

# 新住民 安全用藥手冊

(中文)





## 藥觀念 要健康

全民健康與福祉之促進與維護，為衛生福利部重要施政願景之一，規劃完善之衛生福利政策、建構社區照護網絡、發展多元化之衛生教育宣導方式，並將正確保健及疾病預防觀念，傳遞至台灣各個角落且提供給有需要之族群，進而保障全民之健康與福祉，一直是衛生福利部持續努力落實之目標。

用藥知識及疾病認識之獲取，透過網路、新聞、廣播等電子媒介的傳遞雖然快速且便利，但對於遠道而來之新住民而言，可能因為陌生環境、語言不熟悉、迥異之國情，造成資訊缺乏或不對等，致影響其理解力，而成為用藥安全的風險因子。

「新住民 安全用藥手冊」除延續過往中文、英文、越南文、印尼文，今年更新增泰文及柬埔寨文，共6國語言編印而成，不僅提高大眾媒體傳播用藥資訊之正確性，更讓語言不再成為新住民正確用藥之阻力，亦大幅提升新住民獲取正確用藥知識之可近性。手冊所提及之藥品安全、藥事照護服務、疾病認識等資訊，除守護新住民健康，也讓新住民可以瞭解臺灣醫藥政策之現況及發展，進而認同臺灣，真正成為臺灣這塊土地上的份子。

希望透過這本手冊，讓新住民可以認識常見疾病，也能重新檢視自身及家人之用藥習慣，減少疾病錯誤認知及不當用藥之行為，建立正確之用藥觀念，並積極運用社區藥局、藥師資源網絡，讓新住民的生活更健康、更有保障。

衛生福利部  
部長 **邱文達** 謹識

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# 藥您一同，共創健康幸福新生活

依據內政部資料統計，截至 102 年 12 月止，全台外籍配偶人數共計 486,703 人，國籍以大陸、港澳地區配偶占 67.61% 最多，越南籍占 18.29% 次之，印尼籍占 5.74% 居第三。對於離鄉背井，遠赴本國之新住民而言，語言除了是適應當地社會、文化、及融入族群之重要因素外，更扮演傳達正確資訊之重要溝通工具。此外，多數新住民同時扮演妻子、母親、媳婦等多重角色，如何傳遞正確之疾病認識及用藥訊息，使其瞭解相關用藥資訊，藉以提升自我照護行為能力及家庭照護，至為重要。

因此，為真正落實保障新住民之用藥權益，減少新住民因經濟、語言等因素所衍生之各種疾病及用藥資訊獲得或藥物諮詢上的障礙，本署自 101 年度起至 103 年度，委託「雲林縣健保特約藥局協會」辦理「建構特殊族群用藥安全體系計畫」，由雲林縣、南投縣及嘉義縣開始，針對臺灣新住民及身心障礙者進行用藥教育宣導，亦編印「新住民 安全用藥手冊」，藉此提升新住民用藥知識與照護能力。

本手冊共計 40 章，除用藥簡易知識（藥品、藥袋標示之介紹等）、常見慢性病（高血壓、高血脂、糖尿病）之疾病簡介，今年更新增國人常見及婦女疾病，以及結合時下民眾關心之減重等議題。手冊最大特色除以淺顯易懂之詞語闡述說明疾病知識及用藥安全，亦翻譯成英文、越南文、印尼文、泰文及柬埔寨文之新住民熟悉語言，不僅讓民眾及新住民可以隨時翻閱，更幫助新住民建立基礎用藥知識，進而注意自身及家人之健康照護。



本署希冀透過此手冊，強化民眾及新住民之正確用藥知識，更期盼新住民能將所學運用於日常生活中並擴展至家人、朋友，以維護你我之身體健康，共創更健康、快樂美好之生活！

衛生福利部食品藥物管理署

署長 **葉明功** 謹識

中華民國103年7月



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## 第一章 藥師談藥

### 什麼叫做藥？

藥就是對你身體 (1) 生理上 (2) 心理上 (3) 機能上 (4) 結構上有影響的物品都是藥。

### 藥師能為您做什麼？

1. 藥師執業於醫院、診所、藥局、藥廠、行銷、鑑定、檢驗、公共衛生、健康教育…。
2. 藥局提供藥品調劑、保健食品、健康食品、營養食品、婦幼用品、醫療器材、藥物諮詢、自我照護…。

### 看病時，醫師診斷開立處方箋，再到藥局調劑領藥很不方便？

1. 醫師診斷開處方，藥師評估處方後調劑，依其專業服務病人最安全。
2. 就像戴安全帽雖然熱，但多一層保障安全更多。

### 慢性病連續處方箋到社區藥局拿藥更方便？

1. 中央健康保險署有公布98種慢性病，病情穩定，可請醫師開立慢性病連續處方箋。
2. 到社區特約藥局領藥，不必再排隊繳掛號費，不必收藥品部分負擔。

### 沒有吃完的藥品要如何處理？

藥品丟棄在土壤內會污染土質，破壞環境。若民眾有未服完之藥物，如為一般家庭廢棄藥品，此時把廢棄藥丸從包裝中取出集中於夾鏈袋內，如有藥水也倒入夾鏈袋，密封起

來隨著家庭垃圾交與環保清潔人員。如為基因毒性廢棄藥品，如抗腫瘤藥物等化學治療藥品，則需拿回醫院，由醫院依照醫療廢棄處理，不要亂丟。

### 社區藥局調劑領的藥與醫院的藥品一樣嗎？

- 1.特約藥局要應付全國各地醫療院所的處方，故備藥品項需要很多。
- 2.建議民眾可先把處方箋拿到特約藥局，請藥師預先準備藥品。
- 3.藥廠都是世界級的C-GMP規格，生產的藥品品質都相同，藥效也相同。
- 4.藥品只要劑量、劑型、含量、適應症相同，依規定特約藥局可以替代。

### 社區藥局是你的好厝邊？

- 1.社區藥局分佈各角落，有任何醫藥的疑難雜症都可找藥師諮詢協助。
- 2.社區藥局營業時間長，營業項目多，是另類專業的7-11。

藥物不良反應通報系統 網站：<http://adr.fda.gov.tw>

電子信箱：[adr@tdrf.org.tw](mailto:adr@tdrf.org.tw)

電話：02-2396-0100

藥害救濟基金會網站：[http://www.tdrf.org.tw/ch/00\\_home/home.asp](http://www.tdrf.org.tw/ch/00_home/home.asp)

電子信箱：[tdrf@tdrf.org.tw](mailto:tdrf@tdrf.org.tw)

諮詢專線：02-2358-4097

## 第二章 藥是什麼

凡能預防、減輕或消除人體疾病症狀之發作，以恢復正常生理機能或增強體內機能，或用以協助疾病之診斷的物質或混合物稱為藥物。

藥不分中藥、西藥，不正當的使用就是毒。藥被吃到肚子裏面，無法分辨是中藥還是西藥，所以『藥可以治病，亦可以致病』，是一體的兩面，必須要有藥師調劑或指示才可使用。

### 藥品分類

- 1.依藥物之外型：分為注射劑、口服藥、外用藥、醫療器材。
- 2.我國藥品之分級：藥品分【成藥】、【指示藥】、【處方藥】三級。

處方藥：需持有醫師處方箋，請專業藥師調劑給藥；藥師依照醫師處方的藥品給藥，並指導用藥方法。

指示藥：不需醫師處方箋，可於社區藥局內購買；由藥師指導依藥品說明書指示的方法使用。

成藥：可於一般超市或藥房購買到乙類成藥，或於社區藥局購買到甲、乙類成藥；民眾可自由選購並依藥品說明書上指示的方法使用。

## 第三章 藥怎麼吃

領到藥品時應核對藥品數量，問明白用藥方法、時間：

- 1.口服藥品應以溫開水服用。
- 2.服藥應依每日規定時間。
- 3.飯前與飯後服藥時間標準化。
- 4.不要以茶、果汁、牛奶、咖啡等刺激性飲料配服藥品。
- 5.須按醫師、藥師指示的用法及劑量服用藥物；未經醫師指示，不可擅自改變藥品劑量或停藥。
- 6.如果忘記服藥，想起時應立即服用，若已接下次服藥時間，就不必再服。
- 7.若覺得藥品沒有作用或發生任何異常狀況或作用時，要立刻告知醫師或藥師。
- 8.注意藥品名稱、警語及有效期限的標示。
- 9.痊癒後之剩藥，不可任意服用或提供他人服用。
- 10.有用藥問題一定要詢問醫師或藥師等專業人員。
- 11.兩種以上眼藥水，應間隔5-10分鐘。
- 12.外用藥膏不可吞服或塗抹眼睛。

### 用藥指示

- 1.用藥時，首先要看清楚是內服藥還是外用藥
  - (1)口服藥：要先確認服用方法，是整粒或半顆吞服、咬碎、口含、或加水稀釋…等。確認有否變質或過期。
  - (2)外用藥：確認使用部位是皮膚、眼、耳、口、鼻、直腸、陰道或是吸入用。
  - (3)在使用藥品前要先洗淨雙手，避免污染藥品或傷口。
  - (4)懸浮液劑在使用前應先充分振搖。
  - (5)栓劑需冷藏才可維持其形狀，冷藏藥品要回復室溫才能使用。

(6)有蓋子的藥品，使用後須蓋緊。

(7)不可使用變質或過期的藥水。如眼藥水在開瓶後一個月，必須丟棄。

(8)不使用別人的藥品，以免交互傳染病菌或誤用藥物。

### 2.服藥時間

#### (1)服藥應依每日規定時間

每日四次：早餐、午餐、晚餐、睡前服用

每日三次：早餐、午餐、晚餐服用

每日二次：早餐、晚餐服用

每日一次：每天固定一個時間服用

#### (2)飯前與飯後說明

飯前（或空腹）：飯前一小時內或飯後二小時與食物一起服用

飯前服用的藥物：易被食物影響吸收、腸胃刺激性小

飯後：飯後一小時內或飯後立即服用

飯後服用的藥物：可藉食物協助吸收、減少腸胃刺激

睡前：睡覺前半小時服用

#### (3)一天四次與每六小時一次

不同目的：

一天四次--症狀治療，例如：普拿疼

每六小時一次--維持固定血中濃度，例如：抗生素

### 3.必須以白開水服藥

(1)有些藥物與果汁（如葡萄柚汁）或茶、咖啡、牛奶會發生交互作用，而影響藥效。

(2)服藥時不要躺著，避免藥物停留在食道時間延長而造成食道灼傷。

### 4.如果忘記服藥要怎麼辦？

- (1) 症狀緩解的藥品：忘了服藥沒有關係（例如：止痛劑）。
- (2) 治療或預防用的藥品：如高血壓、糖尿病用藥，若是短時間內想起可立即服用；若已經接近下次服藥時間不要服用。
- (3) 睡前服用的藥物，若是白天才記起，就無需補服。

### 服藥警語

目前醫療院所及藥局的藥袋上都會註記包括用法、用量、副作用、適應症等警示。服藥前一定要詳讀藥袋或藥品說明書。

#### 1. 副作用警示

- (1) 「服用本藥可能會導致嗜睡或頭暈」、「服藥後需開車或操作機械的人請小心」，表示使用這類藥物期間盡量避免從事需要精神專注的工作。
- (2) 「服用本藥期間請勿飲用含酒精性飲料」表示可能藥效延長或嗜睡副作用。
- (3) 「服藥期間應避免曬太陽」常見在磺胺類藥品及美白產品。

#### 2. 特殊使用方法

- (1) 「藥品請整顆吞服勿磨粉或嚼碎」表示藥物可能味道不好、持續性藥效劑型或腸衣劑型等，所以不適合咬碎服用。
- (2) 「需冷藏」表示藥物領回後，需放在冰箱下層冷藏。
- (3) 「使用前請搖勻」常見於懸浮液藥品、胃乳、抗生素口服藥水或眼藥水。

#### 3. 孕婦與哺乳

「懷孕、計畫懷孕或授乳的婦女請勿服用本藥」，表示此藥不適合懷孕或授乳之婦女服用。

#### 4. 藥物交互作用

- (1) 「若要服用鐵劑、制酸劑時，應該至少要相隔2小時」常見在Quinolones類抗生素藥物，因鐵劑、牛奶及制酸劑會影響藥物的吸收及藥效。

- (2) 「勿併服葡萄柚汁」如鈣離子阻斷劑、巨環類免疫抑制劑及麥角鹼衍生物等與葡萄柚汁併服會影響藥物吸收與代謝。

## 第四章 家庭常備藥

自我照護是民眾為了自己健康所做的自我給藥照護行為。最重要的是民眾對該症狀可以「自我評估」，對於自我照護的藥品如指示藥或成藥應有基本的認識，並遵守藥師之指示來用藥。

家庭常備藥品，能使一些小病得到及時治療。每個家庭應準備少量安全且有效的常用藥物，並學會安全合理的使用，使常備藥物能夠發揮其最大的功效。

### 家中常備藥物的種類

#### 1. 常備內服藥種類：

- (1)感冒用藥：常見的綜合感冒藥、鼻炎錠、止咳錠、化痰錠或咳嗽糖漿。
- (2)解熱鎮痛藥：除了可退燒也可以止痛。
- (3)胃腸道用藥：有消化不良、腸胃不適、腹瀉的症狀時使用。
- (4)其他：暈車、暈機藥、過敏藥品。

#### 2. 常備外用藥種類：

- (1)優碘 (2)消炎軟膏 (3)酒精 (4)酸痛貼布 (5)退燒栓劑
- (6)眼藥水 (7)止癢藥膏 (8)其他。

### 注意事項

- 1.若成人連續服用綜合感冒藥超過7-10天，或有發燒現象達3天以上，症狀尚未改進，應該立即就醫診治。
- 2.出現嚴重副作用，應立即停止服藥並且就醫。
- 3.勿同時服用任何2種以上的解熱鎮痛藥，否則會使副作用和毒性加強。

4.感冒藥中常含有抗組織胺，易引起嗜睡現象。

5.特殊劑型的藥物保存方法：

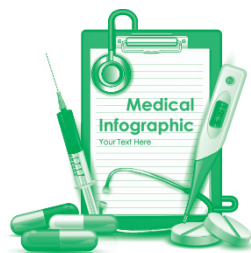
眼藥水：一般放在室溫下即可。有特別標示，需放在冰箱下層者，則依標示處理。開封後一個月內未用完，應即丟棄。

肛門栓劑：栓劑劑型因為溫度超過 30℃ 就會開始軟化，多數需要放在冰箱冷藏，以免軟化。

一般液劑 / 懸浮劑：像胃乳、感冒或咳嗽藥水，室溫保存即可。有特殊指示者除外。

### 結語

家中常備藥應是用來治療較輕微的症狀，但若是發現服藥後症狀未改善，仍需立即到醫院治療，避免發生延誤治療的遺憾。此外，常備藥品是備而不用，讓家庭的每一成員都知道家裡有什麼藥，藥放在哪裡，如何使用。



## 第五章 健康食品

### 什麼是健康食品？

1. 依據「健康食品管理法」，健康食品是指「具有保健功效，並標示或廣告其具該功效之食品」。「健康食品」乙詞是法律名詞，食品一定要經過衛生福利部審查通過後才能稱為「健康食品」，而坊間所說的「保健食品」其實就是一般食品，僅能做為營養補充而已，兩者是不相同的！
2. 雖然通過衛生福利部認證的健康食品可以輔助身體健康，但是並不具有任何醫療效能，也沒有等同藥品的效果，更無法取代正規治療的藥品。

### 「健康食品」聰明選 標章這樣看！

通過認證的「健康食品」，包裝上都會標有「衛部健食規字號」或「衛部健食字號」，同時具有「綠色橢圓標準圖樣」，才是經過衛生福利部審查有保障的健康食品。



### 食用健康食品要注意什麼？

在選購健康食品前應先「停」，冷靜思考一下是否確實有需要，以及對健康是否有幫助；並且仔細「看」，清楚閱讀包裝上的「綠色橢圓標準圖樣」及「許可證字號」、「警語」、「注意事項」、「建議攝取量」以及產品的「保健功效」；食用前請用心「聽」，請教醫師、藥師或營養師等專業人員，才能正確選購對自己身體狀況有幫助的健康食品。提醒您，「均衡飲食、正常作息加上持續運動」才是最好的保健之道。更多資訊請上「食品藥物消費者知識服務網」查詢 <http://consumer.fda.gov.tw/>。



## 第六章 藥事照護

### 藥師照護病人的目標

藥師進行病情與用藥評估、擬定與執行照護計畫、追蹤療效，以確保病人藥物治療符合適應症、有效性、安全性及順從性，進而提升用藥及生活品質。

### 藥物治療問題

1. 有病不使用藥物治療
2. 沒病卻使用不需要的藥物
3. 藥物選擇不適
4. 劑量過低或過高
5. 藥物不良反應
6. 服藥配合度差

### 照護病人之流程

1. 藥效評估：瞭解病人需求，確認適應症有效、安全、方便，預防新問題
2. 照護計畫：解決藥物治療問題，確立疾病治療目標，評估有無新問題
3. 追蹤療效：記錄療效結果，評估疾病進展，發現藥物治療新問題

### 藥師執行藥事照護之處所

醫療院所：加護病房，一般病房，血中藥物濃度監測，藥師門診

社區藥局：慢性病管理，OTC藥物諮詢

長照機構：護理之家/安養中心/養護所

居家照護：到宅服務

### 藥師在社區藥局的照護業務

調劑，慢性病管理，建立病人用藥檔  
用藥諮詢或指導

送藥到宅，送藥到診所，網路轉介掛號

教育自我健康照護的知識，教導使用非處方藥

### 藥師在長照機構的照護業務

確認藥品調劑、儲存及發送的正確性

管理急救及管制藥品之使用

提供病患、家屬及其他醫療人員藥物資訊及衛教

評估病人藥物治療的合適性及解決藥物治療問題

### 藥師在居家的照護業務

評估--瞭解病患對自己疾病的認知、治療目標、藥物使用

擬定與執行照護計畫--擬定照護計畫並提出解決藥物治療問題、

正確用藥、用藥整理、過期藥物整理

記錄與檢討--在照護治療評估後與其他照護人員溝通、監測追蹤、用藥疏失原因

其他 -- 居家醫療之衛材、藥品儲存及不用藥品之處理、居家環境衛生指導

### 藥事照護

將專業化的服務，以鄉土語言做為溝通的橋樑，把照護變成生活化的一環。用心聆聽、適時關懷，發現被照護者的問題，給予充分的照護知識，建議被照護者培養良好生活型態，從正常飲食及規律運動來幫助調理病人身體。藥師用專業知識替

被照護者找出用藥上的疑慮及可能問題，也可以協助他們生活問題的解決方法，以自然健康方式幫助病人，這不失為一種民眾較容易接受的照護方式。

藥能治病，也能致病      用藥安全，自己做起！



## 第七章 妳的好厝邊——社區藥局

社區藥局是專業藥師經營的藥物販售及調劑供應的場所，能提供最新藥物資訊與安全用藥的常識。提供指示藥品幫助民眾自我健康用藥照護，協助民眾家庭用藥整理，可以 24 小時為社區民眾提供藥物，是社區的健康中心。其功能如下：

- 1.調劑處方--確認醫師處方內容 建立藥歷資料檔 調配處方 教導正確用藥 避免重複用藥
- 2.藥物供應--提供處方調劑藥物 指示藥品 健康食品 保健食品
- 3.藥事照護--慢性病連續處方箋調劑 藥物整理 處方內容判讀
- 4.用藥諮詢--醫藥資訊 知藥的權利 安全用藥 藥物衛教
- 5.健康諮詢--保健關懷諮詢 傳染病防治 就醫指導 戒菸諮詢 減重諮詢 性健康諮詢 社區公共衛生 藥物濫用諮詢
- 6.提供知藥、安全、方便、省時、省錢、有效的藥事服務

非處方藥(OTC：Over the Counter)就是藥品分類中的指示藥及成藥，不需要醫師處方箋就可以在社區藥局中取得。藥品特性：安全、有效、方便，適用於預防、緩解症狀，可以由藥師指示用法、或依藥品說明書及標籤說明使用，民眾可在藥師指示下自行購買服用。

## 第八章 生病時如何自我健康照護

生病了該怎麼辦呢？很多人都會看醫師。但有些常見小病，可以先到社區藥局購買藥師指示藥，照顧您自己。

### 感冒

主要是由病毒造成的疾病，對身體的主要影響於呼吸系統，出現的症狀，如鼻涕、鼻塞和喉嚨痛、咳嗽甚至會發燒等，這時應該多喝水、多休息，也可以就近於社區藥局向藥師購買感冒藥使用。

感冒無特效藥，大部分的感冒藥都是指示藥，只要藥師指示就可以服用。

若有全身性的症狀，可能是流行性感冒或季節性流行感冒，就必須去找醫師診療、檢查、用藥。

### 疼痛

疼痛是人一生或多或少會經歷的，有頭痛、牙痛、肚子痛、胃痛、生理痛、肌肉疼痛等。

疼痛是由於身體受到傷害造成的「急性疼痛」，只要把引起疼痛的疾病或傷害處理好，疼痛就會消失。

當您發生頭痛、經痛、牙痛時，可以到社區藥局購買藥師指示的止痛藥服用，即可緩減疼痛。服藥後若未減緩，就要找醫師診療、檢查用藥。

疼痛的不適感，若發生頻率高，如嚴重胸痛、頭痛、胃痛等，就要找醫師診療、檢查、用藥。

### 發燒

當體溫超過38°C以上，就可稱為發燒。發燒是因為身體在

消滅傷害身體的感染病菌、毒素，並同時修補那些傷害所產生的現象。

發燒的原因可能是感冒、細菌、病毒感染的疾病，但也可能因為運動、天氣熱造成的短暫體溫升高，後者可補充水分、稍作休息就會好。因為疾病造成的發燒，就須用退燒藥，並多休息、多補充水分，可將冰枕置於額頭或腦後、適度減少覆蓋的衣服，以讓體熱散去。

