華人社區健康資源中心
Chinese Community Health Resource Center

實用就診中英手册

A Practical Handbook for Patients

此小冊子由三藩市著名餐館「嶺南小館」
東主 Kinson Wong 先生所啟發，
他相信此小冊子將有助於華裔移民求診時
更有效地與醫護人員溝通。

This booklet was inspired by
Mr. Kinson Wong, owner of R & G Lounge,
an upscale Chinese restaurant in San Francisco.
Mr. Wong believes this booklet will help
Chinese immigrants communicate better with
their providers during their visits.

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I. 如何約見醫護人員
How to Schedule an Appointment with Your Provider

- 致電至診所。
  Call your provider's office.

- 說出您醫療保險卡上的全名。
  Give your full name as listed on your medical insurance card.

- 向診所員工說出您預約服務的原因，例如年度體檢、覆診和身體感到不適等。
  Let the staff know the reason for your appointment, such as yearly physical checkup, follow up appointment, you are having some discomfort, etc.

- 向診所員工詢問您就診當天需帶備的東西，例如醫療保險卡、身份証和服用藥物清單等。
  Ask what you need to bring on the day of your appointment, such as medical insurance card, ID card, list of medications, etc.

- 提供一個聯絡電話給診所，因為他們可能需要聯絡您。
  Give a telephone number where you can be contacted in case the provider's office needs to reach you.

如果醫生建議您到就近的急症室或呼召救護車(撥打911)，請攜帶醫療保險卡、身份證、服用藥物清單和醫療照護事前指示文件, 如果您有一份。

If you are advised by your provider to go to the nearest emergency room or call an ambulance (dial 911), please bring along your medical insurance card, ID card, list of medications, and a copy of your Advance Directives, if you have one.

II. 如何更好地與您的醫護人員溝通
How to Better Communicate with Your Provider

- 見醫護人員前,寫下您想跟醫護人員討論的事情並且按優先次序區分。
  Write down a list of concerns you want to discuss with your provider beforehand and prioritize them.

- 公開和誠實地面對自己的健康問題和擔憂。
  Be open and honest about your health concerns and problems.

- 保持禮貌、尊重和耐心。
  Be courteous, respectful and patient.

- 為善用診症時間，請簡潔地描述清楚您的症狀、擔憂和健康問題；避免談論與您健康狀況無關的事情。
  Describe your symptoms, concerns and health problems clearly and avoid lengthy stories and issues that are unrelated to your present health condition as the provider's time is limited.

- 時常向醫護人員提供您正在服用的藥物清單。
  Always provide a list of your current medications that you are taking.

- 如果您正在服用營養補充品，如中藥或維他命，或正接受非傳統治療，如針灸等，請告訴您的醫護人員。
  Let your provider know if you are taking any nutritional supplements such as herbs/vitamins, or receiving non-traditional treatments, such as acupuncture.

- 如需要人協助您與您的醫護人員溝通，您可向您的朋友或家人尋找協助。
  Ask a family member/friend to help you communicate with your provider, if necessary.

- 請確保您明白醫護人員解釋的事情。如有疑問，應立即向醫護人員提出。
  When a provider explains something to you, make sure you fully understand what he/she means and ask questions if you do not understand it.

- 為免忘記，請把醫護人員的指示抄寫下來。
  Write down instructions from your provider.

III. 醫護人員或診所員工會向您提出的問題
Questions You Will Be Asked by Your Provider or Clinical Staff:

- 您的症狀 — 您哪裡感覺不適或您的健康問題。
  Your symptoms or problems that you are experiencing.

- 您服用的藥物 — 藥物名稱、份量、 服用時間及服用此藥有多長時間等。若您不清楚藥物名稱，最好帶備所有藥瓶、將藥物名稱及服用份量列在一份藥物單上並隨身攜帶。
  Your Medications — Bring the names of all the medications that you are taking and include the dosage, the frequency, and how long you have been taking them. Bring along all the medication bottles, if necessary. Always keep a current list of your medications, including the dosage and the frequency, in your purse/wallet or in your possession.

- 您服用的補健產品，例如維他命丸、中草藥、魚油丸等。
  Your Supplements — Bring the names of any over the counter health supplements such as vitamins, herbal medicine, fish oil, etc. that you are taking.

