: A Silent Killer*. Stanford, CA: Asian Liver Center at Stanford University; 2007. <http://liver.stanford.edu/Media/publications/Handbook/2007Handbook.pdf>. Accessed December 1, 2007. **4.** *Cirrhosis of the Liver*. Bethesda, MD: National Institutes of Health; 2003. <http://digestive.niddk.nih.gov/ddiseases/pubs/cirrhosis/>. Accessed December 1, 2007. **5.** *Mosby's Medical, Nursing, & Allied Health Dictionary*. 5th Ed. St. Louis, MO: Mosby-Year Book, Inc.; 1998:632,950. **6.** Lok ASF, McMahon BJ. Chronic hepatitis B: AASLD practice guidelines. *Hepatology*. 2007;45:507-539. **7.** Gish RG, Gadano AC. Chronic hepatitis B: current epidemiology in the Americas and implications for management. *J Viral Hepat*. 2006;13:787-798. **8.** *How to Live with Hepatitis*. Silver Spring, MD: Hepatitis Foundation International; 2003. http://www.hepfi.org/living/liv_living.html. Accessed December 1, 2007.