若服用退燒藥過後 4-6 小時，身體又發燒，表示疾病未排除，應該找醫師，讓醫師針對疾病治療。

### 噁心、嘔吐

噁心、嘔吐是很常發生的身體不適症狀。通常不會很嚴重，可居家自我用藥照顧，要多休息，避免脫水。

若是胃酸分泌過多造成的噁心、嘔吐，可服用制酸劑，但要避免服用牛奶、茶、咖啡、酸性飲料等刺激性飲料。

若是搭車、搭船或坐飛機容易頭暈造成噁心、嘔吐的，可在搭車前半小時先服用暈車藥。

若是因懷孕造成的噁心、嘔吐，除非影響到孕婦的生活作息、營養狀態及胎兒發育，才需要在醫師指示下用藥，不可自行用藥。

### 便秘

便秘是現代人常見的文明病，由於工作、精神、生活壓力大，缺乏運動、飲食不均衡所造成的，也可能是因疾病或用藥所造成的。

若是生活飲食習慣、心理壓力造成的便秘，以改變生活飲食習慣為主，如多吃蔬菜、增加飲水量、養成運動習慣等來刺激腸胃蠕動。

養成良好的排便習慣。

若因疾病或用藥所造成的，可到社區藥局購買軟便劑服用。但勿濫用及過度依賴軟便劑，避免影響腸胃蠕動功能、或忽略便秘的原因而延誤就醫。

### 腹瀉

腹瀉的原因可能是細菌、病毒、藥物、食物中毒、腸胃吸收不良等引起。

輕微的腹瀉可自行到社區藥局購買止瀉劑或整腸劑服用，並多喝水以避免脫水，飲食要清淡。

持續性腹瀉、或伴有發燒、嚴重嘔吐、解血便，應立即就醫，在醫師指示下查明原因，並服用止瀉劑及其他藥物。

若腹瀉減輕，就可以停用止瀉劑，但仍須多喝水補充電解質，食用流質性食物，讓腸胃休息。

在生活中身體常見小病症及不適感，輕微而短暫的症狀可以到社區藥局找藥師購買指示藥或成藥自我照顧；但若病情並未因藥物而得到緩解時，甚至有更嚴重的症狀，應立即就醫，由醫師診斷及用藥。

## 第九章 善用慢性病連續處方箋

### 什麼是慢性病連續處方箋？

慢性病連續處方箋是醫師診療慢性病人，對使用相同藥物達六個月且病情穩定者，醫師得開給慢性病患者的長期用藥處方箋。

### 慢性病連續處方箋可以使用多久？

這種處方箋有效期間為自醫師開給處方日起三個月內有效，病人可以分2-3次調劑領藥。

### 什麼人可以使用慢性病連續處方箋？

當慢性病患者擁有健保署公告的慢性病：如高血壓、高血糖、高血脂等，待病情穩定，經醫師評估用藥品項、劑量與病人服藥順從性良好等因素就可開立。

### 慢性病連續處方箋可以去哪裡領藥？

慢性病患者要自上次給藥期間屆滿前 10 日起，才可拿慢性病連續處方箋與健保 IC 卡至原處方特約醫院、診所或者是在住家附近健保特約藥局調劑領藥。

### 服用藥物期間有不舒服的狀況怎麼處理？

當覺得服用藥品沒有作用或發生任何異常狀況或副作用時，要立刻告知醫師或藥師。並帶著原來的處方箋回到原診療院所就診與醫師討論。

### 開立慢性病連續處方箋有什麼好處？

憑慢性病連續處方箋可到原診療院所或健保特約藥局調劑領藥，可免掛號費、免藥品部分負擔，在住家或上班附近的健保特約藥局調劑領藥可免去醫院。

## 第十章 藥品的保存與廢藥回收

藥品拿回家應放置固定的地方，避免遺失或變質，藥物貯存原則：

1. 避光、防潮、避熱儲存 -- 浴室、廚房又濕又熱的地方藥品容易變質。家中陽光直射或光線較強的地方也不可貯存。
2. 宜放置陰涼處 -- 暗處的抽屜或櫃子。
3. 需要冷藏的藥品 -- 放置於冰箱冷藏室 2-8℃ 之間。
4. 需要特別避光的藥物，如：某些眼藥水，用不透明塑膠袋來盛裝。
5. 置放於小孩碰觸不到的地方。
6. 內服藥品與外用藥品分開。
7. 不同藥品不要混雜在一起。
8. 將藥品連原包裝置於密閉容器中儲存。
9. 罐內所附的棉花和乾燥劑，開罐後就必須立刻丟棄
10. 保留原包裝容器或藥袋的完整性，以易辨識。
11. 保留說明書、原包裝，以易於辨識。
12. 注意有效日期、用法及用量的相關資料。
13. 保存在玻璃容器比塑膠袋好。
14. 定期檢查家中藥品，過期藥品不宜繼續保存，若有未服完之藥物，如為一般家庭廢棄藥品，此時把廢棄藥丸從包裝中取出集中在夾鏈袋內，若有藥水也倒入夾鏈袋，密封起來隨著家庭垃圾交與環保清潔人員。如為基因毒性廢棄藥品，如抗腫瘤藥物等化學治療藥品，則需拿回醫院，由醫院依照醫療廢棄處理，不要亂丟。

## 第十一章 看病時如何向醫師說清楚

看病時應向醫師說明清楚下列事項：

- 1.陳述自己的症狀：不舒服的部位、情況、發生的時間…等。
- 2.個人疾病史：包括開刀、住院、醫學檢驗結果、有無糖尿病、高血壓、肝病、腎臟病及家族性疾病。
- 3.你是否對某些藥品曾經發生異常反應或是過敏現象，或有特殊飲食習慣。
- 4.目前正在使用的藥品：包括慢性病用藥、中藥、維他命、避孕藥、減肥藥、健康食品、特殊食品。
- 5.你是否在過去數週內服過其他藥品：由於有些藥物在體內的作用會持續很久而影響到你現在要服用的藥品。
- 6.你是否有其他疾病：因為某些疾病會影響藥品在體內的作用；例如肝腎功能不良時，會延長藥品自體內排出的時間或加強藥品的毒性。
- 7.你是否餵母乳：因為有些藥品會分泌至乳汁。
- 8.你是否已安排手術或其他醫療計劃：因為有些藥物會影響凝血功能或檢查結果。
- 9.你是否要考試、操作機械或開車：因為有些藥品吃了之後會想睡覺，可能會降低病人的注意力及反應能力。
- 10.你是否懷孕：因為有些藥品會通過胎盤進入胎兒體內。

## 第十二章 領藥時如何向藥師問明白

領藥時對於藥品使用有任何疑問要向藥師問明白，要看清楚藥袋之說明，並且要注意以下事項：

1. 看清楚藥袋，確認病人姓名
2. 問明白藥品名稱、數量
3. 問清楚用藥方法、時間、劑量
4. 問清楚藥品適應症
5. 問明白藥品要服用多久
6. 問清楚服藥後要注意的事項、副作用或警語
7. 必要時，請藥師做藥物諮詢
8. 確認藥物外觀沒有變質、藥品保存期限與保存方法
9. 自行購買指示藥或成藥時，要檢查包裝上是否有衛生福利部的核准藥品許可證字號及效期

### 藥師要你做身體的主人

1. 不聽別人推薦的藥品
2. 不信有神奇療效的藥品
3. 不買地攤、夜市、網路、遊覽車上所販賣的藥品
4. 不吃別人贈送的藥品
5. 不推薦藥品給其他人

## 第十三章 認識藥袋

病人向藥師領藥時，藥師會告訴用藥方法及指示如何用藥。若因時間急迫無法清楚說明或忘記說明，則藥袋上有相關用藥說明，確保安全用藥。有些醫院的藥袋上也有用藥時間圖示，方便正確用藥。

健康綜合醫院			
地址: 雲林縣斗六市幸福街168號 藥物諮詢電話: 05-6543210-2130			
領藥號碼 No.			
姓名: 金大風 (Name)	生日: 1955/09/09 (Date of Birth)	性別: 男 (Sex)	調劑日期: (Dispense Date) 2010/02/22
病歷號碼: 123456 (Chart No.)	年齡: 54 (Age)	體重: (Body Weight)	
科別: 胃腸科 (Department)	醫師: 許來發 (Doctor)	代號: 157 (Dr. Code)	藥師: 張海淳 (Pharmacist)
【藥名】	A.M.D tab--Al(OH)3 gel 334mg+MgO 42 PC		
77247#5	166mg+Dimethicone 36.7mg/tab		
	商品名: A.M.D 愛姆得		
	廠牌: 溫士頓		
【使用方法】	內服藥, 口服 2-5 每天3次, 三餐飯後服用 每次1粒, 14天份		
【臨床用途】	1 緩解胃部不適或灼熱感 2 胃酸過多 3 消化不良 4 解除脹氣, 解除脹氣, 緩解氣脹相關症狀		
【注意事項】	請嚼碎後吞服		
【副作用】	便秘; 腹瀉; 噁心; 嘔吐		
【藥品外觀】	白/綠色, 圓形, 雙層錠, 一面有刻痕, 另一面有310.WINST ON字樣		
本品建議在 2010/03/29 前用完			
早上	中午	晚上	睡前
飯前	飯後	飯前	飯後
請詳閱背面注意事項, 如需注射請將藥交給注射室醫護人員。			

**注意事項(或警語):**

- 請核對姓名, 保留藥袋至藥品用完。
- 請當面點清藥品種類及數量。
- 請依照醫師指示用藥, 切勿過量, 請以白開水配藥服用。
- 藥品應置乾燥及小孩不易取得之處。
- 誤食或服用過量, 請立即與醫院聯絡。
- 用藥後, 若有任何不適, 請盡快回診或電話告知醫師或藥師。

**用藥指示:**

飯前: 飯前1小時服用  
 2飯後: 飯後1小時服用  
 3睡前: 睡前半小時服用  
 4每天4次: 早上、中午、晚上及睡前服用  
 5每天3次: 早上、中午、晚上服(便)用  
 6每天2次: 早上、晚上服(便)用

有些醫院有貼心提供英文藥袋，以便供外籍人士了解用藥資訊。

**健康綜合醫院**

地址：雲林縣斗六市幸福街168號  
藥物諮詢電話：05-6543210-2130

領藥號碼 No. **10102**

姓名： <b>王友志</b> (Name)	生日： <b>1976/05/10</b> (Date of Birth)	性別： <b>M</b> (Sex)	調劑日期： <b>2010/03/04</b> (Dispense Date)
病歷號碼 <b>123456</b> (Chart No.)	年齡： <b>33</b> (Age)	體重： <b>25502</b> (Body Weight)	藥師： <b>張淳淳</b> (Pharmacist)
科別： <b>胃腸科</b> (Department)	醫師： <b>許來發</b> (Doctor)	代號： <b>25502</b> (Dr. Code)	


**(Drug Name) B4: Cimetidine 200mg/tab.**  
81598#1 Trade Name: Gastrodin  
Manufacturer: 優良化學

**(Usage) medicine · oral use** 2-1  
three times a day, after meals, 1 piece each time, 7 day(s)

**(Indication) 1 Gastric ulcer 2 "Duodenal ulcer, Gastric hypersecretion"**

**(Notice) Continue medication for full time of treatment.**

**(Appearance) pale yellow-green · round · Tablet · graved with UL and 024**

早上 	中午 	晚上 	睡前 	飯前 	飯後 
---	---	---	---	---	---

請詳閱背面注意事項，如需注射請將藥交給注射室醫護人員。

<p><b>注意事項(或警語)：</b></p> <ol style="list-style-type: none"> <li>請核對姓名，保留藥袋至藥品用完。</li> <li>請當面點清藥品種類及數量。</li> <li>請依照醫師指示用藥，切勿過量，請以白開水配藥服用。</li> <li>藥品應置乾燥及小孩不易取得之處。</li> <li>誤食或服用過量，請立即與醫院聯絡。</li> <li>用藥後，若有任何不適，請儘快回診或電話告知醫師或藥師。</li> </ol>	<p><b>用藥指示：</b></p> <ol style="list-style-type: none"> <li>飯前：飯前1小時服用</li> <li>飯後：飯後1小時服用</li> <li>睡前：睡前半小時服用</li> <li>每天4次：早上、中午、晚上及睡前服用</li> <li>每天3次：早上、中午、晚上服(使)用</li> <li>每天2次：早上、晚上服(使)用</li> </ol>
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依衛生福利部規定，藥袋應有16項必要標示：

- |          |           |          |        |
|----------|-----------|----------|--------|
| 1.病人姓名   | 2.病人性別    | 3.藥品名稱   | 4.藥品劑量 |
| 5.藥品數量   | 6.用法      | 7.用量     | 8.藥局名稱 |
| 9.調劑藥局地點 | 10.調劑藥局電話 | 11.調劑者姓名 |        |
| 12.調劑日期  | 13.警語     | 14.主要適應症 |        |
| 15.主要副作用 | 16.其他用藥指示 |          |        |

## 第十四章 看清藥袋標示與藥物標示

醫事服務機構對於診療之病人交付藥劑時，應於容器或包裝上載明病人姓名、性別、藥名、劑量、數量、用法、作用或適應症、警語或副作用、醫療機構名稱與地點、調劑者姓名及調劑年、月、日。

### 看清楚藥袋、藥品標示

1. 清楚的藥袋標示可以幫助病人正確使用藥品、瞭解藥品效用及降低副作用的傷害。當找不同醫師看病時，可幫助醫師開立正確處方。
2. 核對藥袋上藥品名稱、藥品單位含量、數量與使用方法及用量，及藥袋內藥品標示之名稱、數量是否相同。
3. 從原藥袋取出藥後，應再放回原藥袋內。注意一次取出多種的藥品來核對，放回藥袋時可能裝錯藥袋，就可能吃錯藥。
4. 發現藥品與以前不同，可能是醫師改變處方或廠牌改變，但也有可能是錯誤，應先詢問藥師，清楚後再用藥。
5. 知道為什麼要用這個藥品 -- 所使用的藥名、用途、成份及含量。使用含量不對的藥品可能無效或過量。
6. 知道如何使用這個藥品 -- 劑量（一次吃幾粒）、頻率（多久吃一次）、什麼時間用藥、療程要吃多久、以及給藥途徑。
7. 不要由藥品外觀直接判斷用法：錠劑、膠囊不一定是口服，瓶裝的液劑有可能是點眼、注射或口服滴劑，一定要看清楚說明再使用。
8. 知道用藥後預期的反應、療效、副作用、注意事項。

## 第十五章 不法藥物

### 藥物

藥物包括藥品及醫療器材：

1. 凡是製造或輸入藥物，應先行向中央衛生主管機關申請查驗登記，經核准發給藥物許可證後，始得製造或輸入，因此合法藥品在外盒包裝上必定登載許可證字號。
2. 凡是經核准製造、輸入的藥物，依規定於其標籤、說明書或包裝上，應分別刊載以下事項：廠商名稱及地址、品名及許可證字號、藥品分級類別、製造日期或批號、主要成分含量、用量、用法、適應症或效能、副作用、禁忌及其他注意事項、有效期間或保存期限等。
3. 「衛署成製字第○○○○○○號」及「內衛成製字第○○○○○○號」，表示衛生署核准製造的成藥許可證字號。
4. 「衛署成輸字第○○○○○○號」及「內衛成輸字第○○○○○○號」，表示衛生署核准輸入的成藥許可證字號。
5. 「衛署藥製字第○○○○○○號」及「內衛藥製字第○○○○○○號」，表示衛生署核准於國內製造的藥品許可證字號。
6. 「衛署藥輸字第○○○○○○號」及「內衛藥輸字第○○○○○○號」，表示衛生署核准由國外輸入的藥品許可證字號。
7. 「衛署藥陸輸字第○○○○○○號」，表示衛生署核准由中國大陸輸入的藥品許可證字號。
8. 「衛署菌疫製字第○○○○○○號」、「內衛菌疫製字第○○○○○○號」、「衛署菌疫輸字第○○○○○○號」、「內衛菌疫輸字第○○○○○○號」，表示衛生署核准於國內製造或由國外輸入的生物製劑許可證字號。

9. 醫療器材的許可證字號則為「衛署醫器製字第○○○○○○○號」、「衛署醫器輸字第○○○○○○○號」或「衛署醫器陸輸字第○○○○○○○號」。
10. 從2013年5月31日正式升格為衛生福利部後，其後許可字號多增加「衛部成製字第○○○○○○○號」、「衛部成輸字第○○○○○○○號」、「衛部藥製字第○○○○○○○號」、「衛部藥輸字第○○○○○○○號」、「衛部藥陸輸字第○○○○○○○號」、「衛部菌疫製字第○○○○○○○號」、「衛部菌疫輸字第○○○○○○○號」、「衛部醫器製字第○○○○○○○號」、「衛部醫器輸字第○○○○○○○號」及「衛部醫器陸輸字第○○○○○○○號」。

### 不法藥品

不法藥品可分為：

1. 偽藥：
  - (1) 未經核准，擅自製造者。
  - (2) 所含成分之名稱，與核准不符者。
  - (3) 將他人產品抽換或摻雜者。
  - (4) 塗改或更換有效期間之標示者。
2. 劣藥：
  - (1) 擅自添加非法定著色劑、防腐劑、香料、矯味劑及賦形劑者。
  - (2) 所含有效成分之質、量或強度，與核准不符者。
  - (3) 藥品中一部或全部含有污穢或異物者。
  - (4) 有顯明變色、混濁、沈澱、潮解或已腐化分解者。
  - (5) 主治效能與核准不符者。
  - (6) 超過有效期間或保存期限者。
  - (7) 因儲藏過久或儲藏方法不當而變質者。

(8)裝入有害物質所製成之容器或使用回收容器者。

### 3.禁藥：

- (1)經中央衛生主管機關明令公告禁止製造、調劑、輸入、輸出、販賣或陳列之毒害藥品。
- (2)未經核准擅自輸入之藥品。但旅客或隨交通工具服務人員攜帶自用藥品進口者，不在此限。

不法藥物檢舉專線：0800-285000



## 第十六章 如何使用避孕藥

口服避孕藥種類大致可區分單相混合型和多相混合型兩種。

1. 綜合型—含有雌激素(estrogen)與黃體素(progestin)兩種成份
2. 單一成份—只含有黃體素。

混合型藥丸是指每粒藥都由上述兩種成份混合而成；

1. 其中每粒藥物劑量固定者，稱之為單相型；
2. 另一種劑量呈二或三階段變化，稱為多相型。

### 避孕原理

口服避孕藥是低劑量人工合成的雌激素。

1. 主要的作用是抑制卵巢排卵，沒有卵子就不會受孕。
2. 改變子宮內膜，使不適於受精卵的著床。
3. 改變子宮頸黏液，使精蟲不易通過。

### 避孕效果

口服避孕藥的失敗率是0.1%。

### 優點

1. 正確的服用，避孕效果幾乎可達百分之百。
2. 性交前不必再採取任何措施。
3. 使月經規則，經血減少，同時可以減輕經痛。
4. 適合於新婚以及未生育的婦女。

### 缺點

少數人在服藥初期會有下列症狀：頭暈、噁心或不舒服或點狀出血、體重增加。通常這些症狀在兩、三個月後就會消失。

### 注意事項

1. 有心臟病、糖尿病、高血壓、血管栓塞性病症、肝臟機能障礙及曾患乳癌及生殖器癌症者，不能服用。
2. 餵母乳期間不能服用避孕藥。
3. 35歲以上，且抽菸習慣很重的人，最好不要服用。
4. 初次服用者，應先由醫師診療後再服用。
5. 必須記得每天服用，否則避孕會失敗。
6. 在應服的時間忘記服用，應照其說明的方法補服，並使用其他避孕措施。
7. 開始服用後三個月要複診，以後每六個月定期作婦科檢查。
8. 服用避孕藥期間，併服Ampicillin可能會導致避孕無效。



## 第十七章 孕婦用藥安全

### 懷孕用藥安全級數

孕婦應避免不必要的藥品，儘可能使用食品療法或改變生活形態。

A級：臨床對照試驗顯示在孕婦是安全的

B級：無臨床試驗對照，動物試驗顯示安全或有不良反應，臨床對照試驗沒問題

C級：動物試驗顯示有致畸性，但沒有人體對照試驗或臨床試驗資料均缺乏

D級：有致畸性，但醫療上【利大於弊】時可以使用

X級：孕婦絕對不可使用

### 孕婦用藥對胎兒造成影響的決定因素

1. 藥品的致畸胎性、藥品會否與蛋白結合、藥品的代謝方式
2. 用藥時間在懷孕的哪一期
3. 用藥時間長短及劑量
4. 給藥方式
5. 孕婦子宮血流情況
6. 母體代謝能力、體脂肪多寡

### 藥物對胚胎的影響

依胚胎發育的情況，可分為：

著床前期	0~2週	通常不會導致胎兒畸型
胚胎期	3~8週	關鍵時期，器官形成期，會引起胎兒畸型或成死胎
胎兒期	9~16週	可能造成兔唇及女性胎兒性器男性化
胎兒期	16週~生產前	胎兒生長完成，可能造成胎兒生理機能異常

## 孕婦常見症狀的處理

### 1. 噁心

發生原因：懷孕初期常有之現象，滿12週一般會消失。

處理方法：維持體內必須營養素穩定，補充維他命 B6。

### 2. 胃灼熱感

發生原因：腹腔及橫膈膜上升導致胃受壓迫。

處理方法：少量多餐，避免軟性飲料，適量使用胃乳、胃乳片。

### 3. 便秘

發生原因：子宮擴大，壓迫腸道導致腸蠕動變緩。

處理方法：適當的水分、適量的運動、膨脹性瀉劑或潤滑性瀉劑。

### 4. 痔瘡

發生原因：直腸附近的靜脈，受擴大的子宮壓迫而阻礙血流。

處理方法：盡量使排便通暢，局部痔瘡軟膏或止痛栓劑。

### 5. 感冒

處理方法：多喝開水、多休息、勿自行購買成藥服用。感冒及呼吸道藥品多數為C級。

## 孕婦用藥的原則

1. 沒有醫師或藥師的指導，孕婦不可自行加藥或擅自停藥。
2. 少用藥，尤其是懷孕時期的頭三個月，並與醫師做討論與評估。
3. 看病就診時，如果懷孕或有可能懷孕者，都必須告訴醫師或藥師。
4. 已經在使用藥品者，需和醫師或藥師討論是否停藥。

## 常用藥品對胎兒的影響

藥 品	對胎兒的影響
四環素類	阻礙骨骼生長、牙齒變色等
磺胺藥	核黃疸
氯黴素	灰嬰兒症
抗甲狀腺製劑	胎兒智力遲滯
過量維他命A	胎兒生長遲滯，顱內壓增高
過量維他命D	胎兒智力遲滯，高血鉀

## 使用致畸胎性藥品的媽媽一定會生出有問題的孩子？

1. 不一定，但生出有瑕疵的孩子的機率約3-6%。畸胎的風險增加五倍以上。
2. 使用致畸胎性藥品，停藥後須等一段時間後再懷孕。
3. 抗癲癇症藥品、抗甲狀腺藥品均屬懷孕分級D，但疾病本身對胎兒的傷害遠高於藥品，因此仍需繼續用藥。