- 您的病歷 — 包括慢性病、手術、入院及藥物過敏情況。
  Your Medical History — Give your medical history including any chronic illnesses, surgeries, hospitalizations, and drug allergies.

- 直系親屬健康情況 — 以便了解家族遺傳傾向。
  Your Family's Medical History — Provide your family's medical history.

- 緊急聯絡人的電話號碼。
  Emergency Contact Number — Give a contact number in case of a medical emergency.

IV. 您或您的家人可以向醫護人員詢問的問題
Questions You or Your Family Members May Ask Your Provider:

A. 若醫護人員已作出診斷：
If your provider already knows your findings:

1. 診斷是甚麼？
   What is the diagnosis?
2. 病因是甚麼？
   What causes it?
3. 可以醫治或控制嗎？若可以醫治或控制，需要多長時間才可復原？
   Can it be treated or controlled? If yes, how long will it take to recover?
4. 我是否需要改變飲食或生活方式來改善病情？
   Do I need to change my lifestyle/eating habit to manage the problem?

B. 如您需要做更多的檢查：
If you need more test(s):

1. 檢查名稱是甚麼？
   What is the name(s) of the test(s)?
2. 此檢查可以發現甚麼?
   What will the test(s) tell me?
3. 甚麼時候可知道檢查結果？
   When will I know the results of the test(s)?
4. 檢查前，是否需要特別的準備？
   Is/Are there any special preparation for the test(s)?
5. 此檢查有沒有風險？
   Does/Do the test(s) have any risk?

C. 如果您需要藥物治療或接受其他治療時：
If you need treatment/medication:

1. 治療或藥物的名稱是甚麼？
   What is the name of the treatment/medication?
2. 治療或藥物有何功效？
   What does the treatment/medication do?
3. 此治療及服藥需時多久？
   How long will I need this treatment/ medication?
4. 以本人的情況,此治療或藥物效果如何？
   How effective is the treatment/medication for my condition?
5. 此治療或藥物是否有風險或副作用？
   Is there any risk/side effect associated this treatment/medication?

IV. 您或您的家人可以向醫護人員詢問的問題
Questions You or Your Family Members May Ask Your Provider:

D. 如您需要接受手術的話：

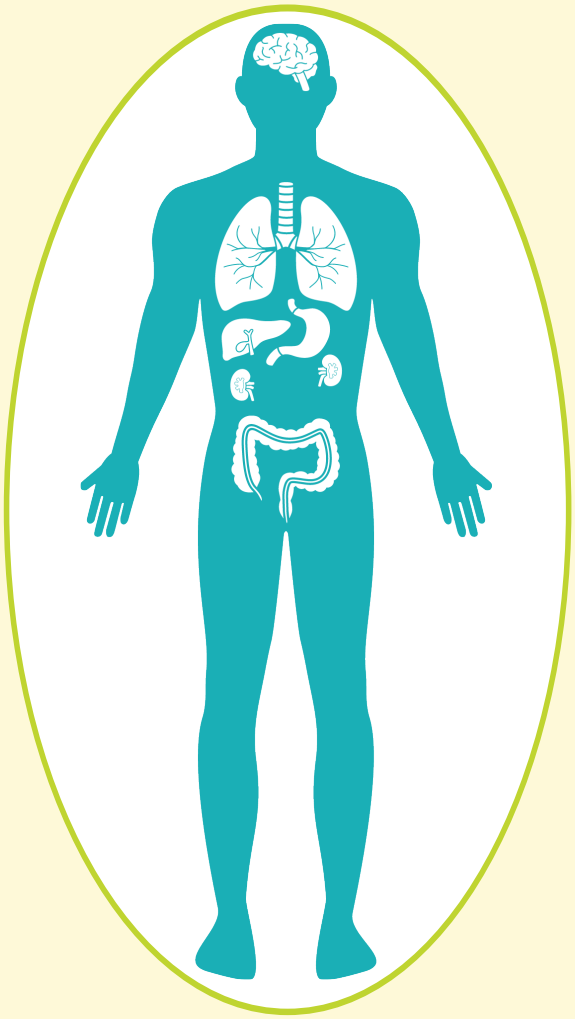
If you need surgery:

