

肝纖維化掃描



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潛藏體內的肝臟威脅？
肝纖維化掃描可以幫到你

- 全球約每3-4個人便有1人患有非酒精性脂肪肝。
- 脂肪肝可演變為肝纖維化，再進展為肝硬化，更可能會導致肝衰竭或肝癌。

肝纖維化風險因素

代謝功能障礙相關脂肪性肝病

有以下情況的人士或有較高風險非酒精性脂肪肝炎



糖尿病
(高血糖)



高血壓



高膽固醇



肥胖



中央肥胖

(腰圍：男≥90cm | 女≥80cm)



長期不良飲食習慣
與缺乏運動

病毒性肝炎

亞洲約75%的肝癌
病例與乙型、丙型
肝炎病毒相關



慢性病毒性肝炎
(B、C、D型)

酒精相關肝病



酗酒

為何選擇肝纖維化掃描？



非侵入性、無痛
的檢查



快捷且無輻射



量度肝臟硬度、肝臟脂肪
積聚量、纖維化程度

Liver fibrosis scan



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Hidden threats to your liver? A fibrosis scan is helpful

- Around **1 in 3 people** worldwide has non-alcoholic fatty liver disease.
- Fatty liver can progress to **liver fibrosis**, then to **cirrhosis**, and may further lead to **liver failure** or **liver cancer**.

Risk factors for liver fibrosis

Metabolic Dysfunction–Associated Steatotic Liver Disease

People with the following conditions are at higher risk of non-alcoholic steatohepatitis (NASH)



Diabetes
(high blood sugar)



Hypertension
(high blood pressure)



High cholesterol



Obesity



Central obesity
(waist circumference:
≥ 90 cm for men and
≥ 80 cm for women)



Long-term poor dietary habits and lack of physical activity



Viral Hepatitis
75% of all liver cancers occur in Asia, mainly associated with HBV and HCV

Chronic Viral Hepatitis (hepatitis B, C, and D)



Alcohol-Associated Liver Disease

Alcoholism

Why Fibrosis Scan?



Non-invasive and painless procedure



Free from radiation exposure



Measures liver stiffness and the amount of fat in liver