## 第十八章 婦女哺乳用藥安全

媽媽所食用的任何物質都可能會進入乳汁中，所以當媽媽服用藥物時，要考量寶寶是否會吃到奶水中的藥物外，還要考慮停餵母乳對寶寶、媽媽本身、家庭及社會的整體影響。

### 媽媽生病時停止哺乳的迷思

1. 嬰兒對藥物攝取量取決於每日餵奶量、嬰兒腸胃功能、哺乳時間。
2. 服藥前哺乳或備乳或暫停服藥，都是選項
  - (1) 藥物在服用後1-3小時內達到最高濃度。
  - (2) 服藥後6小時再餵奶相對較安全。
  - (3) 請問藥師暫停服藥的可行性。
3. 母乳的保存
  - (1) 室溫下可存放6-8小時。
  - (2) 冷藏可放3-5天。
  - (3) 冷凍庫可保存3-4個月。

### 哺乳用藥考量

1. 藥物是否有使用的必要。
2. 選擇安全的藥物。
3. 當藥物可能對嬰兒有影響時，應該測量嬰兒的血中藥物濃度。
4. 在服藥前餵奶，減少藥物對嬰兒的影響。

### 藥物影響寶寶的決定因素

1. 藥物的性質  
用藥前詢問專業醫師或藥師，選擇不易被腸胃道吸收、水溶

性藥物、高蛋白結合率、半衰期短，並儘量使用單方藥物。

### 2.攝取藥物的劑量及頻率

建議服用劑量低、半衰期短、不會在體內蓄積的藥物，雖然服藥頻率高但較不會分布至乳汁。

### 3.避免危險性藥品

有些藥品極微量就會對嬰兒造成傷害，如：盤尼西林、磺胺類藥物等。

### 4.避孕藥物

採用母乳餵養寶寶，不宜服用避孕藥。因為避孕藥可能透過乳汁對寶寶產生不良影響，同時還可能使乳汁分泌量減少。

## 美國小兒科醫學會建議哺乳期之用藥

### 1.哺乳時可以使用的藥物，風險較低的藥物：

- (1)解熱鎮痛藥、非類固醇消炎止痛藥、抗生素、疫苗、顯影劑、麻醉藥物、精神科用藥、抗憂鬱藥、降血壓藥、抗病毒藥物、肌肉鬆弛劑、抗癲癇藥物、強心劑、麻醉性止痛劑、麻醉性鎮咳劑、類固醇、氫離子阻斷劑、抗心律不整藥、抗結核藥、甲狀腺素、抗甲狀腺藥物、鼻塞解除劑、保鉀利尿劑、抗凝血劑。
- (2)抗焦慮、抗憂鬱等藥物在奶水中濃度很低，僅有非常少數的個案引起嬰兒的不適，長期使用時，要注意對寶寶的中樞神經的影響。
- (3)局部麻醉藥物不會被嬰兒腸胃所吸收是安全的。
- (4)全身麻醉的藥物像其他藥物一樣，幾乎不會造成嬰兒任何影響，它們的半衰期非常短，只要醒過來，就可以哺乳。
- (5)外用的皮膚藥、吸入性藥物（例如：氣喘用藥）或是鼻噴劑、眼睛使用的藥物幾乎都是安全藥物。

## 2. 哺乳時應避免使用的藥物：

- (1) 盤尼西林：容易造成過敏，須小心使用。
- (2) 磺胺類藥物：核黃疸、溶血，蠶豆症者明顯。
- (3) 四環黴素：牙齒永久性著色、阻礙骨骼發育。
- (4) 氯黴素：可能會造成骨髓抑制，引起再生不良性貧血。
- (5) Metronidazole：可能會造成畸胎突變。
- (6) 酒精：嬰兒呼吸抑制、脈搏微弱。
- (7) 尼古丁：嬰兒休克、嘔吐、腹瀉、呼吸道疾病、猝死。
- (8) 咖啡因：嬰兒躁動、體重減輕。
- (9) 長效抗憂鬱藥 fluoxetine：藥物作用時間很長。

## 3. 絕對不能使用的藥物：

抗癌藥物、放射治療藥物、Cyclosporin(免疫抑制)、Mysoline(癲癇)、Parlodel(巴金森)、Ergotamine(偏頭痛)、鋰鹽(躁症)、古柯鹼、海洛因、大麻、安非他命。

## 核子醫學放射性同位素掃描呢？

1. X-光及其他掃描，即使是使用顯影劑，都不需要停止餵奶。
2. 電腦斷層攝影CT及核磁共振攝影MRI也是如此，都不需要停止餵奶。
3. 媽媽接受肺部同位素或骨頭掃描時，通常使用technetium，此藥的半衰期是6小時，在5個半衰期後藥物會完全排離母體，是不必擔心的。

## 隆乳女性可以哺乳嗎？

1. 隆乳以矽膠材質較常見，或是放置鹽水袋。
2. 目前沒有研究顯示隆乳矽膠中的聚合物對人體有害。
3. 牛奶及配方奶中的矽元素比隆乳媽媽的奶水中矽含量還高。因此隆乳的媽媽仍可以哺育母乳。

## 第十九章 認識不孕症

### 何謂不孕？

夫婦在婚後一年內，沒有任何避孕的情況下，妻子沒有懷孕，就可能是不孕。已婚夫婦發生不孕的機會約為 15%。

### 排卵期

女性的月經週期正常為 28 天，排卵日期在月經來潮後的第 14 天左右。

排卵日及其前後3天稱為排卵期，是最容易受孕的期間。

除了排卵期，其餘的時間為安全期。

若想使用安全期來避孕的話，因為周期的變化性，成功率並不算高，建議搭配其他的避孕方式（如：保險套、避孕藥…等）。

要提升受孕機會，就要掌握女性的受孕期。

精子在女性的生殖道內可存活 72 小時，而卵子只可存活 24 小時。

在排卵前的 3 天內和排卵後的 1 天內發生的性行為較可能受精懷孕。

### 女性不孕的原因

1. 在不孕症的夫婦中，約有60%的不孕原因來自女性。
2. 女性卵巢、輸卵管、子宮、子宮頸等各方面的問題，都可能造成不孕。
3. 女性月經週期及月經量、生產史、有無骨盆腔發炎的病史。
4. 女性的年紀、有無感染過性病、抽菸、酗酒、藥癮或是慢性疾病等。
5. 女性的工作性質，化學藥劑、放射線照射等因素都要考量。

6. 太胖或太瘦、長期劇烈的運動、過度減重、生活壓力、卵巢病變、腦下垂體功能異常、高泌乳激素血症、甲狀腺功能異常等問題影響正常的排卵。
7. 輸卵管的阻塞或沾粘，也是不孕症的重要原因之一。
8. 子宮內腔沾粘、子宮內膜息肉、子宮肌瘤、子宮肌腺瘤、子宮先天畸形等。
9. 子宮頸感染、抗精蟲抗體、子宮頸黏液功能不良，都可能造成不孕。

### 男性不孕的原因

1. 先天性染色體異常；內分泌系統異常；
2. 睪丸功能異常；精索靜脈曲張等；精蟲運輸功能異常；
3. 生活習慣、工作環境、身心疾病及其他因素，如：藥物、放射線、性病等。

### 結論

不孕的檢查和治療都相當繁瑣，夫婦雙方應該共同參與整個過程。夫婦要互相鼓勵，讓感情更加恩愛，才更有機會創造出愛的結晶。

## 第二十章 認識骨質疏鬆症

### 為何停經婦女會產生骨質疏鬆？

停經後的婦女體內雌激素減少，使得成骨細胞及噬骨細胞都增加。噬骨細胞作用過程快而成骨細胞作用過程慢，致使骨質大量流失、骨骼孔隙變大，故停經後的骨質易疏鬆。

### 骨質疏鬆的治療藥物

治療首重改變生活型態，包括戒菸、戒酒、運動、飲食，補充鈣質及維生素D，若情況嚴重則搭配藥物治療：

- 1.雙磷酸鹽類藥品：可抑制噬骨細胞作用，減少骨質被再吸收，另維生素D3可增加鈣質的吸收。
- 2.選擇性雌激素受體調節劑：效果可能較弱，適用於無法耐受雙磷酸鹽類藥品及乳癌高風險的婦女。
- 3.荷爾蒙補充療法：用於預防及治療停經後的骨質疏鬆，適用於無法耐受其他治療骨質疏鬆藥品且有更年期症狀之婦女。
- 4.其他治療藥物：抑鈣素、副甲狀腺素、RANKL單株抗體等藥品。
- 5.多種藥物合併療法：對於額外的骨密度增加及骨折的預防，效益不大。

### 結論

- 1.更年期是婦女一生中重大的轉變時期。
- 2.低劑量荷爾蒙補充療法，對於改善更年期症狀、提高生活品質，是首選。
- 3.除乳癌高危險群婦女不適合使用荷爾蒙補充療法外，一般婦女使用無礙。

- 4.經專科醫師審慎評估其風險及效益，使用效益最好且副作用最低的藥物。
- 5.預防勝於治療，規律運動、戒菸、戒酒、均衡飲食、補充足夠的鈣質及維生素D，才是減少骨質流失，避免骨質疏鬆發生的不二法門。



## 第二十一章 認識子宮內膜異位

### 甚麼是子宮內膜異位症？

子宮內膜異位，就是子宮內膜組織跑到不該去的地方所造成的問題。若長在卵巢內，會破壞正常卵巢組織，則稱為「巧克力囊腫」，若長在子宮肌層，則稱為「子宮肌腺症」。子宮內膜是女性子宮內的正常組織，主要功能是在女性懷孕時讓胚胎著床，成為媽媽培育胎兒的溫床。每次的月經週期，女性的子宮都準備好要培育新的胎兒，如果懷孕了，子宮內膜就會進一步的發育生長，如果沒有懷孕，準備好的子宮內膜就會脫落，脫落的子宮內膜就形成女性的月經。

### 臨床症狀及併發症

子宮內膜異位症是一種慢性發炎的狀況，在腹腔內的器官很容易發生沾粘的情形。子宮內膜最活躍的時段是在排卵與月經期，因此症狀大都在這兩個時期發生，尤以月經期最嚴重。一般經痛可能在月經前 2 天最為嚴重，嚴重的子宮內膜異位症會有疼痛與沾黏合併起來，造成長期的慢性骨盆腔疼痛及腸胃問題。臨床上的經痛都要懷疑罹患子宮內膜異位症的可能。常見症狀包括：經痛、不孕症、性交疼痛、月經前點狀出血或經血量過多。

### 治療

- 1.藥物治療：使用荷爾蒙製劑，促使症狀活性降低並使範圍縮小，包括針劑、口服、子宮內投藥
- 2.手術療法：徹底完全將所有病灶切除，包括腹腔鏡、剖腹

## 經痛的自我調適

1. 月經前一週可泡溫泉、熱水浴、多熱食、少冰品。
2. 月經來可熱敷下腹部。
3. 靜坐冥思、觀想等方式自我調適。
4. 適度的運動，如：瑜珈、太極拳、慢跑、重量訓練。
5. 按摩法、針灸、貼磁石片、指壓法。
6. 止痛藥使用：預期疼痛當天或剛開始疼痛時適量的服用。

## 結語

子宮內膜異位雖然是不易治療的疾病，而且又有一半的機會復發，但是及早能就醫治療，平常多採取生活調適的方法，並耐心的門診追蹤，並非那麼難纏。



## 第二十二章 認識子宮肌瘤

子宮肌瘤是子宮壁肌肉和纖維組織所構成的良性腫瘤，多見於30-50歲婦女。腫瘤生長在肌壁內稱肌壁間肌瘤；向子宮腔內生長稱粘膜下肌瘤；向子宮漿膜表面生長稱漿膜下肌瘤。大部份長子宮肌瘤的婦女，並沒有不適症狀，僅在進行例行婦科檢查，由婦產科醫師做內診或超音波檢查時才會發現。

### 臨床症狀

- 1.壓迫症狀：向前壓迫到膀胱，造成頻尿；向後則壓迫到直腸，造成有便意卻排不出、腰酸背痛、腹痛及骨盆腔疼痛的症狀。
- 2.經血過量，不規則出血：尤其是黏膜下肌瘤。
- 3.不孕和流產：黏膜下肌瘤容易造成不孕或重覆流產。

### 開刀時機

對於還想生育的婦女，如果肌瘤不是太大，除非是長在會影響著床的位置，否則並不需要切除；如果症狀明顯，可只切除肌瘤，保留子宮；若情況嚴重，則在治療過後儘速以人工的方式懷孕，以免肌瘤又復發。當婦女有以下情況時，才須考慮開刀。

- 1.經血量過多，造成貧血。
- 2.嚴重壓迫症狀（有便意卻排不出，骨盆腔疼痛）。
- 3.肌瘤生長快速，有惡性肉瘤的可能性。
- 4.因子宮肌瘤造成不孕症。
- 5.嚴重骨盆腔疼痛。
- 6.肌瘤大小超過懷孕三個月大的子宮大小。

### 治療

處理方法依據年齡、生殖能力須否保持、患者的心理狀況而定，可分為：子宮全切除術、子宮肌瘤切除術、內科療法、子宮動脈栓塞。想保有生育能力或想保存子宮的患者適用子宮肌瘤切除術，但會再復發。

有人會誤以為接受子宮全切除手術之後，就會進入更年期。其實控制女性荷爾蒙分泌的器官是卵巢，並不是子宮，所以子宮切除後並不代表就會進入更年期，只是月經不再來而已。

### 停經後，肌瘤可能萎縮？

一般而言，停經後因為缺乏荷爾蒙的刺激，通常肌瘤會逐漸萎縮，若沒有萎縮反而變大，就要擔心有病變或惡性化的可能。



## 第二十三章 窈窕淑女——健康減重

### 肥胖的定義

定義：BMI 在 18.5 到 24 之間為正常，超過 24 為體重過重，超過 27 為肥胖。

$BMI = \text{個人體重 (公斤)} / \text{身高}^2 \text{ (平方公尺)}$ 。

男性腰圍超過 90 公分，女性腰圍超過 80 公分，即可稱為肥胖。

實際體重超過理想體重 20%。

### 理想體重

男性的理想體重 (公斤) =  $\langle \text{身高 (公分)} - 80 \rangle \times 0.7$

女性的理想體重 (公斤) =  $\langle \text{身高 (公分)} - 70 \rangle \times 0.6$

### 為什麼會肥胖？

是生活管理出了問題，如：暴飲暴食（食物攝取過多）、生理心理（飢餓感）、遺傳（新陳代謝速率）、飲食習慣、社會環境、內分泌、基因遺傳。

減重的捷徑是做好生活的管理。減重的成敗在於心理與生活習慣。

### 為什麼要減肥？

肥胖是一種疾病。理想的體重，讓人更健康、更美麗。

### 如何減肥？

食物的控制、規律的運動、藥品的輔助、減重醫療（抽脂、外科手術、截短腸道、胃間隔手術、胃緊紮、腸繞道）。

未確定療效之偏方，如：守宮木、減肥茶、耳部針灸…等。

## 常見減肥的副作用？

醫療抽脂呈現局部硬化、凹凸不平等副作用；  
 子宮木造成呼吸衰竭，需肺移植；  
 減肥茶成份番瀉葉，造成腹瀉，致電解質失衡…，不得不慎。

## 減肥的飲食原則

1. 每日以三餐為主，不吃點心；進食時，定時定量；多吃蒸、煮等清淡食物；
2. 先喝湯，再吃蔬菜，最後慢慢吃肉類和米飯，減少高熱量食物的攝取；
3. 細嚼慢嚥，若已不餓，則應停止進食；
4. 專心進食，不可邊看電視或看書邊吃東西；
5. 少吃零食或甜點，少喝飲料及酒；少吃高熱量食物，如：花生、堅果類食物。

## 規律的運動

增加能量消耗，控制體重；增加新陳代謝速率，增強免疫能力；規律運動，增加心肺功能；提高肌力及柔軟度，減少意外傷害；舒解生活壓力，消除身心疲勞；應對社交生活，改善人際關係。

## 運動333原則

從事有氧運動，每週至少運動3天。

每次運動至少30分鐘。

運動強度達到會喘但仍可說話的程度或心跳達每分鐘130下。

## 第二十四章 小兒用藥安全

### 適合小兒口服的劑型

包括：錠劑、膠囊、粉劑、液劑、酏劑、糖漿劑、溶液劑、懸浮劑。

### 兒童用藥衛教

#### 1. 兒童不是縮小型的大人

- (1) 胃部吸收：胃腸蠕動在新生兒及幼兒較慢。
- (2) 肝臟代謝：新生兒肝臟功能只有大人的20-40%。
- (3) 腎臟排除：新生兒的腎功能約只有大人的30%，1歲左右才達到成年人水準。
- (4) 皮膚吸收：嬰幼兒皮膚通透性高，對於外用藥品的吸收較好。

#### 2. 磨粉分包的藥 兒童使用比較方便？

- (1) 用大人的藥品磨粉易受污染，藥品安定性差，期限較短。
- (2) 多種藥品混合研磨容易變質或產生交互作用，分包劑量不精確。
- (3) 稍大年紀的兒童可練習吞服或與少量食物併服。

#### 3. 兒童用藥須知

- (1) 並非全部藥品都適合磨粉：藥品磨粉較易受污染，安定性變差，保存期限較短，並可能產生交互作用。
- (2) 可請醫師開立兒童專用藥品，如：液劑、糖漿劑、溶液劑、懸浮劑。
- (3) 磨粉分包之藥品應於當次吃完，以確保藥品品質。

#### 4. 糖漿或懸浮液的使用方式小叮嚀

- (1) 未開封使用的糖漿或懸浮液室溫保存即可。
- (2) 乾粉懸浮液第一次使用前應依照指示加入冷開水混合均勻，每次給藥前需再次搖勻。給藥時應確保劑量正確。

(3)開封使用之藥品應依照指示冷藏或室溫保存，注意個別之有效期限。

#### 5. 嬰兒給藥方式

- (1)使用有刻度的吸管或口服注射器。
- (2)抱在膝上，支撐頭部。
- (3)一次只給少量藥品以防噎到。
- (4)藥品滴在口腔的後方或邊緣。
- (5)給藥時要同時安撫嬰兒。

#### 6. 幼兒給藥方式

- (1)由幼兒選擇服藥的姿勢，讓幼兒熟悉量具。
- (2)必要時，用少量食物或飲料掩蓋味道，服藥後喝水或飲料去除味道。
- (3)使用兒語給予簡單的指示或鼓勵，讓他們合作。
- (4)如需服用多種藥品，由幼兒選擇服藥順序。

#### 7. 兒童吐藥

若吃藥後馬上吐掉，則要補服藥品。通常越容易被吸收的，如：糖漿劑、液劑或已磨粉的，超過 10-15 分，則不必補服。錠劑因藥品崩散時間不一而有不同處理，若吐出來的藥仍完整，則需補服；否則，不需補服。

## 第二十五章 老人用藥安全

### 年長者的困擾與老化現象

1. 視力、聽力、認知力、記憶力均退化。
2. 藥品的吸收、分布、代謝、排泄均改變。
3. 生理的平衡、代償性功能退化，較難調節血糖、血壓、心跳、體溫等。
4. 協調功能退化，反應遲鈍，行動不便，易跌倒、骨折、頻尿、尿失禁。

### 老年人用藥常見的問題

1. 重複吃藥、忘記吃、吃錯藥、服藥時間錯誤。
2. 自行調藥或停用藥品，副作用發生率增加。
3. 喜歡買藥、偏方、中草藥、誇大不實藥物，互贈藥品。
4. 藥品保存方式錯誤，過期藥捨不得丟棄。

### 造成老年人用藥問題的原因

1. 有多種慢性病，同時服用多家醫療院所處方藥品，用藥種類複雜。
2. 作息時間與服藥時間無法配合。
3. 身體機能退化，記憶力、認知力下降。

### 老年人用藥注意事項

1. 老年人就醫時，應告訴醫師或藥師目前服用的所有藥物。
2. 讓醫師或藥師瞭解您的所有用藥，避免重覆用藥及藥物交互作用的發生。
3. 服藥時要確認用法、用量、時間和劑量，有疑問應立即詢問藥師。

- 4.留意服藥產生的副作用，新症狀的產生。
- 5.請勿購買來路不明的保健食品，勿輕信誇大不實廣告，以免花錢又傷身。
- 6.堅持五不原則：不聽、不信、不買、不吃、不推薦。
- 7.記憶力、認知力下降，使用避免忘記服藥時間的方式，如：日曆、藥盒。

### 老人用藥須知

- 1.應定期健康檢查，瞭解內臟功能，以調整用藥劑量，避免副作用發生。
- 2.利尿劑、綜合維他命製劑，避免睡前服用，以免影響睡眠。
- 3.遵照醫師或藥師的指示服藥，勿自行更改。
- 4.服用鎮靜劑、安眠藥後，宜休息儘量不走動，以防跌倒。
- 5.服用高血壓製劑，宜防因姿態性低血壓造成眩暈。
- 6.服用長效型藥品或使用單一劑量的用藥盒，可以預防忘記服藥。



## 第二十六章 中藥用藥安全

### 中藥材之保存

1. 冷藏方法：這是一種較理想的方法，因為在低溫下 (5°C 以下) 保存，可以防止細菌、黴菌的生長及藥材的變色、走油等敗壞的現象。
2. 化學藥劑保存法：常用的化學藥劑有對二氧化苯、樟腦、四氯化碳等。

### 科學化製劑之保存

現市售科學化製劑有顆粒、粉末、片劑、軟膏劑等劑型，應置於乾燥處。防止濕氣侵入藥材，最好置入玻璃瓶以防潮。

### 妊娠慎用藥

1. 容易增加子宮收縮造成流產，如大黃、芒硝、番瀉葉等清熱瀉下藥物；三菱、莪朮、常山等藥性猛烈的藥物等，列為孕婦禁忌，避免流產。
2. 破氣消積的枳實，活血去瘀的桃仁、紅花；大辛大熱的制半夏、附子，和具有滑利作用的木通、白茅根等，孕婦應慎用。
3. 薏苡仁的效用為利水利尿，對子宮有興奮作用，促進子宮收縮。
4. 麥芽效用為促進消化、澱粉分解，卻會造成孕婦退乳。