1. 手術名稱是甚麼？
   What is the name of the surgery?
2. 我為何需要接受此手術？
   Why do I need this surgery?
3. 是否有其他的治療方法？
   Is there another alternative to treat this problem?
4. 手術的風險及效益是甚麼？
   What are the risk(s) and benefit(s) of the surgery?
5. 醫生做此手術的經驗如何？
   What is your experience in doing this type of surgery?
6. 我將使用哪種麻醉方式？
   What type of anesthesia will I need?
7. 何時我才可以恢復正常的活動？
   When will I be able to return to my normal activities?
8. 如想取得第二位醫生的意見，應到何處索取？
   Where can I get a second opinion if I need one?

V. 您有哪些部位感到疼痛？
Which Part of Your Body Hurts?

A. 指出疼痛的位置

Point to the part(s) of your body that hurt(s)



V. 您有哪些部位感到疼痛？
Which Part of Your Body Hurts?

• 悶痛	• Annoying pain
• 墮痛	• Bearing-down pain
• 連續性痛	• Constant pain
• 壓痛	• Crushing pain
• 鈍/陰痛	• Dull pain
• 咬痛	• Gnawing pain
• 間歇性痛	• Intermittent pain
• 不規則痛	• Irregular pain
• 夜間痛	• Night pain
• 麻痹性痛	• Numbing pain
• 針刺痛	• Pins & needles pain
• 發散性痛	• Radiating pain
• 移位性痛	• Shifting pain
• 痙攣性痛	• Spasm
• 刺痛	• Stabbing pain
• 搏動性痛	• Throbbing pain
• 麻刺痛	• Tingling pain
• 遊走痛	• Wandering pain

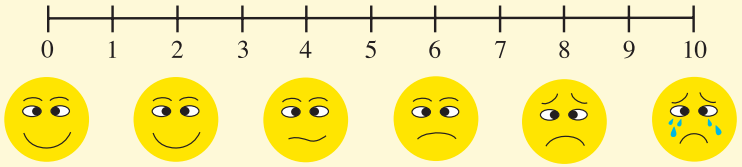
C. 如何讓醫護人員更了解你的疼痛
How to let your provider understand your pain better

痛的形式 P = pattern
時時刻刻的，間竭性的，持續性的
continuous, intermittent, sustained
長期或短期性的痛
long-term, short-term

痛的部位 A = area

痛的程度 I = intensity
a) 用數字來表示 Expressed by numbers on scale
輕微痛 Slight pain: 1-2
中度痛 Moderate pain: 3-5
劇痛 Severe pain: 6-10

b) 用面部表情來表示 Expressed by facial expressions



痛的性質 N = nature
壓痛，刺痛，灼痛，鈍痛
pressure, stabbing, burning, dull

VI. 常見症狀的術語
Terminology of Common Symptoms

頭
HEAD

• 頭暈	• Dizziness
• 頭漲	• Fullness
• 頭痛	• Headache

眼睛
EYE

• 視野模糊	• Blurry vision
• 雙重視野	• Double vision
• 眼乾	• Dry eyes
• 眼痛	• Eye pain
• 飛蚊	• Floaters
• 眼睛痕癢	• Itchy eyes
• 眼睛浮腫	• Puffy eyes
• 紅眼	• Red eyes
• 眼睛分泌黏液	• Sticky discharge
• 視野狹窄	• Tunnel vision
• 眼睛水汪汪	• Watery eyes

耳朵
EAR

• 耳垢	• Ear wax
• 耳痛	• Earache
• 耳聾	• Hard of hearing
• 耳朵癢	• Itchy ears
• 耳鳴	• Tinnitus

鼻子
NOSE

• 鼻痕癢	• Itchy nose
• 鼻排洩物	• Nasal discharge
• 流鼻血	• Nosebleeds
• 鼻水倒流	• Postnasal drip
• 流鼻涕	• Runny nose
• 打噴嚏	• Sneezing
• 打鼻鼾	• Snoring
• 鼻塞	• Stuffy nose

