

## 吳尚誠醫師 談 B 型肝炎

## DR. STEVEN WU LECTURES ON HEPATITIS B

伍怡詩 文/譯

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洛杉磯肝膽胃腸科醫生吳尚誠於2017年2月25日在萬佛聖城萬佛殿以「無聲的殺手」為題，介紹B型肝炎的預防與治療。

吳醫師指出，B型肝炎的傳播途徑為透過血液與體液傳染，因此剃頭刀與牙刷不要和別人共用，因為使用時可能見血，造成感染。至於住在同寢室、使用公共浴廁、一起進餐、握手等，一般是不會感染B型肝炎的。

目前B型肝炎最常見的感染方式為垂直感染，亦即B型肝炎帶原孕婦，在生產時傳染給新生兒。吳醫師曾見過一個病例，一個B型肝炎帶原母親，生了六個孩子，其中四個出生時就感染B型肝炎；另外兩個孩子卻沒有被感染。吳醫師說：「這只能以佛家的『因緣』來解釋了。」

吳醫師表示，從醫學的角度來看，要造成感染，病毒數目必須達到百萬以上。B型肝炎帶原孕婦在生產時，體內的病毒數量多，就會傳染給孩子。若生產時，體內B肝病毒數量較少，生下的新生兒，或可幸運躲過感染的機會。

「C型肝炎可以治癒，而B型肝炎無法治癒，但一定要控制，否則B型肝炎會惡化成肝硬化、肝癌。」吳醫師並指出，凡是體內沒有B型肝炎抗體的人，都應注射疫苗。「B型肝炎疫苗屬於非活性疫苗，注射是不會有生病危險的。」

不過有人質疑B型肝炎疫苗是否含有動物成份？面對在座清一色素食聽眾，吳醫師笑說：「我看以後我應該發明純素疫苗了。」

宣公上人住世時，也曾有人以「可否注射疫苗」的問題請示上人。一位資深弟子還記得，上人當時的答覆是：「可以的。」這是為了預防傳染病，也不要讓這些病蔓延。至於是否違反殺戒，則以是否有犯意而定。❀

Dr. Steven Wu, a medical specialist in digestion from Los Angeles, gave a lecture titled “The Silent Killer” to introduce the prevention and treatment of Hepatitis B on February 25, 2017, at the Buddha Hall of the City of Ten Thousand Buddhas.

Dr. Wu noted that Hepatitis B is mainly spread through blood and bodily fluids. Hence, people should not share their razors and toothbrushes with others because razors and toothbrushes can easily get blood stains and thus spread Hepatitis B. On the other hand, living in the same room, using public restrooms, having meals together, or shaking hands will not pass Hepatitis B from person to person.

The most common way of Hepatitis B contagion is vertical contagion which refers to a Hepatitis B carrier mother passing the virus to her newborn baby during birth. Dr. Wu once saw a case in which a Hepatitis B carrier mother had six children; four of them got Hepatitis B from their mother while two other kids didn't get the disease. Dr. Wu said, “This can only be explained by the Buddhist philosophy of ‘causes and conditions.’”

Dr. Wu also said that from a medical perspective, to pass Hepatitis B, the number of viruses has to reach one million and above. When a Hepatitis B carrier mother has a high number of viruses in her body during birth, she will pass the disease to her newborn baby. However, when the number of Hepatitis B viruses is less, then the newborn baby may be lucky enough to avoid the contagion of Hepatitis B.

“Hepatitis C can be cured, but Hepatitis B cannot be cured. However, it should be controlled; otherwise, Hepatitis B can easily exacerbate to liver cirrhosis and even liver cancer.” Dr. Wu pointed out that whoever has no antibodies against Hepatitis B should receive a vaccination, “Hepatitis B vaccine is a non-living vaccine and will not lead to the danger of falling ill after you get the shot.”

However, some people are concerned that there are animal ingredients in the Hepatitis B vaccine. With a smile, Dr. Wu said to his vegetarian audience, “I think I better develop vegan vaccines in the future.”

When the Venerable Master was still alive, someone asked him, “Can we get vaccine shots?” A senior disciple remembers that Venerable Master's answer was, “Yes, you can.” It's for the prevention of contagious diseases and their spread. Does it violate the precept of killing? The Venerable Master said that it's the intention that matters. ❀