### 藥物交互作用

1. 含鈣的中藥及其製劑，如：石膏、龍骨、牡蠣等，因為鈣離子與強心劑對心臟有類似的作用，能增加心肌收縮，增加強心劑的作用和毒性。

2.含甘草的成藥及湯劑不宜與洋地黃等強心劑併用，甘草具有去氧皮質酮樣作用，能“保鈉排鉀”，導致心臟對強心劑的敏感性而引起中毒。

### 寒涼性食物

使身體熱能及體能降低作用，因此體質虛寒怕冷或有上呼吸道疾病、腸胃機能障礙者應忌食。體質燥熱者則可選用涼性食品降低身體燥熱反應。

### 溫熱類食物

使身體產熱作用增強，提昇體能作用，體質虛寒者反而可多加選用。但易引起口乾舌燥、便秘等上火症狀，因此燥熱體質應忌食。

### 平淡性質食物

性質平和不偏，除非個人有特殊過敏性反應之外，大多數人平日皆可食用。如：水果、蔬菜、肉類。



## 第二十七章 用藥迷思

### 有病治病，無病強身？

- 1.用藥目的是診斷疾病、治療疾病或是預防疾病。
- 2.沒有一個藥品既可以治療特定疾病，又可以用來補身。

### 吃藥時一定要和胃藥一起吃，才能保護胃？

- 1.不是所有的藥品都會傷胃，對胃腸有副作用的藥品其實只是少數。
- 2.有些胃藥的主要成分容易與其他藥品結合，會影響這些藥品的吸收。

### 藥品最好都在飯後吃？

- 1.許多民眾認定藥品會傷胃，所以就推論藥品最好都在飯後服用。
- 2.某些藥品的吸收會受到食物影響，因此可能需要空腹服用。

### 病症消失了就可以不吃藥？

- 1.藥品的作用是消除病因，控制或延緩疾病進展，緩解症狀。
- 2.多數抗生素是在根除感染病原，中途停藥，可能帶來抗藥性。
- 3.長期服藥將血壓、血糖控制良好，可以明顯減少發生併發症。

### 介紹 “好藥” 給好朋友？

每人的器官功能、疾病狀態、療效反應、體質不同，因此同一個藥品的劑量對各人影響可能不同，醫師或藥師常會為不同的病人選擇不同的藥品。

### 打針比吃藥好？

- 1.疼痛：注射部位會有疼痛。
- 2.感染：針頭或針筒或管線消毒不完全會傳染。
- 3.風險：打針藥物不良反應或過量中毒想要挽救或解毒機會就比較小。
- 4.用藥基本原則：能局部使用就不需要口服，能口服就不需要打針。

### 把藥品磨粉吃，效果快又好？

- 1.有些藥品是不能磨粉或嚼碎的，如舌下錠、長效錠或持續錠、腸衣錠等。
- 2.藥品在磨粉後安定性差，分包也無法準確，造成藥效與藥量都無法掌握。

### 鎮靜、安眠藥不好，不應吃？

- 1.目前常用的鎮靜安眠藥安全性高。
- 2.可以發揮解除焦慮、鬆弛肌肉、幫助入睡等作用。
- 3.於必要的時機，短期、適量服用鎮靜安眠藥，可幫助病人紓解焦慮及睡眠。

### 嗎啡會成癮，寧可忍痛，不應讓自己服用？

- 1.嗎啡類是最強的止痛劑，最常見的像是手術開刀後止痛與癌症治療等。
- 2.醫療使用幾乎沒有成癮之虞。而末期癌症病人無痛的權利，是人權指標。

### 藥品合成的比天然的副作用大？

- 1.除非含有雜質，否則藥品的藥效與不良反應只與成分有關，與化學合成或是天然萃取無關。

2. 我們的身體不會對化學分子相同但來源不同的成分，呈現不同的作用與反應。

### 中西藥併服可以有互補作用？

1. 未經證實的藥品組合可能帶來不良藥品交互作用，例如藥效加強或減弱，中毒或失效。
2. 錯開用藥時間的方式，頂多只能防止在吸收步驟的交互作用，並無法完全避免合併用藥在人體內出現的療效、代謝與排泄等方面的交互影響。

### 類固醇不就是美國仙丹？我不敢吃！

1. 類固醇可以用來治療多種疾病，例如內分泌失常、皮膚病、過敏、氣喘、血液疾病等。用在正確的適應症，如一些自體免疫疾病，類固醇經常是首選藥；不該用而用，就比較像毒。
2. 類固醇長期使用時，可能產生一些不良反應，例如肌肉病變、骨鬆症、水電解質不平衡、加重或掩蓋感染症狀等。這些診治的決定與監測過程，必須仰賴醫師的專業判斷。

### 抗生素就是最好的消炎藥？

1. 抗生素並非消炎藥，而是用來對抗微生物引起的感染症。
2. 不當使用，例如：沒有該項感染、選錯品項、未完成療程、劑量不足等，都可能造成菌種日後的抗藥性，甚至導致發生嚴重感染時，面臨無藥可用的危機。

## 第二十八章 青少年性教育

### 危險性行為

未戴保險套與不安全的性對象發生性行為，雙方可能會有體液的交換，主要包括精液、陰道分泌物。若其中一方患有性病，就可能被傳染。未戴保險套發生性行為，精液可能會進入女性體內，造成懷孕。

### 避孕方法

1. 戴保險套
2. 口服避孕藥
3. 子宮內避孕器
4. 女性或男性結紮

### 男用保險套

1. 避孕效果佳--預防懷孕百分百
2. 預防性病--愛滋病、梅毒、尖頭濕疣、淋病...
3. 無副作用--簡單、方便、安全
4. 超薄--幾乎忘了它的存在

### 女性口服事後避孕丸

1. 發生性行為之後，在72小時內，越早服用效果越好
2. 一個月經週期之內，最多只能服用3次

### 懷孕之後的人工流產

1. 口服墮胎藥丸- RU486 (在懷孕一個半月之內)
2. 子宮刮除術 (在懷孕五個半月之內)

### 女用口服避孕藥

用法：女性每天定時（睡前）服一粒

對象：適合結婚後

特性：避孕效果佳，副作用少，但不能預防性病

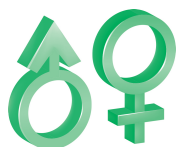
## 結紮

女性結紮：阻止卵子排出，不會受精。

男性結紮：精液繼續產出，不影響射精。精子不再射出，而被身體吸收。

## 經由性行為傳染的疾病

1. 愛滋病
2. 淋病
3. 梅毒
4. 尖頭濕疣
5. 披衣菌
6. 疱疹
7. B型肝炎



## 第二十九章 認識菸害

### 香菸的成份

每支香菸經過燃燒可產生4,000餘種化合物，其中大部份散播於空氣中，少部份被吸入肺部組織內。這些化合物可分為四大類：

1. 尼古丁
2. 焦油
3. 一氧化碳
4. 有數十種刺激物質及40種以上的致癌物

### 吸菸的危害

菸的危害：肺癌、肺氣腫、心臟血管疾病、性功能障礙、口臭、口腔疾病，二手菸會傷害家人健康、會導致胎兒異常及早產。

### 為什麼戒菸很難？

尼古丁依賴、心理的認知、習慣的出現、環境的誘惑。

### 緩解尼古丁戒斷症狀的方法

1. 意志力克服：
  - (1) 不依賴任何藥物協助，僅依個人意志力克服對香菸的渴望。但成功率遠較藥物協助、專業與衛生教育諮詢輔助為低。
  - (2) 生理、心理輔助及環境避免均非常重要。
2. 尼古丁替代療法：
  - (1) 使戒菸者體內的尼古丁濃度逐漸減低，而非突然降低。
  - (2) 大幅減低戒斷症狀帶來的不舒服，且提高戒菸的成功率。

(3)衛生福利部核可的劑型：貼片、咀嚼錠、口溶錠、口腔吸入劑、口服錠。

(4)首選方式仍為貼片，因使用方便，戒菸者遵從性高。

## 尼古丁戒菸貼片使用方式

- 1.每日洗完澡後使用；每24小時更換一片，每日應換貼不同部位。
- 2.使用於頸部以下至腰部，如手臂、胸部、腹部，無毛處。
- 3.平時多喝水，避免喝酒、濃茶、咖啡、可樂、刺激性飲料。
- 4.洗手或洗澡時不必撕下。
- 5.不慎脫落時，馬上換貼一塊新的，然後於平時更換貼片的時間撕下。

## 咀嚼錠或口溶錠

優點：劑量可靈活調整，有口感，可減低行為成癮。

缺點：口腔潰瘍或牙齒不健全者不適用。

## 口腔吸入劑

優點：劑量可靈活運用，使用方式類似吸菸，可減低行為成癮。

缺點：喉嚨癢，但持續使用後會消失。

## 常用需醫師處方的藥物療法

- 1.抗憂鬱劑 Bupropion
- 2.新藥 Varenicline
- 3.以上兩種藥可搭配尼古丁替代療法使用

## 非藥物協助戒菸

想抽菸時：

- 刷刷牙。
- 深呼吸三下並喝杯開水。
- 吃新鮮水果或蔬菜、果汁。
- 做自己喜歡的嗜好。
- 作運動。

免費戒菸諮詢專線0800-636363



## 第三十章 認識愛滋

「後天免疫缺乏症候群」(Acquired Immune Deficiency Syndrome)，簡稱 AIDS，俗稱愛滋。AIDS 是由人類免疫缺乏病毒 (HIV) 所引發的疾病，此種疾病會破壞人類的免疫系統，使人類失去抵抗疾病的能力，導致感染各種疾病，而喪失寶貴生命。目前沒有疫苗，且無法治癒。

### 愛滋的傳染途徑

#### 1. 性行為傳染：

與感染愛滋病毒者發生口腔、肛門及陰道等方式的性行為或其他體液交換時，可能使病毒從人體的黏膜或傷口進入人體而感染。

#### 2. 血液傳染：

- (1) 輸進或傷口接觸被愛滋病毒污染的血液、血液製劑
- (2) 與愛滋病毒感染者共用針頭、注射針筒等
- (3) 接受愛滋病毒感染者之器官移植

#### 3. 母子垂直傳染：

感染愛滋病毒的媽媽，有15-50%的機會，會在懷孕期間、生產期或哺乳時，將病毒傳給孩子，故婦女在懷孕前，應先接受愛滋病毒的篩檢。

### 錯誤的恐懼

除非有“性行為”或“血液”的接觸，不必太緊張！

共用電話、共用器具、一起上課、一起工作、擁抱、咳嗽是不會感染的。

### 預防愛滋

固定性伴侶，勿與陌生人發生任何性行為。全程正確使用保險套。

避免共用牙刷、刮鬍刀、針筒、沾染血跡的器具。

婚前、產前做愛滋病毒抗體檢查。



## 第三十一章 認識毒品

許多毒品濫用者，在好奇、尋求刺激、逃避壓力與挫折、受他人之壓迫等因素開始嚐試毒品。萬一成為吸毒者，就一失足成千古恨。生命是無價的，切莫造成致命的錯誤決定。毒品剛開始使用，會使人產生興奮、幻覺及欣快感，長期使用會產生耐受性及心理、生理依賴性，停止使用，除產生戒斷反應外，心理的渴藥性是吸毒者最難克服的問題。

### 吸毒者的下場

1. 傷害個人健康及製造社會問題，如：偷竊、搶劫
2. 耐受性：增加藥量才能達到以前相同的效果
3. 依賴性：身體依賴、心理依賴
4. 戒斷現象：突然斷藥，生理功能就會感受到不舒服
5. 愈早接觸成癮類藥物，對身體的傷害愈大
6. 媽媽吸毒：生出畸形兒、智能不足、來自母體毒癮的傷害
7. 以靜脈注射施用毒品，共用針具易傳染愛滋病、B型肝炎、C型肝炎等血液傳染性疾病

### 常見的毒品

1. 鴉片、嗎啡、海洛因：  
最典型之感覺為興奮及欣快感，但隨之而來的是陷入困倦狀態，長期使用會產生耐受性及心理、生理依賴性。戒斷症狀包括打呵欠、流淚、流鼻水、「冷火雞」等症狀。
2. 安非他命：  
初用時會有提神、振奮、欣快感、滿足感等效果。長期使用會產生耐受性及心理依賴性。停止吸食，會產生戒斷症狀，自殺或暴力攻擊行為。

### 3.古柯鹼、大麻：

初期會產生欣快感、精力旺盛、注意力敏銳、思路清晰等主觀感覺，使用劑量增加後則會產生耐受性及心理依賴性、幻覺、感覺扭曲、猜忌。

### 4.搖頭丸（MDMA）：

對中樞神經系統之毒性作用，神經末端退化，憂鬱、精神錯亂、恐慌不安、甚至有自殺傾向，耐受性及心理依賴性，造成強迫性使用。

### 5. 愷他命（Ketamine）：

愷他命會影響感覺、協調及判斷力，並可產生噁心、嘔吐、複視、視覺模糊、影像扭曲、暫發性失憶及身體失去平衡等症狀。長期使用會產生耐受性及心理依賴性，造成強迫性使用，且不易戒除。最近研究顯示濫用愷他命，會罹患慢性間質性膀胱炎，使膀胱壁增厚，容量變小，產生頻尿、尿急、小便疼痛、血尿、下腹部疼痛等症狀，嚴重者甚至會出現尿量減少、水腫等腎功能不全的症狀，甚至須進行膀胱重建手術。

## 反轉毒害四核心行動

### 1.行動一、珍愛生命—愛自己

每個生命都是珍貴的，但總會面臨各種壓力與誘惑，做正確的決定，結果將完全不同。

(1)做自己的主人：建立且維持健康的生活型態，不靠藥物提神與減重；選擇理性情緒紓解方法，正向思考增加自信；建立親密和諧的家庭關係。

(2)學習交友技巧：結交品行、行為正當的朋友；從事健康休閒活動，建立正確的人生目標與價值觀。

(3)增強自我的堅韌性：藉由學校社區及宗教活動，訓練社交技巧，增強面對挑戰的堅韌度。

### 2.行動二、防毒拒毒—拒菸、酒、毒沾身

委婉堅定的拒絕可遠離是非、傷害。一日用毒，終身戒毒。

(1)遠離是非場所：如網咖、Pub、夜店等；提高警覺，不輕易接受陌生人的飲料及菸品；特別小心朋友的朋友，即使是熟識或女性也不可掉以輕心；不幸被性侵或遭受其他傷害，應把握時間撥打1996等專線，或尋求親近親友的協助。

(2)拒絕成癮物質：使用健康方式交朋友，菸、酒、檳榔或任何毒品的使用均可能成癮，影響身心健康，應避免接觸。

(3)學會拒絕技巧：面對同儕的壓力要求使用菸、酒、檳榔或任何毒品時，可使用直接拒絕、找尋藉口、速離現場、轉移話題、自我解嘲、友誼勸服或以家教嚴厲為由，口氣委婉態度堅定的拒絕。

(4)要High不藥害：無須酒精、不靠藥物，尋求健康、正向的自我滿足及放鬆方式，可從事體能及知性的活動如球類競賽、極限運動、藝術欣賞等。

### 3.行動三、知毒反毒—打擊毒害—毒品止步

毒品沒有毒性輕重的區別，都會傷害使用者的身心健康，千萬不要踏出錯誤的第一步。

(1)認識毒品作用：毒品依其對人體的作用，可分為中樞神經抑制劑(如鴉片類、K他命)，中樞神經興奮劑(如安非他命、搖頭丸)及迷幻劑(如大麻、強力膠、一粒沙)。

(2)了解新興毒品：又稱俱樂部藥物包括大麻、搖頭丸、K他命、FM2等。這些藥物以新穎名稱及外型吸引人，使用後容易成癮，且毒品本身性質，會迫使使用者尋求更強烈的毒品。

(3)打擊不法：毒品的製造、販賣、施用、非法使人施用或引誘人施用均觸犯法律，使用毒品者自動向合格醫療機構請求專業治療，可減免其法律責任。

(4)防範毒品危害：毒品對個人健康與危害至巨如造成神經損傷、膀胱萎縮、性功能障礙、呼吸抑制、心血管毒害、愛滋病或其他傳染病風險等，還有混用產生的交互作用，以及常見的因用毒衍生出來的犯罪如搶劫、自傷、傷人等。

### 4.行動四、關懷協助—積極轉介

除了自己避免毒害外，也應適時伸出友誼之手關懷協助周遭親友，避免他們為毒所害。

(1)發現吸毒者的徵兆：吸毒者常出現作息混亂、精神恍惚、皮膚經常紅疹，身上或房間有特殊氣味、金錢花費變大、偷竊說謊、暴躁易怒、注意力降低、食慾差或消瘦、攜帶吸毒相關器具等。

(2)提供專業協助與轉介：家庭、朋友及社會的支持，是協助吸毒者坦誠面對自我、積極面對現實、脫離毒品困境的最大助力。可以轉介或提供專業服務的管道有衛生署相關單位、醫療院所、毒品危害防制中心、戒毒輔導機構（如基督教晨曦會）等。

## 第三十二章 小黑蚊的防治

### 什麼是「小黑蚊」？

小黑蚊學名為「台灣鉅蠓（*Culiseta tritaeniorhynchos*）」，是台灣原生種的吸血昆蟲，並非真正的蚊子，民眾多稱它為「黑微仔」、「𧈧（*Culiseta*）微仔」或「小金剛」。體型細微，叮人時不易被察覺。

### 小黑蚊的生活史

小黑蚊繁殖力強又迅速，需要吸血才可以產卵，雌成蟲吸一次血後約可產下 40-80 顆卵。雌成蟲交配後，會躲在具有大量藍綠藻處（俗稱青苔）且人群易聚集之陰暗處，伺機吸食人血並產卵。由卵至成蟲約為 20~30 天。雌成蟲吸血高峰時段約在上午 11 點至下午 3 點，每年春雨過後至秋末是小黑蚊大量繁殖的時期。

### 小黑蚊的孳生環境

溼度較高、陽光微弱、藍綠藻孳生處，是小黑蚊最重要之孳生環境。例如竹園、菜園、花檯花圃下、大樹下、行道磚縫隙、坡坎、房屋四週陰涼處與鄉間易見的廟宇旁。

### 小黑蚊叮咬的臨床症狀與處置

小黑蚊都是成群出現，被小黑蚊叮咬時多無感覺或只有輕微刺痛，但之後會成群紅腫、奇癢的紅疹，患部可用冷水沖洗、冰敷或是塗抹冰涼藥劑如痱子膏來消腫，緩解疼痛、搔癢。被叮咬的人應避免搔抓患部，以防引起繼發性的細菌性感染。

### 小黑蚊的預防

- 1.穿著長袖、長褲、鞋襪，避免身體裸露是免被小黑蚊叮咬之最好方法。
- 2.出外時，可事先準備防蚊液或防蚊膏劑，使用時要多加注意保護時效。
- 3.應採自身保護以及環境管理的雙重防治方法，以避免抗藥性產生。
- 4.消除青苔、保持乾燥或種植密生草種等鋪蓋藍綠藻易孳生之土表。
- 5.對小黑蚊之防治應成蟲與幼蟲同時防治，以有機磷類或昆蟲生長調節劑等環保署核准之藥劑達到殺蟲效果。



## 第三十三章 認識高血壓

### 什麼是高血壓？

根據美國國家聯合會議報告高血壓的標準

分類	收縮壓 (mmHg)		舒張壓 (mmHg)
正常	<120	且	<80
高血壓前期	20~139	或	80~89
第一級高血壓(輕度)	140~159	或	90~99
第二級高血壓(中度)	≥160	或	≥100

### 高血壓是一種疾病嗎？

高血壓是狀態，非疾病。正常人交感神經受影響時，如：喜、怒、哀、樂、寒冷，也會影響血壓。不應只量到一次血壓偏高就認定是高血壓，通常是一段時間內超過 3 次以上的不正常血壓，才會考慮治療。

### 高血壓有哪些感覺？

高血壓是隱形殺手，病人可能頭痛、不清爽、頸部酸痛，當它突然升太高，可能會出現噁心、視覺模糊的症狀。

### 高血壓的併發症

動脈硬化。腦部中風。下肢血管阻塞，嚴重者截肢。  
主動脈剝離。心臟左心室肥厚、心肌缺氧、心肌梗塞、心臟衰竭。

眼睛受損，嚴重者失明。腎臟功能減退、腎臟衰竭。

### 治療

- 1.控制飲食：減少鈉的攝取、補充含鉀、鈣、鎂的食物、低膽固醇、高纖維。
- 2.生活型態：減少壓力、充分睡眠、適當運動、限制菸酒、正常體重。
- 3.藥品治療：要顧及生活品質及長期使用的方便性。
- 4.驟然停藥：易發生心絞痛或心臟受損，甚至猝死。
- 5.長期服藥：不應自行調整用量。不可依血壓高低決定吃不吃藥。



## 第三十四章 認識高血脂

### 什麼是高血脂？

人體的血液中所含的膽固醇、三酸甘油脂及其他脂肪類物質太高，在血管內形成斑塊，會影響血液的流速，嚴重時會造成血管栓塞。高血脂診斷標準表：

	理想值 (mg/dl)	邊緣值 (mg/dl)	危險值 (mg/dl)	高危險值 (mg/dl)
總膽固醇 (非禁食)	< 200	200~239	> 240	> 240
三酸甘油脂 (禁食12小時)	< 200	200~400	400~1000	> 1000
低密度脂蛋白 (禁食12小時)	< 130	130~159	160~189	> 190
高密度脂蛋白	> 35	> 35		

### 膽固醇對身體的影響

1. 血管內膽固醇含量低時，血液的流通很順暢。
2. 過多的膽固醇會阻礙血液的流通，導致心臟病、腦中風。
3. 長期的血脂過高，供給血液給心臟的血管栓塞，就會導致心臟病。
4. 供給血液給腦部的血管栓塞，就導致腦中風，會有致命的危險。
5. 身體中過多的膽固醇，膽固醇會破壞血管壁。

6. 身體需要足夠量的膽固醇來維持正常機能，但過多則會造成高血壓。

## 高血壓的原因

1. 心臟病的主要危險因子是食物含過多的脂肪或運動量過低。
2. 有高血壓、糖尿病的家族病史，皆會造成高血壓的現象。
3. 大部分高血壓的病人都需要接受治療。
4. 高血壓症通常無任何症狀。

## 什麼是好的膽固醇？什麼是不好的膽固醇？

總膽固醇主要是由低密度脂蛋白膽固醇 (LDL-C) 及高密度脂蛋白膽固醇 (HDL-C) 組成，低密度脂蛋白膽固醇又稱為 " 壞的膽固醇 "，高密度脂蛋白膽固醇又稱為 " 好的膽固醇 "。低密度脂蛋白膽固醇，是造成心臟病及腦中風的主要原因之一，而好的膽固醇 " 可以減少部分高膽固醇血症所帶來的危險。