VI. 常見症狀的術語
Terminology of Common Symptoms

口腔和咽喉
MOUTH AND THROAT

• 口臭	• Bad breath
• 口苦	• Bitter taste in mouth
• 哽塞	• Choking
• 口瘡	• Cold sores
• 咳嗽	• Coughing
• 口乾	• Dry mouth
• 聲音沙啞	• Hoarse voice
• 喉嚨痕癢	• Itchy throat
• 失去聲音	• Loss of voice
• 痰或黏液	• Phlegm or mucus
• 喉嚨痛	• Sore throat
• 舌頭腫脹	• Swollen tongue
• 吞嚥困難	• Trouble swallowing

手臂和腿部
ARMS AND LEGS

• 腳踝腫脹	• Ankle swelling
• 手臂麻痺	• Arm numbness
• 手臂疼痛	• Arm pain
• 手臂無力	• Arm weakness
• 腿抽筋	• Leg cramps
• 腿部麻痺	• Leg numbness
• 腿痛	• Leg pain
• 腿腫脹	• Leg swelling
• 腿無力	• Leg weakness

VI. 常見症狀的術語
Terminology of Common Symptoms

關節和肌肉
JOINTS AND MUSCLES

• 腳踝痛	• Ankle pain
• 肘部疼痛	• Elbow pain
• 手指疼痛	• Finger pain
• 腳痛	• Foot pain
• 髖關節疼痛	• Hip pain
• 關節發紅	• Joint redness
• 關節僵硬	• Joint stiffness
• 關節腫脹	• Joint swelling
• 膝蓋疼痛	• Knee pain
• 腰背疼痛	• Low back pain
• 肌肉痙攣	• Muscle spasm
• 頸部疼痛	• Neck pain
• 肩部疼痛	• Shoulder pain
• 腳趾痛	• Toe pain
• 手腕痛	• Wrist pain

心臟
HEART

• 胸痛	• Chest pain
• 胸腔感到壓力	• Chest pressure/heaviness
• 胸部感到緊迫	• Chest tightness
• 心跳急促	• Fast heartbeat
• 心律不齊	• Irregular heartbeat

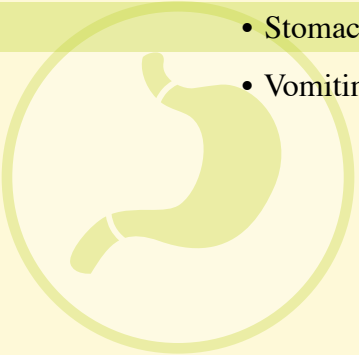
肺部
LUNG

• 胸悶	• Chest congestion
• 長期咳嗽	• Chronic cough
• 咳出變色的黏液或血液	• Coughing up discolored mucus or blood
• 呼吸急促	• Shortness of breath
• 痰或黏液	• Sputum or mucus
• 喘鳴	• Wheezing

VI. 常見症狀的術語
Terminology of Common Symptoms

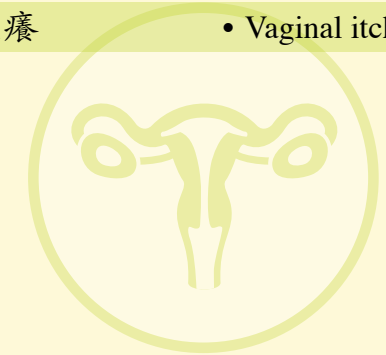
胃和消化系统
STOMACH AND DIGESTIVE SYSTEM

• 大便呈黑色	• Black colored stool
• 胃氣脹	• Bloating and gas
• 大便帶血	• Blood in the stool
• 便秘	• Constipation
• 腹瀉	• Diarrhea
• 胃灼熱	• Heartburn
• 消化不良	• Indigestion
• 食慾不振/無胃口	• Loss of appetite
• 糞便中有黏液	• Mucus in the stool
• 噁心	• Nausea
• 胃酸	• Sour stomach
• 胃痛	• Stomach ache
• 胃抽筋	• Stomach cramps
• 嘔吐	• Vomiting



泌尿和生殖系统
URINARY AND REPRODUCTIVE SYSTEMS

• 小便有血	• Blood in the urine
• 小便時赤痛	• Burning during urination
• 小便混濁	• Cloudy urine
• 小便深色	• Dark colored urine
• 小便困難	• Difficulty passing urine
• 陰莖分泌物	• Discharge from penis
• 經常尿急	• Frequent urge to urinate
• 尿頻	• Frequent urination
• 失禁	• Incontinence
• 下腹部疼痛	• Lower abdominal pain
• 陰道分泌物	• Vaginal discharge
• 陰道乾燥	• Vaginal dryness
• 陰道痕癢	• Vaginal itching

