

Leej niam muaj kabsiab B, Nejtseem ceeb heev!

Nco ntsoov mus kuaj koj lub siab

Txawm hais tias koj tsis muaj mob dab tsi los nws tseem ceeb qhov koj yuav tau ib sij mus kuaj koj lub siab. Siab mob cancer los yeej tseem kho tau yog paub thaum tseem mob mes.

♥ Nug kws kho mob txog kev kuaj ntshav li nram no:

Sijhawm	Kuaj	Tshawb Nrhiav
6 hli	Ntshav ALT	Siab puas
	Ntshav AFP	Siab cancer
1 xyoo	Yees duab	Siab cancer

Txhob maj siv tshuj kho

Tsis yog txhua tus neeg muaj kabsiab B yuav tau noj tshuj. Nrog koj tus kws kho mob tham hais txog txoj hau kev yuav kho. Muaj qee yam tshuj los yog qee yam tshuj ntsuab yuav ua rau lub siab puas loj ntxiv.

Mus txhuj kab siab A

Tsis txhob haus dej sawv

Tivthaiv tus koj hlab

♥ Kabsiab B kis tau los ntawm ntshav thiab kev pw ua niam txiv. Nco ntsoov coj koj tsev neeg mus kuaj kabsiab B thiab coj lawv mus txhuj tshuj tivthaiv.

Koom tes tawm tsam HBV.



Tus khaub lig tais li haiv neeg Suav tus niam ntawm no “人” txhais hais tias yog lub suab koom tes tawm tsam tua kabsiab B thiab siab mob cancer thoob plaws lub ntiaj teb no.



Yog xav paub ntau tshaj no ntxiv thov mus saib ntawm
<http://liver.stanford.edu>
 thiab
www.HepBMoms.org



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Kabsiab B
 &

Leej-niam-Xeebtub



T'xhua leej niam Hmoob yuav tau paub txog kabsiab B

- ♥ Kabsiab B yog ib yam mob los ntawm tus kab hus ua hepatitis B virus (HBV).
- ♥ Kabsiab B yog ib yam mob mus tas tiam, nws ua tau rau lub siab mob cancer thiab tag sim neej.
- ♥ 1 tug ntawm 8 tus tib neeg Hmoob twg muaj kabsiab B.
- ♥ Feem ntau ntawm cov tibneeg mob kabsiab B no yog kis los ntawm cov leej niam muaj kabsiab B lub sijhawm yug los thiab thaum tseem yau.

Hmoov zoo, ntiaj teb no muaj koob tshuaj txhaj tivthaiv tau kabsiab B.

Nug kws kho mob txog kev kuaj ntshav nrhiav kabsiab B

Feem ntau cov tibneeg muaj kabsiab B yuav tsis hnov muaj mob dab tsi li. Yog koj cev xeebtub lawm, nco ntsoov nug koj tus kws kho mob hais txog txoj kev kuaj ntshav no.

- ♥ **Kabsiab B surface antigen (HBsAg):**
Txoj kev kuaj ntshav no thiaj yuav qhia tau tias koj muaj kabsiab B los tsis muaj.

Tivthaiv koj thiab tus menyuam nrog thawj "koob tshuaj tivthaiv cancer"

- ♥ Txhua tus menyuam mos ab yuav tsum tau txhaj koob tshuaj tivthaiv kabsiab B ua ntej 12 xuabmoos tom qab yug thiab ntxiv rau 3-koob kom raws li caijnyoog teem tseg.
- ♥ Koob tshuaj tivthaiv kabsiab B no yog thawj thawj koob tshuaj uas ntiaj teb hu tias "tshuaj tivthaiv cancer" vim nws yog ib koob tshuaj uas pab tau zoo heev.
- ♥ Koob tshuaj tivthaiv no siv tau rau cov menyuam yug tsis puv hli thiab.

Menyuam yuav tsum txhaj tshuaj tivthaiv thaum yug los



T'xhaj 3-koob tshuaj tivthaiv raws li caijnyoog teev tseg:



Leej niam muaj kabsiab B yuav tau xyuam xim

- ♥ Leej niam muaj kabsiab B yuav kis tau rau tus menyuam nyob rau lub sijhawm yug tus me nyuam. Koj yuav tau ua raws li nram qab no koj tus menyuam thiaj tsis kis kabsiab B.

Sijhawm thaum yug

- ♥ Sai li sai tau los sis ua ntej 12 xuabmoos tom qab yug tus menyuam lawm, nws tseem ceeb heev qhov tus menyuam tau txais:
 1. Thawj koob tshuaj tivthaiv kabsiab B.
 2. Koob tshuaj tivthaiv hu ua hepatitis B immunoglobulin (HBIG), yog tsev kho mob muaj.

Thawj 6 lub hli

- ♥ Menyuam yuav tau txhaj koob 2 thaum muaj 1 hli.
- ♥ Menyuam yuav tau txhaj koob 3 thaum muaj 6 hli.
- ♥ Nco ntsoov tias koj tus menyuam yuav tsum tau txhaj kom tiav 3-koob tshuaj raws caijnyoog thiaj li yuav pab tau.
- ♥ Kev pub niam mis rau tus menyuam yuav tsis muaj teeb meem yog koj tus menyuam tau txhaj tshuaj lawm.

Thaum muaj 9-18 hli

- ♥ Cov menyuam uas yug los ntawm leej niam muaj kabsiab B yuav tau mus kuaj ntshav saib seb lawv puas muaj kabsiab B tom qab thaum txhaj 3-koob tshuaj tivthaiv tiav tag lawm.