## 治療

1. 曾經發生心血管疾病，如：心絞痛、心肌梗塞、腦中風、糖尿病等病人，服用降膽固醇藥物來降低膽固醇，可以降低心臟病及腦中風再發生率。
2. 戒菸、控制飲食和規律的運動，以提升身體內好的高密度脂蛋白膽固醇濃度，而且更能將壞的低密度脂蛋白膽固醇從血液中除去。

## 第三十五章 認識高血糖

### 什麼是糖尿病？

正常情況下，身體會將體內的澱粉類食物轉變成葡萄糖，作為體內燃料，胰島素是由胰臟製造的一種荷爾蒙，它可幫助葡萄糖進入細胞內，提供熱能。但糖尿病人因為胰臟不能製造足夠的胰島素或胰島素的利用不良或產生胰島素拮抗，使得葡萄糖無法充分進入細胞內，血糖濃度就會升高。

高血糖診斷標準表：

血漿值	正常	糖尿病患者的目標範圍
飯前平均血糖 (mg/dL)	<100	90-130
飯後平均血糖 (mg/dL)	<110	<180
*微血管血糖的測定值		

### 血糖

1. 血糖就是食物經人體消化道代謝分解後所產生的葡萄糖，作為能量的來源。
2. 理想的血糖值在飯前應被控制在80~120 mg/dl的範圍內。
3. 糖尿病病人通常會伴隨著血脂異常的症狀。

### 什麼人容易得到糖尿病？

1. 有糖尿病家族史的人
2. 四十歲以上的中老年人
3. 體型肥胖的人

## 症狀

糖尿病急性症狀（初期無明顯症狀，漸漸地才有）

1. 多喝、多尿、多吃、體重驟減。
2. 視力減退、手腳酸麻、疲倦虛弱、抵抗力減低。
3. 皮膚易受感染且不容易好，傷口癒合不良。

## 治療原則

1. 糖尿病治療初期以飲食控制、適度運動、保持正常體重為主。
2. 血糖如無法控制，才考慮藥物治療。
3. 用口服糖尿病藥物，若控制不好，才考慮胰島素注射。
4. 糖尿病患不只要控制血糖，更應積極的控制血脂肪。

## 藥物治療

1. 在飲食及運動療法均無法獲得良好控制時，才使用藥物。
2. 需在醫事人員的指導下用藥，不可自行更換藥物或調整劑量。
3. 如有服藥後引起的不適，應告知醫事人員。
4. 家中應有一定存量的藥物，以防範未然。
5. 避免服藥後未依規定時間內(15-30 分)進食引起低血糖
6. 低血糖症狀往往表示飲食、運動、藥物三者不平衡，應做適當調整。

## 非藥物治療

1. 戒菸減重、規律運動、飲食治療，減少危險因子、定期作複檢。
2. 需要遵照醫師、藥師及營養師指導。
3. 保持個人衛生、愉快的心情和規律的生活。

## 低血糖症狀及處理

### 1. 什麼是低血糖？

血糖低於 50-60mg/dl 或有低血糖症狀出現時即稱之。

- (1) 胰島素或降血糖藥過量。
- (2) 吃了降血糖或注射胰島素後未進食。
- (3) 運動量增加未額外補充食物。
- (4) 肝、腎功能障礙。
- (5) 喝酒或同時服用阿斯匹林、磺胺劑或乙型交感神經阻斷劑。

### 2. 低血糖之症狀：

- (1) 自主神經症狀：低血糖初期會有飢餓、發抖、冒冷汗、心悸、心跳加快。
- (2) 中樞神經症狀：嗜睡、意識不清、抽筋、昏迷。
- (3) 非特異症狀：頭痛、頭暈、噁心、嘴唇發麻等。

### 3. 低血糖的預防：

- (1) 定食定量進食三餐及點心。
- (2) 記住警訊。
- (3) 勿空腹運動。
- (4) 口服藥要按時服用勿和進食時間相隔太久。
- (5) 胰島素注射劑量需準確，注射完半小時內應進食
- (6) 隨身攜帶糖果餅乾備用，並準備一張識別卡。
- (7) 睡前血糖 $\leq 110$ 則需吃點心。
- (8) 有“無警覺性低血糖”患者，避免過分嚴格控制血糖

### 4. 血糖過低昏迷了旁人應做什麼？

- (1) 不打胰島素。
- (2) 不要強塞食物給病患。
- (3) 維持呼吸道通暢。
- (4) 注射升糖素。
- (5) 呼叫119求救。

### 5. 低血糖的治療：

- (1) 意識清醒時服用4-6顆方糖，10-15分鐘後如未改善則再吃一次（或120到180cc果汁或一湯匙蜂蜜）。
- (2) 意識不清醒時，由靜脈給予糖份。



## 第三十六章 認識氣喘

### 氣喘是什麼病？

氣喘是一種慢性發炎而反覆發作的氣流阻滯病變，會自行緩解或治療而痊癒，不能痊癒者，也可以因適當的治療控制其症狀，過正常人生活。

### 氣喘有什麼症狀？

氣喘發作時，依疾病嚴重程度不同會有呼吸困難、喘鳴聲、胸悶和咳嗽等症狀。發作時間可由數分鐘到數小時。

其特徵是兩次發作中間可完全沒有症狀或僅有輕微症狀。

### 氣喘的成因是什麼？

- 1.遺傳性、過敏性、感染性或者三種原因混合發生。
- 2.約30%的氣喘病人屬於過敏性體質，對灰塵或花粉過敏，是季節性發病。
- 3.多數病人沒有明顯病因，稱為特異性體質反應。

### 誘發氣喘發作的原因

- 1.過敏原：灰塵、塵蟎、動物皮屑、花粉、黴菌…等。
- 2.細菌或病毒的感染：感冒、支氣管炎。
- 3.運動：在寒冷的氣候中跑步。
- 4.情緒：興奮或發脾氣。
- 5.環境刺激：煙霧、廢氣、空氣污染。
- 6.藥物或食物過敏：止痛藥物、牛奶、雞蛋、海鮮類…。

## 治療方法

治療原則分為四級：輕度間歇性、輕度持續性、中度持續性、重度持續性。

1. 避免或減少接觸過敏原－改善居家環境，消除環境中的過敏原。
2. 藥物治療－氣喘藥物的功能分類可分為控制藥物及緩解藥物：
  - 控制藥物功效在於減輕呼吸道發炎與腫脹，並預防氣喘發作。
  - 緩解藥物功效在於迅速讓呼吸道平滑肌舒張，以消除氣喘的症狀。
3. 抗過敏原治療－在一段時間內，給病人反覆注射微量過敏原，再逐漸增加劑量，以強化病人對過敏原的耐受性。

## 注意事項

診斷氣喘要靠臨床特徵以及肺功能測量。病人應每天記錄尖峰吐氣流速、發作頻率。減少過敏原的接觸、避免接觸寵物。禁用誘發氣喘發作的藥物，如：高血壓用藥之乙型阻斷劑、阿斯匹靈等。



## 第三十七章 認識尿失禁

### 尿失禁的定義

在醫學上，對於無法由意識來控制的漏尿情形，即稱為尿失禁。大部分症狀輕微，但因異味、頻尿，而造成病人生理、心理的困擾。

### 尿失禁的原因

#### 1.生理方面的尿失禁

尿道括約肌的受傷、腹部會陰肌肉的結構無力、運動傳導神經的病變、大腸病變、女性的尿道與膀胱角度的改變，都會造成尿失禁。

#### 2.心理方面的尿失禁

心理出現了依賴、反抗、恐懼、沒安全感時，會影響生理，導致尿失禁。

### 尿失禁的分類

#### 1.應力性尿失禁 -- 約佔尿失禁者八成以上。

腹部用力時，如抬重物、咳嗽、打噴嚏或大笑，尿液不自主的流出。自然產的婦女或骨盆腔手術後，其骨盆肌肉韌帶鬆弛。停經後的婦女因女性荷爾蒙分泌減少，尿道黏膜萎縮，會漏尿。因攝護腺癌而切除攝護腺的男性。

#### 2.急迫性尿失禁

病人來不及上廁所的急尿感，伴隨著尿失禁的現象，可歸為膀胱過動症。

#### 3.混合型尿失禁

混合型尿失禁是指同時合併應力性尿失禁和急迫性尿失禁。

### 4.滿溢性尿失禁

病人因神經病變、長期憋尿、攝護腺肥大或尿液長期無法排空而引發。

膀胱收縮力變差，即使膀胱脹滿了卻無尿意感，造成滿溢性尿失禁。

### 5.暫時性尿失禁

主要發生於尿路感染、產褥期或精神錯亂者。

### 6.神經性尿失禁

腦中風、脊髓損傷、子宮切除術、直腸癌手術都可能造成神經性的尿失禁。

### 7.恆漏性尿失禁

尿路瘻管或尿道組織嚴重受損的病人整天尿都漏個不停。



## 第三十八章 認識前列腺肥大

### 前列腺是男人的專利？

女性有類似前列腺的組織，但已退化。科學家研究證實，女性也有前列腺，這是一種圍繞著女性尿道的腺體，故女性也可能得前列腺相關疾病。

### 前列腺的發展

1. 剛出生大小像一粒豌豆
2. 青春期快速長大
3. 25-30歲左右發育完全
4. 中年（約40多歲）第二次增長
5. 50歲以下→沒有問題
6. 60歲以上→50%良性前列腺肥大
7. 80歲以上→80%良性前列腺肥大

### 前列腺（攝護腺）肥大的症狀

1. 尿流變細，斷斷續續解尿
2. 開始解尿時很困難，尿完還會繼續滴
3. 頻尿或尿急感，無法排空

### 治療目標與方式

1. 觀察性治療
  - (1) 限制飲料與水份的攝取，盡量排空膀胱內的尿液
  - (2) 限制酒精性飲料的使用，小心服用感冒藥等所含的抗鼻塞藥
  - (3) 規律的運動，保持身體溫暖

## 2.藥物治療

- (1)甲型腎上腺素拮抗劑：放鬆前列腺與膀胱頸平滑肌
- (2)男性荷爾蒙抑制劑：縮小前列腺，前列腺肥大者效果很好

## 3.外科手術

- (1)經尿道攝護腺切除術
- (2)經尿道攝護腺切開術
- (3)開放性攝護腺切除術

## 結論

發現前列腺有異狀應找醫師，勿相信偏方而延誤就醫，導致疾病惡化。



## 第三十九章 認識尿路感染

所謂尿路感染，最常見的是膀胱炎、腎盂炎、尿道炎及男性的前列腺炎。其中以女性的膀胱炎為最常見。細菌進到尿道、膀胱，通常會利用正常的排尿功能，把細菌沖洗出體外，不讓其繁殖，而減少致病，若當排尿不正常（憋尿、尿路狹窄、尿路阻塞、外傷等），則易引起細菌附著、繁殖而致病。

隨著年齡增長及老化罹患尿路感染的盛行率有明顯增加。最常見的細菌為大腸桿菌，常因性行為、不良衛生習慣，聚集在尿道口或會陰部，經上行至膀胱或腎臟而引起尿路感染。男性尿道長約 17 公分，但女性卻只有 4 公分，因此，女人一生中都可能罹患尿路感染的經驗，但女性若對於尿路感染不太關心，認知不足，常常感染了而不自知。不好的生活習慣是尿路感染的高風險。根據調查，台灣婦女以性行為前後喝水不足最高，占 81%，其次為平時少喝水，占 57%、憋尿占 55%，導致尿液積蓄在膀胱過久，大腸桿菌可能會大量繁殖，嚴重可能會造成急性膀胱炎及血尿。

尿路感染的症狀如下：

膀胱炎：頻尿、尿急、排尿疼痛、夜尿、漲尿感、下腹部疼痛或血尿等症狀。

腎盂腎炎：發燒、惡寒、腰背部疼痛及膀胱炎等症狀。

尿道炎：小便疼痛、尿道口有分泌物、灼熱等症狀。

尿路感染的治療：經醫師診斷後，使用抗生素，並控制併發的症狀，以根除尿中或血中的細菌達到痊癒的目標，並防止其慢性化或再發。男性尿路感染或女性有再發性感染，均需

要進一步檢查，以發現潛在的病因，如尿路狹窄、阻塞、前列腺肥大、尿路結石、逆流、神經性膀胱症等原因，若可以排除潛在的病因，則可預防再發。

預防尿路感染包括：

1. 維持充足睡眠，增強免疫力外，避免穿緊身褲裙；
2. 洗澡後應擦乾會陰部；
3. 平常要多喝水，不要憋尿、維持尿路衛生；
4. 女性排尿後應由尿道往肛門方向擦拭，可預防泌尿道感染。



## 第四十章 認識乾癬

乾癬又稱為銀屑病或牛皮癬或白癬，是一種常見的慢性皮膚疾病，典型特徵是有銀屑的紅色丘疹和斑塊。一般民眾在門診進行治療，罕有危及生命而需要住院的案例。

### 流行病學

乾癬全球盛行率有很大的差異。離赤道越遠，疾病的盛行率越增加。任何年齡都可能發生，但是成人比兒童常見。

### 病因與風險因子

乾癬的確切原因還沒有發現。然而，疾病的發展是可能由於免疫、遺傳、環境因素及其他風險因子包括：感染、生理或心理壓力、藥物、吸煙、肥胖、維生素 D 缺乏、免疫力差及酒精濫用等結合而造成的。愛滋病毒感染（HIV）者乾癬出現的機會更多。乾癬患者也會發展成乾癬性關節炎（Psoriatic arthritis），而中重度乾癬患者高血壓、糖尿病、高血脂等代謝症候群發生率也較高。

### 乾癬的症狀

1. 皮膚乾燥或紅色，通常覆蓋著銀白色鱗屑，有時有凸起的邊緣
2. 頭皮、關節處、小腿、下背、生殖器、皮膚褶皺上有皮疹、搔癢和皮膚疼痛
3. 關節疼痛、腫脹或僵硬、變形
4. 指甲異常，如凹陷、變色、變厚或易碎

### 臨床類型

- 1.斑塊型乾癬：最常見的乾癬，出現在皮膚任何部位，病灶到一定程度後會無變化。患部覆有銀白色鱗屑的紅色斑塊，易輕刮而剝落，撕去時會成點狀出血。
- 2.水滴狀乾癬：發生在七至十多歲孩童，發病前曾有鏈球菌或病毒性上呼吸道感染。為急性對稱性點滴狀小丘疹，以軀幹、四肢為主，隨時間而擴大。於數週內會自行消退。
- 3.膿疱症乾癬：少見但嚴重的乾癬，肉眼可見非感染性膿疱。分局部型及全身型。
  - (1)局部型--手掌或腳底之掌蹠膿疱症。手指中段及腳底前端先出現有許多無菌、不易破的小膿疱，附著厚厚痂皮。常見於中年女性。另，罕見的 Hallopeau 氏肢皮炎，是緩慢侵犯手指、指甲的乾癬。
  - (2)全身型--為急性或亞急性，患者一兩天內會發燒、疼痛感，全身遍佈無菌、易破小膿疱。雖少見，一旦發生屬嚴重且會致命，須小心處置或立即住院治療。
- 4.反轉型乾癬：亦稱屈曲性乾癬，少見，以老年人為主。好發在腋下、腹股溝、臀溝、耳後、女性乳房下方及男性生殖器等皺褶處。呈表面平滑深紅色光亮之浸濕斑塊，看似念珠菌感染。
- 5.紅皮症乾癬：為成人全身性之皮膚擴散性紅腫和鱗屑急性病：常受藥物或外來刺激引發，造成皮膚變紅且脫皮，伴隨發熱、畏寒、搔癢或疼痛，需住院接受治療。

## 治療

雖然乾癬以目前的醫療科技尚無治癒的方法，但只要持續接受治療，多數患者可以得到良好之控制，甚至或可長期緩解疾病。治療方式有局部和全身療法，醫師將依疾病嚴重程度、相關合併症、病人的偏好（包括成本和方便性）、藥物療效、個體反應做評估。



## 編後語

延續過去，「建構特殊族群用藥安全體系計畫」已邁入第四年，過去三年致力於外籍新住民的用藥安全宣導，不但得到外籍新住民的肯定，更加成就藥師的專業價值。今年度我們繼續將關懷社會弱勢族群的觸角延伸至身心障礙及原住民朋友，期待發揮藥師的專業，提升弱勢族群用藥品質，保障用藥安全。

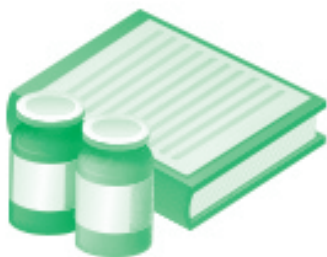
藥能治病，也能致病，適當的用藥才能去除病症，維持健康，正確地用藥是一門很大的學問。去年度編印的「新住民 安全用藥手冊」獲得很多單位與外籍新住民的好評，今年我們再接再厲增編了5個章節，讓原本35章的內容增加到40章，內容也更為豐富多元，除了維持中文、英文、越南文、印尼文外，更新增泰文、柬埔寨文等語言，讓用藥知識的推展無國界。

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計畫主持人

**林振順**

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# **Safety Medication Handbook for New Immigrants**

**( English )**

(英文)





## Understanding Healthy Medication Principles

One of the goals of Ministry of Health and Welfare is to promote and maintain people's health and welfare. Therefore, Ministry of Health and Welfare keeps planning well-organized policies of health and welfare, constructing community care network, developing diversified ways to advocate health education, and conveying correct healthcare and disease prevention ideas everywhere in Taiwan to those in need so that all the people's health and welfare can be protected.

Although it is fast and convenient to acquire knowledge regarding medication and diseases through Internet, news, and radio broadcasting, for the new immigrants, it might be risky because they are not familiar with the environment, language, and culture in Taiwan.

Besides in Chinese, English, Vietnamese, this year, Indonesian Safety Medication Handbook for New Immigrants is also printed in Thai and Khmer language. It not only helps the spreading of correct medication knowledge but also promotes the accessibility of correct medication information for new immigrants.

The information regarding safety medication, medical care service, and introduction to diseases in the Handbook not merely protect their health, but also helps them understand current situation and development of medical policies in Taiwan so that they can identify with Taiwan culture and really become members of Taiwan.

With the Handbook, new immigrants can be familiar with common diseases and review their and their families' medication habits, reducing wrong understanding of diseases and



improper medication, building correct medication ideas, and using community pharmacy and pharmacist network actively so that new immigrants can live in a healthier and better protected life.

Ministry of Health and Welfare  
Minister **Qiu Wen-da**  
July 2014



## Creating a Healthy and Happy New Life Together

According to the statistics made by Ministry of the Interior, ended in December 2013, the total number of foreign spouses in Taiwan is 486,703 people, most of which are from China, Hong Kong, and Macau, taking 67.61%, from Vietnam 18.29%, and from Indonesia 5.74%. For the new immigrants far away from their hometown, language plays an important role for them to adapt themselves to local society and culture, and blend into ethnic groups. More importantly, language is an important communication tool for the conveying of correct information. Besides, most new immigrants serve as wives, mothers, and daughters-in-law. It is essential for them to convey correct knowledge regarding diseases and medication so that they can understand medication information and enhance their ability to take care of themselves and their families.

Therefore, to protect new immigrants' right for medication and reduce their difficulties in the acquisition of disease and medication information or medication consultation because of their economic and language barriers, from 2012 to 2014, Food and Drug Administration commissioned Yunlin County National Health Insurance Community Pharmacy Association to conduct Project for Building Safety Medication System for Special Groups. Starting from Yunlin County, Nantou County, and Chiayi County, the government has been propagating medication education for new immigrants and the disabled in Taiwan, compiling and publishing Safety Medication Handbook for New Immigrants so as to promote new immigrants' medication knowledge and ability for healthcare.



This Handbook is divided into 40 chapters. Besides simple medication knowledge (introduction to labels of medical products and medicine bags), introduction to common chronic diseases (high blood pressure, high cholesterol, diabetes), this year, the Handbook also includes common gynecological disease and weight loss. The most prominent characteristic of the Handbook is that it talks about knowledge regarding diseases and safety medication in simple expression, and it is translated into English, Vietnamese, Indonesian, Thai, and Khmer language so that people and new immigrants not only can read it anytime, but also can learn more about basic medication knowledge and how to take care of themselves and their families.

immigrants' understanding of correct medication so that they can keep healthy and take care of themselves and their families and friends.

With the Handbook, Food and Drug Administration hopes to reinforce people and new immigrants' understanding of correct medication so that they can keep healthy and take care of themselves and their families and friends.

Food and Drug Administration, Ministry of Health and Welfare  
Director-General **Ye Ming-gong**  
July 2014



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## Chapter 1 Pharmacists discussing Medicines

### What is medicine?

Medicines are substances that can influence the (1) physiology, (2) psychology, (3) function, (4) structure of your body.

### What can the pharmacist do for you?

- 1.The pharmacist practices at Hospitals clinics pharmacy pharmaceutical marketing identification inspection of public health and health education...
- 2.The pharmacy provides drug dispensing health food healthy food nutritional products women and children supplies medical equipment drug counseling self-care...

### Is it very inconvenient when you see a doctor, you have to take the doctor's prescription to the pharmacy to get the filling?

- 1.It is the safest for patient for doctor to provide diagnosis and write prescription, and then. Pharmacist evaluating the prescription before filling it, based on the respective professionalism of each.
- 2.Like wearing the safety helmet, even though it is hot, it provides an additional layer of safety and guarantee.

### Is it more convenient to fill the prescription at community pharmacy with chronic disease refills?

- 1.National Health Insurance Administration announces 98 types of chronic diseases that doctors can prescribe chronic disease refills when conditions are stable.

2. When refilling prescription at community pharmacies, there is no need to wait in line and pay registration fees, and no need to pay drug copayment.

### **How to dispose of unfinished medicine?**

Dumping medicine into the soil will pollute it and destroy the environment. If people have unfinished medicine, for common family medicine, it is best to take the pills out of the package and collect them in a zipper bag. If there is any liquid medicine, pour it into the zipper bag as well. Then seal the bag and give it along with your garbage to a clean personnel. If it is a kind of genotoxic waste, such as antitumor drugs, take them back to the hospitals, and the hospital will handle them with other medical waste. Do not throw them away recklessly.

### **Are the medicine prescribed and received from community pharmacies the same as those from hospitals?**

1. Specialty contracted pharmacies must handle prescriptions from all medical institutions and hospitals nationwide, so prepare many medicine items.
2. Recommend the public to first bring the prescription to the specialty contracted pharmacies, and let the pharmacists prepare the medicine items beforehand.
3. Drug companies are all world class C-GMP specification, producing medicine with the same quality and same efficacy.
4. As long as the drug items have the same dosage, dosage form, content, indications, by regulations, the specialty contracted pharmacies can serve as substitutes.