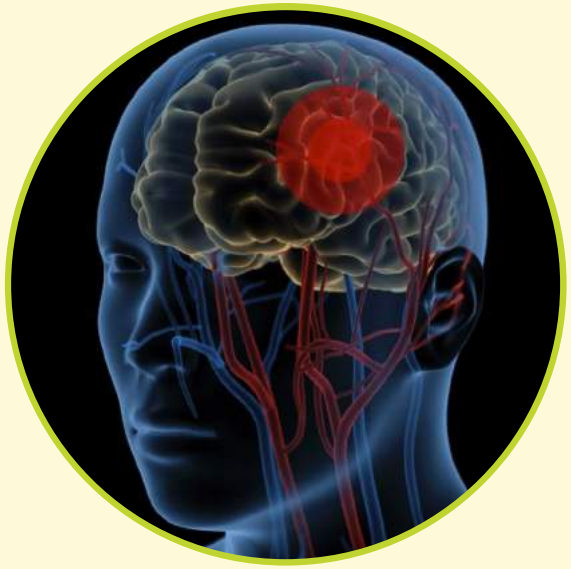


VII. 中風和心臟病發作的症狀
Symptoms of Stroke and Heart Attack

中風

STROKE

• 一邊手脚無力	• Arm and leg weakness (on one side of the body)
• 視力模糊	• Blurry vision
• 面部下垂	• Facial droop
• 嚴重頭暈或頭痛	• Severe dizziness or headache
• 言語不清	• Slurred speech



心臟病發作

HEART ATTACK

• 胸痛或胸口不適	• Chest pain or discomfort
• 冒冷汗	• Cold sweat
• 心跳急促	• Fast heartbeat
• 消化不良	• Indigestion
• 手臂，肩膀，下巴或背部疼痛	• Pain in arm, shoulder, jaw or back
• 噁心	• Nausea
• 氣促	• Shortness of breath
• 異常疲勞	• Unusually tired

如果您有任何中風或心臟病發作的症狀, 請即撥打**911**.

If you experience any symptoms of stroke or heart attack, call 911 right away.

VIII. 抑鬱症和失智症的症狀
Symptoms of Depression and Dementia

抑鬱症
DEPRESSION

• 憤怒或急躁	• Feeling angry and irritable
• 感到無望及無助	• Feeling hopeless and helpless
• 感到疲倦	• Feeling tired
• 感到非常的悲傷或空虛	• Feeling very sad or 'empty'
• 對過去喜歡的活動失去興趣和歡樂	• Loss of interest or pleasure in activities once enjoyed
• 沒有食慾或常常吃東西	• Not wanting to eat or eating all the time
• 想到死亡或結束自己的生命	• Thoughts of death or ending your life
• 不能集中精神	• Trouble concentrating
• 失眠或睡眠太多	• Trouble sleeping or sleeping too much

失智症
DEMENTIA

• 難以解決問題及完成熟悉的工作	• Difficulty solving problems and completing familiar tasks
• 混淆地方，時間和日期	• Confused with place, time and date
• 記憶喪失	• Memory loss
• 亂放東西	• Misplace things
• 情緒和個性的變化	• Mood and personality changes
• 判斷能力差	• Poor judgement
• 重複同樣的事情	• Repeating the same things
• 談話及寫作時用詞出現困難	• Trouble with words when speaking and writing
• 離開社交活動	• Withdraw from social activities

IX. 驗血
Blood Test

驗血是一項可反映身體各種情況的重要的檢查。它可以協助醫護人員了解您身體情況、推斷病因、觀察病情進展及了解身體器官的運作；有時亦能發現某些疾病的早期徵兆。

Blood test is an important tool to help your provider evaluate your health status, diagnose diseases, monitor illnesses, and determine how your organs are functioning, and in some cases, identify potential health problems in their early stages.