### **Is the community pharmacy your good neighbor?**

1. Community pharmacies are located at all locations, so for any questions regarding medicine items, can seek consultation from pharmacist.
2. Community pharmacies have long operating hours, with many business items; they are a professional form of 7-11.

Adverse medical reactions reporting system -

Website: <http://adr.fda.gov.tw>

E-mail: [adr@tdrf.org.tw](mailto:adr@tdrf.org.tw)

Tel: 02-2396-0100

Taiwan Drug Relief Foundation -

Website: [http://www.tdrf.org.tw/ch/00\\_home/home.asp](http://www.tdrf.org.tw/ch/00_home/home.asp)

E-mail: [tdrf@tdrf.org.tw](mailto:tdrf@tdrf.org.tw)

Tel: 02-2358-4097



## Chapter 2 What is medicine

“Medicine” is defined as: a material or mixture using for preventing, relieving or eliminating the syndrome or human disease, which may also recover or enhance human body’ s normal physical function, or to assist doctor’ s diagnosis.

It is said that “medicine is poison!” if you cannot use medicine properly. No matter its Chinese medicine or western medicine, once the medicine is being taken into human body, you can’ t tell the difference. It can “cure” and “kill” . Without pharmacist’ s instruction, it works one way or the other.

### Classifications of medicine

- 1.By appearance: injections, oral medicine, external use, medical instruments.
- 2.By categories: Prescription drugs, instruction drugs, and over-the counter drugs.

Prescription drugs: doctor’s prescriptions required, and dispensed by professional pharmacist. The pharmacist dispenses the medicine under doctor’s prescriptions, and advises patient for the usage.

Instruction drugs: doctor’s prescriptions not required, can be purchased at community pharmacy and take it under the instructions of pharmacist and the package inserts.

Over-the-counter (OTC) drugs: OTC class B can be purchased at supermarket or drug store, while OCT class A&B can be purchased at community pharmacy. Patient can purchase freely and use it according to the instructions of package inserts.

## Charter 3 How to take medicine

When receiving medicine pack, you should check its quantity, ensure the dosage and time period of taking, and notices of the following:

1. Internal drugs should be taken with warm drinking water.
2. Drugs must be taken under the scheduled time.
3. Taking drugs within the regular time frame before or after the meals.
4. Do not take drugs along with tea, juice, milk or coffee, etc. stimulating beverages.
5. Taking drugs according to instructed dose of doctor's prescription. Do not change or stop taking drugs without doctor's instruction.
6. Whenever recalling a missing dose, take it immediately. Do not take the missing dose if next instructed dosing time is approaching.
7. After taking medicine, if no effectiveness to the symptoms or any unusual condition or side-effect occurred, advise doctor immediately.
8. Notice the drug's name, warnings and expiration period on the label.
9. After recovery, stop taking drugs and should not share the unused drugs to others.
10. Consulting with your physician or pharmacist for any questions regarding to the medication.
11. Two or more different kinds eye-drops should be applied with 5-10 minutes intervals.
12. Topical creams for external use should be not swallowed or applied to eyes.

## Instructions for taking medicine

1. Firstly, check to see if it is for internal use or external use:
  - (1) Oral drugs: confirm the correct usage and dosage, if it is taken by swallow, chewable, prior melted in mouth, or prior diluted with water, etc. and check if it's deteriorated or expired.
  - (2) For external use: confirm the portion to be applied, e.g. skin, eyes, ears, mouth, nose, rectum, vagina or via inhalation.
  - (3) To avoid contaminating drugs or wounds, wash hands carefully prior taking medicine.
  - (4) Shake well when using liquid suspension.
  - (5) Suppository is required to keep in refrigerator to maintain its shape. Drugs stored in refrigerator should be restored back to room temperature prior to usage.
  - (6) Be sure to cover the drugs tightly after usage.
  - (7) Do not use deteriorated or expired medicinal liquid. Eye drops must be discarded one month after opening.
  - (8) To avoid interactive transmission of virus or misusing drugs, do not use others' medicine.
2. Medication time:
  - (1) Drugs should be taken according to prescribed dosing time:
    - Four times daily: Take the medicines at breakfast, lunch, dinner and before bedtime
    - Three times daily: Take the medicines at breakfast, lunch and dinner
    - Twice daily: Take the medicines at breakfast and dinner
    - Once a day: a fixed time per day
  - (2) Before and after meals
    - Before meal (empty stomach): Take the medicines within an hour before meal or take them along with

Medicines taken before meal: Can be easily affected by food and absorbed with less gastrointestinal irritation.

After meal: Take the medicines within an hour after meal or take them immediately after meal.

Medicines taken after meal: Can be absorbed with the help of food to reduce gastrointestinal irritation.

Before bed time: half an hour before bed time.

(3) 4 times a day and 6 hours a day:

By different purposes:

4 times a day is for symptoms treatment, e.g. PANADOL.

6 hours a day is to maintain and stabilize blood concentration, e.g. antibiotic.

3. Medicine should be taken along with drinking water:

(1) The effectiveness of drug may be affected and resulted in interactions with juice (such as grapefruit juice), tea, coffee, or milk.

(2) To avoid drugs stay in esophagus too long and cause esophagus burns, do not lay down while taking medicine.

4. What to do if forgot to take medicine?

(1) Drugs for symptoms relief: it is Ok if forgot to take it, e.g. analgesics.

(2) Drugs for treatment or prevention: e.g. hypertension, diabetes. If you recall it within a short time after passing the prescribed dosing time, take it immediately. If it's close to next dosing time, do not take it.

(3) Drugs for taking before bed, no need to make it up in the day time.

## Warnings

All of hospital, clinics or pharmacy will provide their medication pack with detailed information including usage, dosage, side-effects, indications, etc. Before taking medicine, you must carefully read contents and warnings on medication pack or package inserts.

1.Side-effects:

- (1)When quoted with “this drug may cause drowsiness or dizziness”, or “after medication, you should pay more attention on driving or operating machinery” warning, means it will prevent you from doing concentration required task.
- (2)When quoted with “during the medication period, do not take any alcohol related beverage!” warning, means it may prolong the medication effectiveness or drowsiness.
- (3)Warning of “during medication, avoid sun exposure!” is usually indicated on sulfa drugs and whitening products.

2.Special usage:

- (1)Warning of “take it by swallowing, no grinding or chewing”, indicates it’s not tasty. For example, drugs in sustained releasing dosage form and enteric coating dosage form are not suitable for chewing.
- (2)Warnings of ”keep in low temperature”, means after receiving medication pack, it should be kept in the refrigerator.
- (3)Warnings of “shake well before use” which is often indicated on liquid suspension, liquid antibiotic, or eye drops.

3.Pregnant woman and breast-feeding:

Warning of “pregnancy, pregnancy potentials or breast-feeding women are prohibited”, means pregnant woman or breast-feeding mothers are not suitable to take the drugs.

4.Drugs’ interaction:

- (1)Warning of “at least 2 hours or more of interval is required for each dosing time while taking with irons, or antacids” is often indicated on antibiotic drugs like Quinolone antibiotics, because iron, milk or antacids will interfere with

their absorptions and effects.

- (2) Warning of “do not take together with grape fruit juice” , means the mixture of calcium channel blockers, macro-  
lide immunosuppressants and ergot derivatives, etc. with  
grape fruit juice will affect absorption and metabolism of  
medicine.



## Chapter 4 Family Standing medicine

Self care is what one would use medicine for one's health in general. What is most important is the "self evaluation" of what symptoms one has, and for following the instructions for self care medicine and the basic knowledge on them. One should follow the pharmacist's instructions to use medicine.

Family standing medicine can allow instant cure for minor sickness. Each family should have a small quantity of safe and effective standing medicine and should learn to how use them safely and reasonably. This way, the standing medicine will be able to bring about the maximum effect.

### The types of family standing medicine

- 1.Types of standing medicine taken orally:
  - (1)Medicine for common cold: Common cold medicines, rhinitis ingots, cough ingots, phlegm ingots or cough syrup.
  - (2)Antipyretic analgesics: in addition to anti-fever can also relieve pain.
  - (3)Gastrointestinal medication: indigestion, upset stomach, diarrhea symptoms.
  - (4)Other: motion sickness for cars, motion sickness drugs for planes, allergy drugs.
- 2.Types of standing medicine applied externally:
  - (1) Iodine (2) anti-inflammatory ointment (3) alcohol (4)sore patch (5) anti-fever suppository (6) the eye drops (7)anti-itch creams(8) Other

### Note

- 1.If an adult continually takes a common cold medicine for over 7-10 days, or have fever for over 3 days without symptoms improving, he or she should get treatment from doctor.

- 2.If there are any serious side effects, should stop taking the medicine and get treatment from doctors.
- 3.Do not take 2 or more types of antipyretic analgesics at the same time, or else the side effect and toxicity will be reinforced.
- 4.In medicine for the common cold, antihistamines are usually contained. This will create symptoms of drowsiness.
- 5.Preservation for special types of medicine:
  - Eye drops: Can be stored under room temperature. If there are special instructions, or requirement to be stored in the lower level of refrigerator, handle according to labeling. If unfinished after opening within 1 month, they should be discarded.
  - Anal suppository: As they will start to melt at temperatures above 30°C, most need to be refrigerated to prevent softening.
  - General liquid / suspension: like stomach milk, cold or cough syrup can be stored at room temperature, unless there are special instructions.

## Conclusion

Family standing medicine is used to treat symptoms which are light and minor. However, if there is no improvement of the symptoms after using them, one should get treatment from doctors to delay the regrets from delaying treatment. Also, as family standing medicine is kept for the possible future use, each family member should know what type of medicine is available, where they are located, and how to use them.

## Chapter 5 Health Foods

### What are health foods?

1. Based on “Health Foods Management,” health foods refer to “foods with health efficacy, or foods labeled or advertised with their efficacies.” “Health Foods” is a legal term. The foods must be examined and approved by Ministry of Health and Welfare before they can be called “Health Foods” While the so-called “Healthcare Foods” sold on the market are actually ordinary foods that can only be regarded as nutritional supplements. Both are entirely different!
2. Although health foods accredited by Ministry of Health and Welfare are able to enhance health, but they do not possess any medical efficacy, and neither do they feature equivalent medical effects and unable to replace the regular drugs used in medical treatments.

### Choose “Health Foods” wisely that bear the following insignias!

The accredited “Health Foods” are marked with “DOH Health Food Regulation No.” or “DOH Health Food No.”. Both of them are shown with a “standard green elliptical pattern.” These are guaranteed health foods examined by the Department of Health.



## Health foods consumption precautions

While selecting health foods, you should first “STOP” and think calmly whether they are really necessary and whether they can enhance your health? Then “LOOK” at the packages carefully for the “standard green elliptical patterns” and “license numbers,” warning notes,” “precautions,” recommended dosages,” and “health efficacies.” Please pay attention to “LISTEN,” consult the physician, pharmacist, dietitian or other specialists before you can correctly purchase health foods that are beneficial to your health. As a reminder, “a balanced diet, normal rest and consistent exercise schedules” are indeed the best route to good health. For more information, please assess <http://consumer.fda.gov.tw/> to check out on “Consumer Knowledge Network on Food and Drug.”



## Chapter 6 Pharmaceutical Care

### The objective of Pharmacist Care for Patients

The pharmacist evaluates medicine used, designs and implements care program, and does follow-up treatment, to ensure medicine treatment conform to symptoms, is effective, safe, and compliant, to raise quality of medicine use and life.

### Issues with Drug Treatment

1. Not using medicine when ill, and needing to increase amount of medicine for treatment
2. Not ill but using medicine, eliminate unneeded medicine for treatment
3. Inappropriate selection of medicine
4. Dosage too high or too low
5. Adverse reaction to drug treatment
6. Compliance regarding taking medicine poor

### Process of Caring for patient

1. Efficacy evaluation: understanding patient needs, confirming effectiveness, safety, convenience, & prevention of new issues of treatment. People are sick, but they are not under medical treatment.
2. Caring Program: solving drug therapy issues, verifying the treatment objectives, evaluating if there are new issues. People are not sick, but they take unnecessary medicine.
3. Follow-up of effectiveness: recording outcome of therapy, evaluate progress of illness, discover new issues with drug therapy.

## Location of implementation of pharmacist care

Hospitals: Intensive Care Units, General ward, blood drug concentration monitoring, pharmacist outpatient  
 Community Pharmacy: chronic disease management, OTC drug consultation  
 Long term care institution: Nursing home  
 Home care: Services to home

## Care Services of pharmacist at community pharmacies

Make up a prescription, chronic disease management, set up patient medication file  
 Consultation or guidance of using medication  
 Medicine delivery to home, medicine delivery to clinic, internet referral registration  
 Educate yourself on self-care health knowledge and the use of non-prescription drugs

## Care Services of pharmacist at long term care institutions

Verifying the medicine prescription, storage, and correctness of delivery  
 Management of emergency and use of medicine Provide medicine information & health education for patients, family members, & other medical staff  
 Evaluate appropriateness of patient drug treatment and solving drug treatment problems

## Care Services of pharmacist for at home services

Evaluate: Understanding the patient's recognition of his or her own illness, treatment objectives, and drug use

Set up and implement care program: Set up care program and propose solution to drug treatment program, correct ways of using drug, organizing drug use progress and out of date medicine

Recording and discussion: Do post care evaluation and communication with other care staff, monitor and track, reasons for medication errors

Others: Medical Equipment for home care, storage for medicine and handling of used medicine, guidance and instructions of home environment and cleanliness

## Pharmaceutical Care

To use the professional services and use local languages as bridge for communication to make caring part of everyday life. Listen with heart, and provide care at appropriate time, and discover the problems of patient. To provide plenty of care knowledge, recommend patient to develop a good lifestyle, starting from regular diet and exercise to help adjust patient body. Pharmacist uses the professional knowledge to find possible concerns and problems from drug use, and to help solve their lifestyle problems. To help patients in a natural and healthy way, as a form of care that is easily accepted by the public.

*Medicine can cure illnesses, and also cause illnesses  
Medication Safety starts from oneself!*

## Chapter 7 Your friendly neighborhood--the pharmacy in a community

A community pharmacy is a place where a professional pharmacist sells and dispenses drugs. It acts like a 7-11 or the health center in the community, and provides the newest drug information and the knowledge of safe medications. Besides, it helps the community residents taking good care of themselves by providing instruction drugs, and assists the community residents in sorting or classifying their medications. The functions of a community pharmacy are as follows:

1. Dispensing --confirm prescriptions, establish patient drug profile, dispensing, give instructions of drugs, avoid doubling medications.
2. Drug supply--Provide prescription drugs, instruction drugs, health food and nutrition food.
3. Medicine care--Dispense the prescriptions of chronic diseases, arrange medications and explain prescriptions.
4. Medicine consultation --Provide medicine information, drug knowledge, safe medications and medicine educations.
5. Health consultation -- Provide consultation on health care, prevention of contagious diseases, patient guide, smoking cessation, weight losing and drug abusing.
6. Providing safe, convenient, cost-saving, time-saving and substantial drug related services.

Non-prescription drugs include instruction drugs and Over-the-Counter (OTC) drug, people can purchase these groups of drugs in community pharmacies without physicians' prescriptions. The characteristics of non-prescription drugs are: safe, effective, convenient, preventive or relieving. People can purchase them freely and use them according to pharmacists' instructions or explanations on package leaflet or label.

## **Chapter 8 How to self-care by properly taking medicine when you are ill**

What will you do when you get sick? Most of people go to see doctor, but for some minor illness, you actually can take care of yourself by getting medicine from community pharmacy.

### **Common Cold**

Mainly resulting from virus, it will make major impact to respiratory system, known as running nose stuffy nose, sore throat, coughing or even fever, etc. Patient should take great deal of water, take good rest, and get medicine from nearby community pharmacy.

There is no panacea for common cold. Mostly the medicine for common cold is instruction drugs. Patient just takes it under the pharmacist's instructions.

The influenza or seasoning flu may cause systemic symptoms, then going for doctors' diagnosis, examination and taking medicine is essential.

### **Pain**

People may experience "pain" more or less in one's life time, which including headache, toothache, stomach-ache, gastric distress, menstrual cramps pain, and muscle pain, etc.

Acute pain caused by any physical injury or damage can be relieved once the injury is treated or damage is recovered.

In the event of headache, menstrual pain or toothache, you may purchase painkiller at the community pharmacy as indicated by the pharmacist to relief the pain. If the pain sustains, you should then consult a physician for treatment and check on the drugs you consumed.

If pain appears frequently, such as severe chest pains, head

ache, or stomach-ache, etc. it is essential to see the doctor for diagnosis, examination and take medicine.

## Fever

When body temperature exceeds 38 Centigrade degree, it is called “fever”. Fever is a phenomenon that human body drives its immune system to eliminate the invading virus, toxins, and fix all damages occurred.

Fever may be caused by common colds, bacterial, virus infections’ disease. However, exercising or hot weather may cause higher body temperature temporarily. Just take some rest and drinking water if it is caused by the later factor.

If the fever results from the disease, it is required to take antipyretic. In addition, there are some ways to lower body temperature by placing ice pillow on forehead or back of the head, taking a good rest, drinking sufficient water, and taking off heavy clothes, etc.

If the fever comes back after 4-6 hours taking antipyretic, patient should see the doctor immediately for further treatment.

## Nausea, Vomit

They are common symptoms while you are sick. It will usually be recovered by taking OTC medicine, good rest and avoiding dehydration.

If nausea and vomit result from gastric acid hypersecretion, patient may take antacids, and stay away from milk, tea, coffee, and any irritating beverages, such as acid drinks.

For those who usually gets dizzy, or even becomes nausea or vomit while taking any kinds of transportations, they may take motion sickness pills half an hour prior to the departure.

During pregnancy, if the nausea or vomit becomes a serious impact to her daily life, nutritional status and fetal development, the patient may take medicine in accordance with doctor’s prescription.

## Constipation

Constipation becomes a common disease of civilization in modern days. It may result from work pressure, stress, lack of exercise, or unbalanced nutrition, and is possibly caused diseases or medicine as well.

If the constipation results from habits of diet or psychological stress, it can be improved by changing daily habits of diet to stimulate gastrointestinal motility, such as taking more vegetables, increasing water intake, building habits of exercise, etc. and developing a good defecation habit.

If the constipation results from diseases or medicine, patient may purchase stool softener from community pharmacy. However, patient should not abuse or rely too much on the softener, otherwise it may affect function of gastrointestinal motility, or neglect the reason of constipation which may further cause a delay treatment.

## Diarrhea

The reasons for diarrhea may be involving bacterial, virus, medicine, food poison, gastrointestinal malabsorption, etc. Minor diarrhea can be cured by taking antidiarrhea drugs or gastrointestinal agent from community pharmacy. Besides, intake lots of water to avoid dehydration, and accompanying with light diet.

In any events of persistent diarrhea, diarrhea with fever, severe vomiting, or bloody stool happened, patient should go to the hospital immediately for further examination, and stop taking antidiarrheal or other medicines.

Once the condition of diarrhea is relieved, patient may stop taking antidiarrheal. However, it is essential to intake lots of water for electrolyte support, and serves liquid food to rest the belly.

For occasional minor illness or uncomfortable feeling, patient may take OTC or instruction drugs under the instruction of pharmacist nearby community pharmacy. In any event of patient's not getting improve or even worse, patient should go to the hospital immediately for further diagnosis and treatment.



## **Chapter 9 Making good use of continuous prescription for chronic diseases**

### **What is continuous prescription for chronic diseases?**

For a patient with chronic disease who needs to take same drugs continuously over 6 months, doctor will provide continuous prescription for their long-term use.

### **How long is the continuous prescription valid?**

This type of prescription should be valid for 3 months from the day doctor's prescription. The prescription may be dispensed in 2 to 3 times.

### **Who is eligible for using continuous prescription?**

For chronic disease patients who fit into the list of diseases announced by Department of Health, such as hypertension, high blood sugar, and hyperlipidemia, etc. When patients' condition becomes stable, physician may file a continuous prescription based on several factors as: types of drugs for treatment under evaluation, dosage and if patient is with good compliance, etc.

### **Where to receive the drugs?**

Not until 10 days before the last fill can chronic patients refill their prescribed medicines at their original contracted hospitals, clinics or the nearby National Health Insurance (NHI) appointed pharmacies along with their chronic illness prescription refill slips and NHI cards.

## How to handle when sickness feeling occurred during the medication period?

During medication period, when no effectiveness found or any unusual conditions or side-effects happened, advise doctor immediately. Patient should take the prescriptions and return to the hospital where the prescription was received for doctor's further consultation.

## Any benefits for continuous prescriptions?

In accordance with the continuous prescriptions, chronic disease patient may get his medicine easily from a health insurance contracted pharmacy or the hospital where prescription received or clinic, which would save patient's cost in registration at hospital or clinic, as well the time consuming in traffic.



## Chapter 10 Drugs Storage and Expired-Drugs Recycling

Drugs should be kept in fixed place at home. There are several ways to preserve medicine from getting lost or changing its quality as below:

- 1.Preventing from light, humidity and heat: drugs are easily to change their qualities in places of high humidity and heat, like bathroom or kitchen.
- 2.Keeping it in cool and dark: inside the drawer or cabinet
- 3.Low temperature required: keep it in refrigerator with temperature between 2 to 8 Celsius.
- 4.Special requirement of light prohibition: such as eye drops which should be stored with untransparant plastic bags.
- 5.Keeping in the place children can not reach.
- 6.Keeping drugs separately for internal and external uses.
- 7.Keeping separately different types of drugs.
- 8.Preserving drugs together with their original package in sealed container.
- 9.After opening, the attached cotton and drier should be abandoned immediately.
- 10.Storing the integrity of original package and container for further recognition.
- 11.Storing the package inserts, original package for further recognition.
- 12.Noting relevant information of effective date, usage and dosage.
- 13.Storing in glass container is better than in plastic bag.
- 14.Check the drugs at your house at least regularly, and dispose of the expired drugs. If people have unfinished medicine, for common family medicine, it is best to take the pills out of the

package and collect them in a zipper bag. If there is any liquid medicine, pour it into the zipper bag as well. Then seal the bag and give it along with your garbage to a clean personnel. If it is a kind of genotoxic waste, such as antitumor drugs, take them back to the hospitals, and the hospital will handle them with other medical waste. Do not throw them away recklessly.