三脂甘油 (triglyceride)，膽固醇 (cholesterol)，高密度脂蛋白 (HDL)，低密度脂蛋白 (LDL)

三脂甘油與膽固醇是兩種最常見的血脂，而固醇主要分為高密度脂蛋白及低密度脂蛋白兩種。高三酯甘油可形成血栓以及動脈粥樣硬化，以致增加罹患心臟病的危險性。高密度脂蛋白即是“好”膽固醇，因它能將積累的膽固醇輸送到肝臟以便清除。含大量“好”膽固醇有助於保護心臟。低密度脂蛋白又稱為“壞”膽固醇。含大量“壞”膽固醇通常顯示有心臟病的問題。

Triglyceride, Cholesterol, High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL)

These are different types of blood lipids (commonly known as fats). Excess triglycerides can increase the concentration of fat particles in the blood and contribute to fatty deposits in the arteries, thereby increasing the risk of heart disease. HDL is known as “good” cholesterol because it removes “bad” cholesterol from the body. Having high levels of HDL protects against heart disease. Whereas LDL is known as “bad” cholesterol because high levels of LDL is usually a signal for medical problems such as heart disease.

IX. 驗血
Blood Test

鈉 (sodium), 鉀 (potassium)
以上是電解質（electrolytes）化驗。電解質是帶有電子微粒的物質。它們具有調節神經和肌肉（包括心臟）以及平衡血液酸鹼度及調和體內細胞液體平衡的作用。這種檢驗用來預測各種器官和分泌腺的毛病。

Sodium, Potassium
These are electrolytes, which are particles that carry an electrical charge. They regulate the functions of the nerves and muscles (including the heart), acid-base balance of the blood and other bodily fluids, and maintain fluid balance inside and outside of cells. They help to detect disorders of various organs and glands.

血糖 (glucose), 血糖血紅素 (hemoglobin A1C)
檢驗血糖的目的是測檢血中糖份的水平並用來診斷糖尿病。血糖血紅素是用來檢測紅血球附帶糖份的程度，並由此監測糖尿病的長期控制及護理。

Glucose, Hemoglobin A1C
The glucose test measures the level of sugar in your blood and is used to diagnose diabetes. Hemoglobin A1C measures the amount of glucose that is attached to your red blood cells and is used for evaluation of long term diabetes control.

血尿素氮 (BUN), 肌酸 (creatinine)
血尿素氮及肌酸是由肝及肌肉組織被破壞後所產生， 而由腎臟過濾排泄出來的廢物。檢驗血尿素氮及肌酸的度數可檢查出腎臟功能。

Blood Urea Nitrogen (BUN), Creatinine
These are waste products, produced in the liver and from muscle breakdown, which are excreted by the kidneys. They help to assess kidney function.

IX. 驗血
Blood Test

鹼性磷酸酶 (ALP), 谷丙轉氨酶 (ALT), 谷草轉氨酶 (AST)
這些都是存在於骨，肝，心臟或肌肉細胞裏的酶。酶是體內一種可加速化學反應的蛋白質。 如果細胞受到破壞，會導致酶進入血液中。這些測試是用來測量肝臟功能。

Alkaline Phosphatase (ALP), Alanine Aminotransferase (ALT), Aspartate Aminotransferase (AST)
These are enzymes found in the bones, liver, heart and muscles. An enzyme is a protein that speeds up a chemical reaction within the body. Damage to the cells will release these enzymes into the blood. They are used to measure liver function.

血紅素 (hemoglobin), 血球容積計 (hematocrit), 血紅蛋白電泳分析 (MCV, MCH & MCHC)
測定血紅素可驗出紅血球中攜帶氧氣之蛋白質的數量。血球容積計是指血液中紅血球所佔有的百分比。血紅蛋白電泳分析則是測量紅血球的大小以及紅血球內血紅素的份量和百分比。這些都是用來檢測不同類型的貧血症。

Hemoglobin, Hematocrit, Mean Corpuscle Volume (MCV), Mean Corpuscular Hemoglobin (MCH) and Mean Corpuscular Hemoglobin Concentration (MCHC)
Hemoglobin is the oxygen carrying protein in the red blood cells. Hematocrit is the percentage of the blood occupied by red blood cells. MCV, MCH and MCHC measure the cell size, the amount and percentage of hemoglobin in red blood cells. They help to detect different types of anemia.