## Chapter 11 How to state your conditions clearly to the doctor

While seeing doctor, details of your statement should include the following:

- 1.Symptoms: part of body injured or feeling sick, status, and time occurred... etc.
- 2.Personal history of illness: including records of surgery, hospitalization, medical examining report, with or without diseases of diabetes, hypertension, liver kidney or familiar diseases, etc.
- 3.Have you ever had any unusual reaction over certain drugs? or allergies? Or special diet habits.
- 4.Drugs are currently taking: including chronic disease medicine, Chinese medicine, vitamins, contraceptive drugs, diet pills, healthy food and special food.
- 5.Have you ever taken any other drugs in past few weeks: Some drugs may continuously function in your body which would affect current medicine from doctor's prescription.
- 6.Any other undisclosed diseases, which may influence the result of medication: for example, if you have a liver or kidney dysfunction, which prolongs the drugs' excreting time from your body, or even increase drugs' toxicity.
- 7.Are you breastfeeding your baby: Because some drugs may secrete into breast.
- 8.Do you have any surgery arrangement or medicare plan: Since current medicine may influence coagulation and medical report.
- 9.Are you participating any examinations? operating machinery? Or driving? because some drugs will make you feel sleepy which may cause your distraction and bad reaction.
- 10.Are you pregnant? Some drugs may get in the fetus body through the placenta.

## Chapter 12 Double check with pharmacist while receiving medication pack

When receiving medicine pack, be sure to check with pharmacist for any questions. Be sure your understanding on the details on the package inserts, and confirm item by item to the following:

1. Your name is properly printed on medicine pack;
2. Be aware of drugs' title and quantity;
3. Make sure the usage of intake time and dose;
4. Make sure this is the right medicine for your symptoms;
5. Check the time period of medication for the treatment;
6. Clearly ask for the post-medication precautions, side effects and warning notes.
7. Consult with pharmacist if necessary;
8. Ensure that the appearance of drugs has not deteriorated, and their expiration dates and storage methods.
9. While purchasing the prescribed or ready-made drugs, please inspect whether or not the packages are printed with DOH-approved drug permit numbers and valid dates.

### You are the master of your own body, keep in mind of the following

1. DO NOT listen to drugs recommended by other people.
2. DO NOT believe in the magical effects of drugs.
3. DO NOT purchase drugs sold at street stores, night markets, Internet and excursion buses.
4. DO NOT take drugs given by other people.
5. DO NOT recommend drugs to other people.

## Chapter 13 Recognition of indications on medication pack

When receiving medication pack, pharmacist shall advise patient the correct usage of medication. In any events, relevant indications should be printed on medication pack. For ease of reference, some hospitals may provide patient with diagrams of medication time frame on medication pack.

**健康綜合醫院**  
地址: 雲林縣斗六市幸福街168號  
藥物諮詢電話: 05-6543210-2130

領藥號碼 No.

姓名: <b>金大風</b> (Name)	生日: 1955/09/09 (Date of Birth)	性別: <b>男</b> (Sex)	調劑日期: (Dispense Date)
病歷號碼: 123456 (Chart No.)	年齡: 54 (Age)	體重: (Body Weight)	2010/02/22
科別: <b>胃腸科</b> (Department)	醫師: <b>許來發</b> (Doctor)	代號: 157 (Dr. Code)	藥師: <b>張博淳</b> (Pharmacist)

【藥名】 **A.M.D tab---Al(OH)<sub>3</sub> gel 334mg+MgO 42 PC**  
**77247#5 166mg+Dimethicone 36.7mg/tab**  
商品名: **A.M.D 愛姆得**  
廠牌: **溫士頓**

【使用方法】 內服藥, 口服 2-5  
每天3次, 三餐飯後服用 每次1粒, 14天份

【臨床用途】 1 緩解胃部不適或灼熱感 2 胃酸過多 3 消化不良 4 解除脹氣, 解除脹氣, 緩解氣脹相關症狀

【注意事項】 請嚼碎後吞服

【副作用】 便秘; 腹瀉; 噁心; 嘔吐

【藥品外觀】 白/綠色、圓形、雙層錠, 一面有刻痕, 另一面有310.WINST ON字樣

本品建議在 2010/03/29 前用完

早上

中午

晚上

睡前

飯前

飯後

請詳閱背面注意事項, 如需注射請將藥交給注射室醫護人員。

注意事項(或警語):

- 請依對症名, 保留藥袋至藥品用完。
- 請當面點清藥品種類及數量。
- 請依醫醫師指示用藥, 切勿過量。請以白開水配藥服用。
- 藥品應置乾燥及小孩不易取得之處。
- 請食或服用過量, 請立即與醫師聯絡。
- 用藥後, 若有任何不適, 請儘快回診或電話告知醫師或藥師。

用藥指示:

- 飯前: 飯前1小時服用
- 飯後: 飯後1小時服用
- 睡前: 睡前半小時服用
- 4每天4次: 早上、中午、晚上及睡前服用
- 5每天3次: 早上、中午、晚上服用(使用)
- 6每天2次: 早上、晚上服用(使用)

For better understanding in medication, some hospitals even thoughtfully, provide foreign patients with medication pack in English version. Examples showed as below:

**健康綜合醫院**  
地址:雲林縣斗六市幸福街168號  
藥物諮詢電話:05-8543210-2130

領藥號碼 No. **10102**

姓名: <b>王友志</b> (Name)	生日: <b>1976/05/10</b> (Date of Birth)	性別: <b>M</b> (Sex)	調劑日期: <b>2010/03/04</b> (Dispense Date)
病歷號碼: <b>123456</b> (Chart No.)	年齡: <b>33</b> (Age)	體重: <b>25502</b> (Body Weight)	
科別: <b>胃腸科</b> (Department)	醫師: <b>許來發</b> (Doctor)	代號: <b>25502</b> (Dr. Code)	藥師: <b>張博淳</b> (Pharmacist)

(Drug Name) **B4: Cimetidine 200mg/tab**  
**81598#1** Trade Name: **Gastrodin**  
Manufacturer: **優良化學**

(Usage) medicine · oral use **2-1**  
**three times a day, after meals, 1 piece each time, 7 day(s)**

(Indication) **1 Gastric ulcer 2 "Duodenal ulcer, Gastric hypersecretion"**

(Notice) **Continue medication for full time of treatment.**

(Appearance) **pale yellow-green · round · Tablet · graved with UL and 024**

請詳閱背面注意事項，如需注射請將藥交給注射室醫護人員。

早上 	中午 	晚上 	睡前 	飯前 	飯後 
--------	--------	--------	--------	--------	--------

注意事項 (或警語):

- 請核對姓名，保留藥袋至藥品用完。
- 請當面點清藥品種類及數量。
- 請依照醫師指示用藥，切勿過量，請以白開水配藥服用。
- 藥品應置乾燥及小孩不易取得之處。
- 飲食或服用過量，請立即與醫院聯絡。
- 用藥後，若有任何不適，請儘快回診或電話告知醫師或藥師。

用藥指示:

飯前: 飯前1小時服用  
2飯後: 飯後1小時服用  
3睡前: 睡前半小時服用  
4每天4次: 早上、中午、晚上及睡前服用  
5每天3次: 早上、中午、晚上服(便)用  
6每天2次: 早上、晚上服(便)用

According to Ministry of Health and Welfare, the medication packs should contain 16 essential labels:

1. Patient's name    2. Patient's gender    3. Drug's name
4. Drug's dosage    5. Drug's quantity    6. Usage
7. Dosage    8. Name of pharmacy
9. Pharmacy's address
10. Telephone number of the dispensing pharmacy
11. Name of dispenser    12. Date of dispensing
13. Warning notes    14. Principal indications
15. Main side effects    16. Other medication instructions

## Chapter 14 Labeling of the Medicine Bag and Medicines

When customer service departments of medication institution deliver medicine to patients, they should include the name, gender, name of medicine, dosage, quantity, usage, effects or indications, warnings and side effects, the name and location of the medical institution, the name of the pharmacist, and the date when prescription was made up (by day, month, and year).

### Read clearly the labeling of Medicine Bag and Medicines

1. Clear medicine bag labeling can help patients use medicine correctly, understand their effects, and reduce the damages from side effect. When visiting different doctors for treatment, can help doctors prescribe the correct medicines.
2. Verifying the name of the medicine, the amount per unit, the dosage, the way to use it, and amount to take on the medicine bag and to verify if the name of the medicine and quantity is the same as that inside the bag.
3. After taking out the medicine from the original medicine back, one should put them back to the same bag. Be careful that when taking out many different types of medicine for checking of possibility of putting the medicine back into the wrong medicine bags leading to consuming the wrong medicine.
4. If the medicine prescribed is different from the previous ones, it is possible that the doctor changed the prescription or uses the medicine from different companies. However, it may be a wrong prescription; so should ask the pharmacist first and be clear that it is correct before taking the medicine.

5. Knowing why to take the medicine: for the medicine name, usage, content, and quantity. If the quantity is incorrect, taking the medicine may be ineffective or over dosage may occur.
6. Do you know how to take the medicine? The quantity (the number of pills each time), the frequency (how long before taking it), when to take it, how long the treatment period is, and the method of taking the medicine.
7. Do not use the external appearance to determine how to take the medicine: tablet or capsule may not necessarily be orally taken, and liquid inside bottles may be taken as eye drops, injection, or oral dosages. You must read the instructions clearly before taking.
8. Do you know the expected reaction, therapeutic effect, side effects, and things to pay attention to after taking the medicine?



## Chapter 15 Illegal medicine

### Medicine

Medication including medicine and medical devices:

1. Any manufactured or imported drug item, should file for application and registration with Ministry of Health and Welfare. After receiving approval with issuance of drug permit can they be manufactured or imported. Therefore, on the packaging of all legal medicine, there must be a permit number.
2. Any approved drug for manufacturing or importing, must by regulation list the following items on its label, manual, or package: Name of company and address, product name and license number, drug classification category, date of manufacture or approval number, the quantity contained for main ingredient, quantity to use, how to use, Indications or efficacy, side effects, contraindications and precautions, date of expiration or the shelf life.
3. “DOH Finished Manufacturing No. ○○○○○○” and “DOI DOH Finished Manufacturing No. ○○○○○○” indicate the DOH approved for manufacturing finished drug permit number.
4. “DOH Finished Import No. ○○○○○○” and “DOI DOH Finished Import No. ○○○○○○” indicate the DOH approved for importing finished drug permit number.
5. “DOH Manufacturing No. ○○○○○○” and “DOI DOH Manufacturing No. ○○○○○○” indicate the DOH approved for domestic manufactured drug permit number.
6. “DOH Import No. ○○○○○○” and “DOI DOH Import No. ○○○○○○” indicate the DOH approved for importing drug permit number.
7. “DOH China Import No. ○○○○○○” and “DOI DOH China Import No. ○○○○○○” indicate the DOH approved for importing China drug permit number.

8. “DOH Vaccine Manufacturing No. 000000”, “DOI DOH Vaccine Manufacturing No. 000000”, “DOH Vaccine Import No. 000000”, “DOI DOH Vaccine Import No. 000000” indicate DOH approve of domestic manufactured or importing from abroad biological agents permit number.
9. Medical device permit numbers are “DOH Medical Device Manufacturing No. 000000”, “DOH Medical Device Import No. 000000”, or “DOH Medical Device China Import No. 000000”.
10. Since DOH was upgraded into Ministry of Health and Welfare on May 31 2013, permit numbers are revised into "MHW Drug Manufacturing No. 000000," MHW Medical Device Manufacturing No. 000000," MHW Medical Device Import No. 000000," "MHW Drug Import No. 000000," MHW Medical Device Manufacturing No. 000000," MHW Medical Device Import No. 000000," "MHW Medicine Manufacturing No. 000000," "MHW Medicine Import No. 000000," "MHW Medicine China Import No. 000000," "MHW Vaccination Manufacturing No. 000000," "MHW Vaccination Import," "MHW Medical Device Manufacturing No. 000000," MHW Medical Device Import No. 000000," and "MHW Medical Device China Import No. 000000."

## Illegal medicine

Illegal medicine can be classified as:

1. Fake medicine:
  - (1) Not approved and manufactured without authorization
  - (2) The name of the ingredients does not conform to approved ones
  - (3) Mixing or replacing with other's products
  - (4) Changing or altering the label for effective period

## 2. Substandard drugs:

- (1) Unauthorized adding of coloring agents, preservatives, fragrances, flavoring agents and excipients to the drugs.
- (2) Inconsistency of the drugs' content quality, quantity or intensity to approval.
- (3) Part of or the entire batches of drugs contain filthy or foreign objects.
- (4) There are obvious appearances of discoloration, turbidity, precipitation, deliquescence or decomposition on the drugs.
- (5) Inconsistency of main efficacy of the drugs to approval.
- (6) The validity date or storage period of the drugs has already passed.
- (7) Deterioration of the drugs due to prolong storage or improper storage methods.
- (8) Using containers made from harmful materials or recycled containers to store the drugs.

## 3. Illegal drugs:

- (1) Narcotics promulgated by the central competent health authority to prohibit from manufacturing, dispensing, importing, exporting, selling or displaying.
- (2) Unauthorized importation of unapproved drugs. However, they are not limited to importation of self-used drugs carried by tourists or service personnel along with their transportation means.

Report hotline for illicit drugs: 0800-285000

## Chapter 16 How to use contraceptives

In general, there are 2 types of oral contraceptives, one is “Single-Phase”, and another is “Multi-Phase”.

1. Multi-Phase: contains both of estrogen and progestin.
2. Single-Phase: contains only progestin.

Mixed pill contains both of estrogen and progestin, in which:

1. With fixed dosage is called “Single-Phase”;
2. With various changes of 2 or 3 phases is called “Multi-Phase”.

### Mechanism of Contraception

Oral contraceptive is a low-dose compound female estrogen, which functions as below:

1. Major function is to inhibit ovulation, and then will not get pregnant.
2. Change of endometrium is to interfere implantation.
3. Change of cervical mucus is to block sperm passing through.

### Effectiveness

The ratio of failure is 0.1%.

### Pros

1. Taking medication correctly, the effectiveness of success almost reaches 100%.
2. No need for precautions prior to sexual intercourse.
3. To regularize menstrual period, reduce menstrual bleeding, and relief of menstrual cramps pain as well.
4. Suitable for just-married couple and single women.

## Cons

In the beginning of medication, few women may have symptoms, such as dizziness, nausea, uncomfortable, spotting, gaining weight. These symptoms will be disappeared in 2 or 3 months.

## Cautions

1. Patients with the following diseases are not allowed to take oral contraceptives: e.g. heart disease, diabetes, hypertension, vascular embolism related diseases, liver dysfunction, and genital or breast cancers history, etc.
2. Breast-feeding women are forbidden to take oral contraceptives.
3. Age over 35 and heavy smokers have better not to take oral contraceptives.
4. First-time users are required to receive physician's diagnosis and prescription.
5. Oral contraceptives must be taken every day, otherwise it will result in contraceptive failure.
6. When forgetting to take it in scheduled time, patients should make it up according to the package inserts or other contraceptive measures.
7. It is required to revisit physician 3 months after taking contraceptives, and take gynecological examination periodically every 6 months.
8. Contraceptives medication together with Ampicillin might result in contraceptive failure.

## Chapter 17 Safe medicine use for pregnant women

### Safety Class for using medicine while pregnant

Pregnant women should avoid unneeded medicine, and should use either food therapy or change their lifestyle.

Class A: Clinical trials have shown it is safe for pregnant women

Class B: No clinical trials control, animal trials show safety or without adverse reaction, clinical trial control shown no problem

Class C: Animal trials showing teratogenicity, but no human trials control or lack of clinical trial information

Class D: Has teratogenicity, but can be used if “pros outweigh cons” medically

Class X: Absolutely forbidden for pregnant women

### Deciding factors on influencing fetus by pregnant women using medicine

1. Medicine causing teratogenicity, whether medicine will combine with proteins, the metabolism method for medicine
2. During which period of pregnancy was the medicine used
3. The length of time of medicine use and dosage
4. How medicine was given
5. Status of bleeding in uterus of pregnant women
6. The mother’s metabolic capacity, body fat amount

### Influences of Medicines on Fetus

Influence of medicine on the fetus: according to development stage of fetus, are as follows:

Preimplantation	0-2 weeks	Normally will not lead to fetus deformity
Embryonic	3-8 weeks	Critical period,organs forming stage, will lead to fetus deformity or death
Fetal period	9-16 weeks	May cause cleft lip and female fetal genital masculinization
Fetal period	16 weeks just before birth	Fetus growth completed,may cause abnormality in physical functions of fetus

## Treatment of frequently seen symptoms of pregnant women

### 1.Nausea:

Cause: symptom frequently occurring during early stage of pregnancy will normally disappear after 12 weeks.

Treatment: Maintaining enough and stable amount of Vitamin B6 as supplement.

### 2.Sense of heartburn in stomach:

Cause: Rising of Abdominal and diaphragm leading to stomach being pushed upon.

Treatment: Eating less amount and more meals, avoiding soft drinks, using suitable amount of Stomach milk, stomach milk tablets.

### 3.Constipation:

Cause: Expanding uterus, pushing on intestines causing

slowing of intestinal peristalsis.

Treatment: Taking appropriate amount of water, appropriate amount of exercises, expansive laxatives or lubrication laxatives.

#### 4. Hemorrhoids:

Cause: Veins near the rectum, and obstruct blood flow by the enlarged uterus oppression.

Treatment: Use of hemorrhoid cream to facilitate defecation or Analgesic suppositories.

#### 5. Cold:

Treatment: Drink more water, rest more, and do not buy over the counter medicine. Most cold and respiratory medicines are Class C.

### Principles of Pregnant Women Using Medicine

1. Without guidance of doctor or pharmacist, pregnant women should not add or stop medication.
2. Use less medicine, especially in the first three months of pregnancy, and to discuss and do evaluation with doctor.
3. When visiting doctors, should tell doctor or pharmacist if pregnant or possibly be pregnant.
4. For those on medication, should discuss with doctor or pharmacist on whether to stop medication.

## Effect of commonly used medicine on fetus

Medicine	Effect on Fetus
Tetracyclines	Blocks development of bones, teeth changing color
Sulfa drugs	Kernicterus
Chloromycetin	Gray baby syndrome
Antithyroid preparations	Development of fetus intelligence sluggish
Too much vitamin A	Development of fetus intelligence sluggish, Increased intracranial pressure
Too much vitamin D	Development of fetus intelligence sluggish, Hyperkalemias.

## Will using medicine leading to fetus deformity always lead to babies with problems?

1. Not necessarily, but children with defects ranges between 3-6%. Fetal deformity increases the risk by over 5 times.
2. If using medicine that leads to fetal deformity, must stop medicine for a period of time before getting pregnant again.
3. The antiepileptic disorder drugs, anti-thyroid drugs belong to Class D, but the diseases damage fetus far more than the drugs, so will need to continue using drugs.

## Chapter 18 Medication Safety for Breastfeeding Mothers

Any kind of substances taken by mothers may get in the milk. Therefore, while taking medication, in addition to consider whether or not the babies may also consume the medicines in milk, mothers should also take into account the overall impacts on their babies, mother themselves, families and the society if they stop breastfeeding.

### The myths in breastfeeding stoppage while mothers are sick

1. The medication intake of babies depends on their daily milk feeding amount, gastrointestinal function and milk feeding time.
2. You may opt for breastfeeding before taking medication or preparing milk, or temporarily suspend the intake of drugs.
  - (1) The concentration of drug reaches its highest after 1-3 hours taking it.
  - (2) It is relatively safe to breastfeed 6 hours after taking medication.
  - (3) Consult your physician on the possibility to stop medication.
3. Preservation of breast milk:
  - (1) Can be stored 6-8 hours under room temperature.
  - (2) Can be stored 3-5 days if refrigerated.
  - (3) Can be stored 3-4 months in the freezer.

### Breastfeeding Medication Considerations

1. Whether or not it is necessary to take the medication?
2. Select safe drugs.
3. If the medication may affect the babies, you should measure their blood drug concentration.

4. Breastfeed before taking medication to reduce the impact of drugs on babies.

## **Determining Factors of Drugs Affecting the Babies**

1. Natures of the drugs:

Before taking medication, consult your specialist physician or pharmacist. Choose drugs, such as water-soluble drugs, drugs with high protein binding rate, and drugs with short half-life that cannot be absorbed by the gastrointestinal tract easily, and try your best to use single prescribed drugs.

2. Medicine intake dosage and frequency:

It is recommended to take drugs with a low dosage, short half-life and those that will not accumulate in the body. Despite the high medication frequency, they are less likely to distribute to the milk.

3. Avoid taking dangerous drugs:

Some drugs may cause damages to babies even taken in minute quantity. For examples Penicillin and sulfonamides, etc.

4. Contraceptive drugs:

Contraceptive drugs shall be avoid taking during breastfeed- ing because contraceptive drugs may cause damage to babies and reduce the amount of lactation.

## **Medication recommended by American Academy of Pediatrics during breastfeeding period**

1. You are allowed to take medication during breastfeeding, but choose those with lower risks:

(1) Antipyretic analgesics, non-steroidal anti-inflammatory painkillers, antibiotics, vaccines, developers, narcotic drugs, antidepressants, antihypertensive drugs, antiviral drugs, muscle relaxants, anti-epileptic drugs, cardiac stimulants,

anti-TB drugs, thyroxine, anti-thyroid drugs, Xylometazoline, potassium-sparing diuretics, and anticoagulants.

- (2) As the concentration of anxiolytics and antidepressants, etc. in milk is very low, there are only a few cases they have caused discomfort in babies. While using them long-term, pay attention to their impact on the baby's central nervous system.
- (3) Local anesthesia is safe to use as it will not be absorbed by the baby's gastrointestinal tract.
- (4) Like other drugs, general anesthesia is unlikely to cause any impact to babies. As its half-life is very short, you can breastfeed immediately after awakening.
- (5) Almost all external dermatologic agents, inhaled medication (such as asthma medication) or nasal spray, and eye used drugs are regarded as safe drugs.

## 2. Drugs that you should avoid while breastfeeding:

- (1) Penicillin: As it is likely to cause allergies, please handle it with care.
- (2) Sulfonamides: More obvious to cause harms to kernicterus, hemolysis and favism patients.
- (3) Tetracycline: It will cause permanent dental coloring and hinder bone development.
- (4) Chloramphenicol: It may cause bone marrow suppression and aplastic anemia.
- (5) Metronidazole: It may cause birth defects and mutations.
- (6) Alcohol: It will cause respiratory depression and weak pulse in babies.
- (7) Nicotine: It will cause shock, vomiting, diarrhea, respiratory diseases and sudden death in babies.
- (8) Caffeine: It will cause restlessness and weight loss babies.
- (9) Long-acting antidepressant fluoxetine: It will cause long-term drug action.