IX. 驗血
Blood Test

白血球 (WBC)
白血球幫助身體抵抗炎症。中性細胞 (neutrophils)，淋巴細胞 (lymphocytes)，單核細胞 (monocytes)，嗜酸性細胞 (eosinophils)，嗜鹼性細胞 (basophils)等都是不同類型的白血球。測定白血球的數量通常是用來探測炎症，免疫系統失調，過敏及其他疾病。

White Blood Cell Count (WBC)
White blood cells help the body fight off infections. Neutrophils, Lymphocytes, Monocytes, Eosinophils and Basophils are different types of white blood cells. Their numbers are affected by the presence of infections, immune system disorders, allergies and other diseases.

血小板(platelet)
血小板是用於凝血的一種細胞。測驗血小板的數量有助於對不正常流血及血凝塊的診斷。

Platelet Count
Platelets are cells that are involved in blood clotting. The platelet count helps to diagnose conditions that cause abnormal bleeding or clotting.

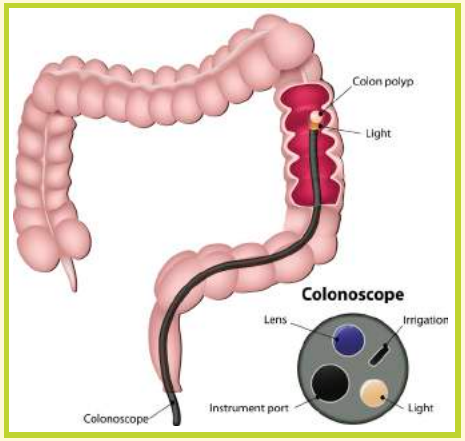
X. 常見的診斷檢查
Common Diagnostic Tests

切片檢查 (Biopsy)
活組織切片檢查可以在手術過程中進行，以發現是否有癌細胞或其他問題。身體的任何部分，如皮膚，器官或瘤都可以進行切片檢查。通常取一小塊活組織送到實驗室進行測檢。隨後醫護人員將根據切片檢查的結果，與您討論是否需要治療。

Biopsy
A biopsy may be done during surgery to check for cancer or other problems. Any part of the body, such as the skin, an organ or a lump can be tested. A small piece of tissue is removed and sent to a lab for testing. The provider will review the biopsy results and discuss with you whether treatment is necessary.

大腸鏡檢查 (Colonoscopy)
大腸鏡檢查是用來檢查大腸 的測試方法。大腸鏡檢查通常用來診斷胃腸道症狀，例如直腸和小腸出血，下腹部疼痛，或排便習慣改變等等。

Colonoscopy
Colonoscopy is a test used to check the large intestine (colon). A colonoscopy is commonly used to screen for colon cancer, assess gastrointestinal symptoms, such as rectal and intestinal bleeding, abdominal pain, or changes in bowel habits.



X. 常見的診斷檢查
Common Diagnostic Tests

電腦斷層掃描 (CT Scan)
電腦斷層掃描使用微量輻射來掃描體內器官，骨骼，軟組織和血管，產生立體，橫截面的圖像。電腦斷層掃描對確定體內腫瘤和不正常的組織非常有用。

CT Scan (Computed Tomography)
The CT machine produces three-dimensional, cross-sectional images of internal organs, bones, soft tissues, and blood vessels. CT scans are useful in identifying tumors and abnormal structures in the body.

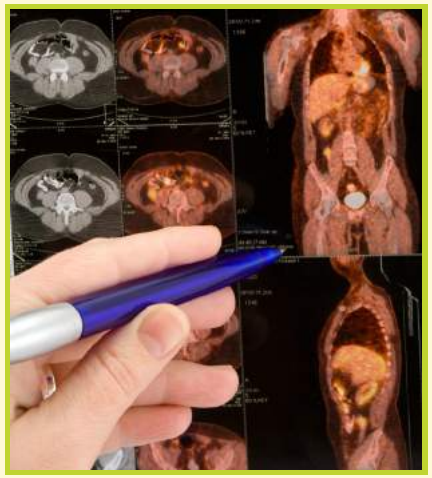
大便潛血檢查 (FOBT or FIT)
取少量糞便樣本然後放進收集管子內或塗抹在收集卡上，並交回化驗所。這測試可以檢驗糞便中的隱血，並篩查大腸癌。

Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT)
A small amount of stool sample is collected in a test kit and sent to a medical lab for testing. This test can detect hidden blood in the stool and are used to screen for colon cancer.

X. 常見的診斷檢查
Common Diagnostic Tests

磁力共振 (MRI)
MRI 透過強力磁場和無線電波來觀察你身體內部器官和結構，尤其對檢查腦部和脊髓非常有用。

MRI (Magnetic Resonance Imaging)
MRI uses a strong magnetic field and radio waves to look at the inside of your body. MRI is very useful for examining the brain and spinal cord.



核掃描 (Nuclear Scans)
核掃描是用小量的放射性物質(放射性示蹤劑) 經由靜脈注射，或吸入，吞入至人體內，然後使用特殊的攝影器材來顯示身體內部的結構，功能和器官情況。核掃描可以幫助醫生對早期的病情作出診斷，例如癌症，受傷和感染等。

Nuclear Scans
Nuclear scans use a small amount of radioactive material that are inhaled, swallowed or injected into the vein. A special camera is then used to detect the structure, function and activity of the organs inside your body. Nuclear scans help to diagnose diseases and conditions such as cancers, injuries, and infections in their early stage.

X. 常見的診斷檢查
Common Diagnostic Tests

超聲波檢查 (Ultrasound)
超聲波檢查使用高頻率的聲波來查看體內的器官狀況和結構。對於懷孕婦女，通常用來查看胎兒的狀況。

Ultrasound
Ultrasound uses high-frequency sound waves to view the organs and structures in the body. Ultrasound is commonly used during pregnancy to view the fetus.

胃鏡檢查 (Upper Endoscopy)
胃鏡檢查使用一條附帶鏡頭的幼細軟管來檢查食道，胃和十二指腸。這測試通常用於篩查，診斷和治療上消化道疾病。

Upper Endoscopy
Upper endoscopy is a procedure that uses a thin tube with a light and camera at its tip to look inside the upper digestive tract - the esophagus, stomach, and first part of the small intestine (duodenum). This test is commonly used to screen, diagnose and treat upper digestive tract diseases.

X. 常見的診斷檢查
Common Diagnostic Tests

X 光檢查 (X-ray)

X光檢查是採用 X 射綫來顯示身體內部的器官圖像。最常用來檢查是否有骨折，乳腺和肺部的病變等。

X-ray

X-ray uses a small amount of radiation to produce images of the internal parts of the body. The procedure is commonly used to look at broken bones, breasts, and lungs.

XI. 常用的醫學詞彙表
Glossory of Common Medical Terms

• 貧血	• Anemia
• 焦慮	• Anxiety
• 起泡	• Blister
• 體重指數	• Body Mass Index (BMI)
• 骨質密度	• Bone density
• 癌症	• Cancer
• 白內障	• Cataract
• 傷風	• Cold
• 抑鬱	• Depression
• 糖尿病	• Diabetes
• 濕疹	• Eczema
• 發燒	• Fever
• 流感	• Flu
• 青光眼	• Glaucoma
• 麻疹	• Hives
• 潮熱	• Hot flash
• 皮疹	• Rash
• 喉嚨痛	• Sore throat
• 糞便	• Stool
• 中風	• Stroke
• 腫脹	• Swelling
• 潰瘍	• Ulcer
• 尿	• Urine
• 靜脈曲張	• Varicose Vein

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Project Director: Angela Sun, PhD, MPH, CCHRC
Editor-in-Chief: Yvonne Liang, MS, RD, CCHRC
Chinese Translation: Cecilia Pang, AS
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Jian Zhang, DNP, MS, FNP-BC, NEA-BC, Chinese Hospital
Serena Zhang, Chinese Community Health Plan

Developed By:
Chinese Community Health Resource Center (CCHRC)
835 Pacific Ave., San Francisco, CA 94133
1-415-677-2473 | www.cchrcHealth.org
(To obtain additional copies, please contact CCHRC)

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Chinese Community Health Resource Center
華人社區健康資源中心

835 Pacific Avenue
San Francisco, CA 94133
Tel: 1.415.677.2473

www.cchrchealth.org

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Chinese Community Health Resource Center
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