## 3. Drugs that should never be taken:

Anticancer drugs, radiation therapy drugs, Cyclosporin (immunosuppressive), Mysoline (epilepsy), Parlodel (Parkinson), Ergotamine (migraine), lithium salt (mania), cocaine, heroin, marijuana, amphetamines, nicotine and amphetamine.

### **How about radioisotope scanning of nuclear medicine?**

- 1.It is not necessary to stop breastfeeding while conducting X-ray and other scanning, even with the use of developer.
- 2.It is also not necessary to stop breastfeeding while conducting computed tomography (CT) and magnetic resonance imaging (MRI).
- 3.Techetium is usually used on mothers while accepting lungs or bone isotope scanning. The half-life of this drug is 6 hours and after a lapse of five half-lives, the drug will be discharged from the mother's body completely. So there is no need to worry about.

### **Is it alright for women with breast augmentation to breastfeed their babies?**

- 1.Silicone and saline bag are common materials used in breast augmentation.
- 2.Currently, scientific studies have found no evidence to indicate that the silicon polymer is harmful to human body.
- 3.The silicon content of silicon element found in milk and formula milk is even higher than the milk from mothers with breast augmentation. Therefore, mothers with breast augmentation can still breastfeed their babies.

## Chapter 19 Understanding Infertility

### What is infertility?

Under the circumstances of not taking any contraceptive measure, if the wife does not show any sign of pregnancy after one year of marriage, there is a possibility of infertility. The chance of infertility for married couples is approximately 15%.

### Ovulation period

The normal female menstrual cycle is 28 days, and the ovulation period roughly falls on the 14th days after the menstrual flow.

The day of ovulation, and three days before and after ovulation are known as the ovulation period. It is the period that most likely to conceive a baby.

Excluding the ovulation period, the reminding time is known as the safe period.

If you think of taking contraception measure during the safe period, the successful rate is not high due to periodic variability. We suggest you to take contraceptive measure through other methods (such as using condoms and birth control pills, etc.)

To enhance the chance of conceiving, you should master the female pregnancy period.

The sperms are able to survive up to 72 hours inside the female reproductive tract, but the egg can only live up to 24 hours.

Performing sexual intercourse within three days before ovulation and one day after ovulation is more likely to conceive a child.

### Causes of female infertility

1. Among the infertile couples, about 60% of infertility causes come from women.
2. Problems in female ovaries, fallopian tubes, uterus, cervix and other aspects are factors that may cause infertility.

3. The female menstrual cycle and menstrual flow volume, production history, with or without a history of pelvic inflammatory disease.
4. The women's age, whether or not they are infected with sexually transmitted diseases, smoking, alcoholism, drug addition or chronic diseases, etc.
5. The women's working natures, chemical drugs and radiation, etc. are also factors needed to take into consideration.
6. Overweight or too skinny, long-term strenuous exercises, excessive weight loss, life stress, ovarian diseases, pituitary dysfunction, hyperprolactinemia, thyroid dysfunction and other problems may affect normal ovulation.
7. Fallopian tube congestion or adhesion is also one of the important reasons to cause infertility.
8. Uterine cavity adhesion, endometrial polyps, uterine fibroids, adenomyosis, uterine congenial malformation, etc.
9. Cervical infection, anti-sperm antibodies and cervical mucus dysfunction are also factors that may cause infertility.

### Causes of male infertility

1. Congenial chromosomal abnormalities and endocrine system abnormalities.
2. Testicular dysfunction, varicocele, sperm transportation dysfunction, etc.
3. Living habits, working environment, physical and mental illnesses and other factors, such as drugs, radiation and sexual transmitted diseases, etc.

### Conclusion

As infertility examination and treatment are relatively complicated, husbands and wives should participate together in the entire treatment process.

Husbands and wives should encourage each other to generate more loving feelings, only then will they have a better chance of giving birth to a lovely child.

## Chapter 20 Understanding Osteoporosis

### Why postmenopausal women will generate osteoporosis?

A reduction in estrogen during postmenopausal period will result in an increase of osteoblast cells and osteoclast cells in women. Meanwhile, a faster action of osteoclast cells and a slower action of osteoblast cells will cause a huge loss of bone mass to result in bone porosity. Hence, the bones tend to fragile during postmenopausal period.

### Medical Treatments of Osteoporosis

The priority treatment is to change the lifestyle, including to quit smoking, quit drinking, exercise, eating habits, and supplement calcium and vitamin D. On more serious condition, it is necessary to take the following medical treatments:

1. Bisphosphonate drugs: They are able to repress the osteoclast cells and reduce the reabsorption of bone element. In addition, vitamin D is able to enhance calcium absorption.
2. Selective estrogen receptor modulators: Such as Raloxifene. Its effect may be weaker and more suitable for women who cannot tolerate bisphosphonate drug treatment and women with a high risk of breast cancer.
3. Hormone replacement therapy: Used in preventing and treating osteoporosis during the postmenopausal period. It is suitable for women who cannot tolerate other osteoporosis drug treatment and women with menopause symptoms.
4. Other medical treatments: Calcitonin, parathyroid hormone, RANKL monoclonal antibodies and other drugs.
5. Multi-drug combination therapy: It is used to treat patients with excessive bone density increment and prevent bone

fracture. However, the effectiveness is slim.

## Conclusions

1. Menopause is a major transformation period in a woman's lifetime.
2. It is a priority to choose low-dose hormone replacement therapy, for it is able to improve the menopausal period and improve the life quality.
3. Except for women with a high risk of breast cancer, the hormone supplement therapy is suitable for general women.
4. Select drugs with best efficiency and lowest side effects after their risks and benefits have been carefully evaluated by your specialist physician.
5. Prevention is better than therapy. The best way to reduce the occurrence of bone loss and avoid osteoporosis is to engage in regular exercise, quit smoking, quit alcohol, take up a balanced diet, and supplement enough calcium and vitamin D.



## Chapter 21 Understanding Endometriosis

### What is Endometriosis?

Endometriosis is a problem caused by the dislocation of endometrial cells. If endometrial cells grow in the ovary, it will destroy normal ovary cells. It is called "Endometriotic cysts." If endometrial tissues grow in myometrium, it is called "Adenomyosis." Endometrium is normal cells inside women's uterus. They help the embryo implanting when the woman is pregnant. It serves as a breeding ground for the embryo. Women's uterus are ready to breed a new embryo during each period. If the woman gets pregnant, her endometrium will continue growing. If not, the endometrium will fall off and turn into menstruation.

### Clinical Symptoms and Complications

Endometriosis is a kind of chronic inflammation and abdominal organs will easily become adhesive. Endometrium is the most active during ovulation and menstruation. Therefore, most symptoms happened during these two periods of time, especially during menstruation. Generally, menstrual pain becomes the most serious during the first two days of menstruation. Serious endometriosis will cause both pain and adhesion, resulting in long-term chronic pelvic pain and gastrointestinal problems. Clinically, menstrual pain is a possible symptom for endometriosis. Common symptoms include: menstrual pain, infertility, pain during sexual intercourse, irregular periods, or too much menstrual blood.

## Treatment

1. Medical Treatment: Taking hormones to reduce the activeness of the foci and shrink the scale, including injection, oral, intra-uterine dosing.
2. Surgery: Completely remove all the foci, including laparoscopy, laparotomy.

## Releasing Menstrual Pain

1. Go to hot springs one week before the period, or take hot water bath, eat more hot food and less iced food.
2. Hot compressing lower abdomen during the period.
3. Meditation.
4. Doing some exercise properly, such as yoga, Taijiquan, jogging, weight training.
5. Massage, acupuncture, applying magnet patch, finger pressing massage.
6. Taking painkillers: On the day you expect to feel most painful, or take moderate dosing at the beginning of the pain.

## Conclusion

Although endometriosis cannot be cured easily and has 50% of possibility for relapsing, if one can undergo treatment as soon as possible, adapt herself in life, and have OPD patiently, it is not difficult to treat this disease.

## Chapter 22 Understanding Uterine fibroids

A uterine fibroid is a benign tumor originates from the smooth muscle layer of the uterus. It is commonly found in women between 30-50 years old. A tumor grown within the muscle layer is called an intramural fibroid, while a tumor grown inside the uterus is called a submucosal fibroid, and a tumor grown underneath the mucosal (peritoneal) surface of the uterus is called a subserosal fibroid. Most women with uterine fibroids do not have any symptoms. They are found when the women are under regular gynecological examination such as internal examination or ultrasonic examination by gynecologists

### Clinical Symptoms

1. Compression Symptoms: urinary frequency, difficult defecation, backache, stomachache, and pelvic pain.
2. Heavy and irregular periods: especially for submucosal fibroids.
3. Infertility and miscarriage: Submucosal fibroids often cause infertility or recurrent miscarriage.

### Operation Time

For women intending to bear a baby, if the fibroid is not very big, unless its location influences implantation, there is no need for operation. If the symptoms are obvious, the fibroid can be removed and the uterus can be retained. However, if the condition is severe, after the treatment, the patient should immediately undergo artificial insemination lest the fibroid relapses. When women have the following symptoms, operation should be taken into consideration:

1. Too much menstrual blood, causing anemia.
2. Severe compression (difficult defecation and pelvic pain).
3. The fibroid grows very fast. There is possibility for having a sarcoma.
4. Infertility caused by uterine fibroids.
5. Severe pelvic pain.
6. The size of the fibroid exceeds a three-month pregnancy uterus.

## Treatment

Treatments depending on the patient's age, the retention of fertility, and psychological conditions can be divided into: hysterectomy, myomectomy, medical therapy, uterine artery embolization. Those who want to keep fertility or keep their uterus are applicable for myomectomy, but it is possible to relapse.

Some people misunderstand that after hysterectomy, one would enter menopause, but in fact, it is the ovary rather than the uterus that controls female hormones. Therefore, the undergoing of hysterectomy does not guarantee menopause. One only stops having periods.

## Could the fibroid shrink after menopause?

Generally speaking, lacking of the stimulation of hormones, after menopause, the fibroid would usually shrink. If it doesn't, the patient should concern about complications or possibilities of malignant tumors.

## Chapter 23 Fair Ladies – Healthy Weight Loss

### Definition of obesity

Definition: BMI at between 18.5 and 24 is regarded as normal, over 24 is considered overweight, and over 27 is considered obese.

$\text{BMI} = \text{personal weight (kg)} / \text{height (square meter)}$

For men's waistline exceeding 90cm and women's waistline exceeding 80cm, they are referred to as obese.

The actual body weight has exceeded 220% of ideal body weight.

### Ideal body weight

Men's ideal body weight (kg) =  $[\text{height (cm)} - 80] \times 0.7$

Women's ideal body weight (kg) =  $[\text{height (cm)} - 70] \times 0.6$

### Causes of obesity?

There has been a problem in life management, such as binge eating (too much intake of foods), physiological and psychological effects (hunger feeling), genetic (metabolic rate), eating habits, social environment, endocrine and genetic inheritance.

A shortcut to weight loss is to conduct a proper life management program. Weight loss success lies in psychological and living habits.

### Why you should lose weight?

Obesity is an illness. An ideal weight will allow you to feel healthier and prettier.

## How to lose weight?

By means of food control, regular exercise, drug assistance and medical weight loss (liposuction, surgery, intestinal truncation, bariatric surgery, stomach tied-up and intestinal bypass).

Undetermined efficacy remedies such as sauropus, slimming tea and ear acupuncture, etc.

## Common side effects of weight loss

Medical liposuction has the side effects of partial hardening and unevenness on body, etc.

Sauropus tends to cause respiratory failure and a need to perform lung transplantation.

The senna ingredient found in slimming tea will cause diarrhea and electrolyte imbalance. Please take caution!

## Weight loss diet principles

1. Take three meals daily and do not eat snacks. Take meals at a fixed time and fixed amount. Take light foods prepared by means of boiling and cooking.
2. Drink the soup first, followed by taking vegetables and finally eating meats and rice slowly. Reduce the intake of high calorie foods.
3. Chew and swallow the foods slowly. If you don't feel hungry, you should then stop eating.
4. Concentrate on eating without watching TV or reading a book.
5. Eat less snacks or desserts, drink less beverages and liquor, and eat fewer foods with high calories such as peanuts and nuts.

## Regular exercise

Increase energy consumption and control the body weight. Increase the metabolic rate to enhance immunity. Take regular exercise to improve heart and lung functions.

Improve the muscle strength and flexibility to reduce unintentional injuries. Relieve life stress to eliminate physical and mental fatigue. Respond to social life to improve interpersonal relationship.

### 333 Exercise Principles

Engage in aerobic exercise, and exercise at least 3 times weekly.

Spend at least 30 minutes in each exercise.

Exercise up to the extent of feeling out of breath but still manage to talk, or reaching a pulse rate of 130bpm.



## Chapter 24 Drug safety for children

### Oral dosages suitable for small children

Include Troches, capsules, powders, liquids, elixirs, syrups, solutions, and suspensions.

### Health Education on Medicine use for children

1. Children are not small sized adults:
  - (1) The stomach absorption: Gastric peristalses are slower in newborns and young children.
  - (2) Liver metabolism: neonatal liver function only of at 20 to 40% of adults.
  - (3) The kidneys excluded: neonatal renal is only about 30% of adults, will reach adult level after 1-year-old.
  - (4) Skin absorption: high permeability of the skin of infants and young children, better absorption of topical medicines.
2. Is it more convenient for children grinded packed medicine?
  - (1) Using grinded adult medicine may lead to easier contamination, less medicine stability, with shorter preservation period.
  - (2) Mixing many types of medicine through grinding may lead to changes in medicine substance or create interaction, and inaccurate dosage in the packs.
  - (3) Children that are older can practice swallowing or with small amount of food together.
3. Children's medication guides:
  - (1) Not all medicine are suitable for grinding: may lead to easier contamination, less medicine stability, with shorter preservation period, with interactive effects.
  - (2) Can ask doctors to prescribe specialty medicine designed for children, such as: Liquid preparations, syrups, solution agent, suspending agents.
  - (3) Grinded packs should be taken all at once, to ensure

quality of medicine.

4. Advice for using syrup or suspended liquids:

- (1) Unopened and sealed syrup or suspended liquids can be kept at room temperature.
- (2) Dry powder suspended liquid should be used during the first time by following instructions to add cold water and mixed evenly. Before taking medicine each time, they should be mixed and stirred evenly. Make sure the correct dosage amount is taken each time.
- (3) Medicine that are unsealed and opened should be stored at room temperature or refrigerated according to instructions. Note the date of expiration.

5. Giving medicine to babies:

- (1) Use graduated pipette or oral syringe.
- (2) Hold on your lap and support the head of the baby.
- (3) Give only small amount of medicine each time to prevent choking.
- (4) Drip the medicine at the back side or edges of the oral cavity.
- (5) Pacify the baby while giving medicine.

6. Giving medicine to infants:

- (1) Let the infant choose the position of taking the medicine, and let the infant be familiar with the measuring tool.
- (2) If necessary, use small amount of food or beverage to hide the flavor and odor. After taking the medicine, drink water or beverages to eliminate the flavor and odor.
- (3) Give simple instructions or encourage for their cooperation.
- (4) If there is need of taking many types of medicine, let the infant choose the order of taking medicine.

7. Vomiting medicine by children:

If the children spit out the medicine after taking it, they must take it again. Usually choose those that are easiest to absorb such as: Syrup, liquid, or grinded. If it is already 10-15



minutes after taking the medicine, then there is no need to take again. The disintegration times for tablets are different and have different handling. If after vomiting, the pill is still intact, then it must be retaken. Otherwise, there is no need to retake medicine.



## Chapter 25 Medicine Safety for Seniors

### Senior Distress and signs of aging

1. Vision, hearing, cognitive, memory degradation
2. Drug absorption, distribution, metabolism, excretion changed
3. Physiological balance, compensatory function degradation, more difficult to regulate blood sugar, blood pressure, heart rate, body temperature, etc.
4. Coordination function degradation, unresponsive, mobility, easy to fall, fractures, urinary frequency, urinary incontinence

### Frequently problems for medicine usage by seniors

1. Repeated taking of medicine, forgetting to take medicine, taking the wrong medicine, taking medicine at the wrong time
2. Adjusting the medicine by oneself or stop taking medicine, with increasing frequency of side effects occurring
3. Like to buy medicine, remedies, Chinese herbs, drugs with exaggerated effects, and give each other drugs
4. Preserving the medicine the wrong way, reluctant to discard expired drugs

### Causes for problems of seniors taking medicine

1. Having many types of chronic diseases, taking prescriptions from many different hospitals at the same time, complexity in the types of medicine used
2. Resting time unable to conform with time for taking medicine
3. Deterioration of body functions, reduction in memory and cognition

## Notes on seniors taking medicine

1. When seniors visit doctors, they should tell doctors or pharmacists all the medicines they are taking currently
2. Should let doctors or pharmacists understand all the types of medicine you are using, to avoid repeated usage or effects of drugs interactions
3. When taking medicine, be clear about the usage, the amount, the time, and dosage. If there are any questions, should inquire the pharmacist immediately
4. Be careful of the medicine's side effects and new symptoms that appear
5. Not to buy health products with unclear sources, not to believe in unrealistic and exaggerated advertisements, to avoid spending money and damaging oneself
6. Insist on the 5 Not to Principles: Not to listen, not to believe, not to buy, not to eat, not to recommend
7. Memory and cognition reducing, using methods to avoid forgetting taking medicine such as: calendar, drug box

## Need to know for senior medicine taking

1. Should do regular health checkups, to understand functions of inner organs, so to adjust the medicine dosage and avoid side effects happening
2. Diuretics, multivitamin preparations to avoid before bedtime, so as not to affect sleep
3. Comply with doctor's or pharmacist's instructions of taking medicine, and not to change it by oneself
4. After taking sedatives and sleeping pills, to rest and not walk afterwards, to prevent falling down
5. After taking high blood pressure medicine, to prevent feeling dizzy caused by low blood pressure from one's postures
6. Using medicine box for long effect medicine or single dosage medicine to help prevent forgetting to take medicine

## Chapter 26 Chinese Herbal Medicine's Safe Usage

### Preservation of Chinese Herbal Medicine

- 1.Refrigeration: This is a more ideal method, because preservation under low temperature (below 5 °C) can prevent bacteria and fungus growth and signs of decay such as changing color and taking oil.
- 2.Preservation by chemical agents: Frequently used chemical agents include dioxide benzene, camphor, carbon tetrachloride, etc.

### Preservation of scientific formulations

Scientific formulations sold on market include dosage form of granules, powders, tablets, ointments, etc. and should be stored in dry locations. To prevent moisture, it is best to place inside glass bottle to be damp-proof.

### Caution of using medicine when pregnant

- 1.Easy to increase uterine contractions causing miscarriage include rhubarb, Glauber's salt, senna and other heat diarrhea drug. Medicine such as Mitsubishi, Curcuma, Changshan that are extremely powerful medicinal drugs are prohibited, to prevent miscarriage.
- 2.Pregnant women should use caution with citrus aurantium, the blood circulation stasis the peach kernel, safflower; the hot and spicy Pinellia, tuber, and smoothing function's Muk Tong, Rhizoma Imperatae, etc.
- 3.The effect of Yiyiren is to facilitate urination, making the uterus excited and enhancing contraction of the uterus.
- 4.The effect of malt is to promote digestion and starch decomposition, causing retreating of milk in pregnant women.

## Drug interactions

1. Chinese medicine and their preparations containing calcium, such as: Gypsum, keel, oysters, because calcium ions and cardiac stimulants have similar effects, that can strengthen heart muscle contractions, and strengthen the effects and toxicity of cardiac stimulants.
2. Licorice-containing medicines and decoctions should not be used with cardiac stimulants such as digitalis. Licorice has Deoxycorticosterone Sample effects, can “preserve sodium and expel potassium”, leading the heart to become sensitive to cardiac stimulants and cause poisoning.

## Food with cold nature

Can lower the effect of body heat and temperature. Therefore, those who bodies are asthenia cold and are afraid of cold or have upper respiratory diseases or gastrointestinal dysfunction should avoid these foods. Those who bodies are hot can choose food with cold nature to lower the reaction of body's heat.

## Warm and hot food

Strengthen the effects of body heat creation and raises the effects of physical fitness and strength. Those who bodies are asthenia cold can choose to use more. However, these foods will cause symptoms of dryness in mouth, constipation etc or symptoms of having too much heat. Therefore, those who bodies are hot should avoid these foods.

## Food of insipid nature

Food of insipid nature can be taken by most people on a daily basis, except for those with particular allergic reactions, such as: fruits, vegetables, meat.

## Chapter 27 Medication Myths

### **Curing Illnesses if one has them, strengthening the body if not sick?**

- 1.The purpose of using medication is to cure or prevent illnesses.
- 2.No medicine can be used to cure a particular disease and be used as tonic.

### **When taking medicine, stomach medicine must be taken together to protect the stomach?**

- 1.Not all medicine will hurt the stomach. In fact, only a small percentage of medicine will have side effects on the stomach.
- 2.The main ingredients of stomach medicine can easily combine with other medicine, affecting the absorption of these medicines.

### **It is best to take medicine after meals?**

- 1.Many people believe that medicine will hurt the stomach and deduce that it is best to take medicine after meals.
- 2.The absorption of some medicine is affected by food, so may need to be taken on an empty stomach.

### **After the symptoms disappear, the medicine need not be taken?**

- 1.The effect of medicine is to eliminate causes of illnesses, control, or delay the progress of the illness, and relieve symptoms.
- 2.Many antibiotics are designed to eliminate the source of infectious diseases. If medication is stopped in the middle of the treatment process, it may lead to drug resistance of the illnesses.

3. Taking medicine to control blood pressure and diabetes long term can significantly reduce complications.

### **Introducing “good medicine” to good friends?**

Every person's organ functions, disease conditions, reactions to therapy, and body nature are different. Therefore the dosage of a particular medicine may affect different people differently. Doctors and pharmacists will usually choose different medicine for different patients.

### **Injections are better than taking medicine orally?**

1. Pain: the part injected will suffer pain.
2. Infection: Incomplete disinfection of needles or syringe or piping may lead to infection.
3. Risks: Negative reactions to injections or overdose through injections have smaller chance of rescue and detoxifying.
4. Basic principle of taking medicine: If can be used partially, then do not take orally. If can take orally, then do not take injections.

### **Grinding the medicine will lead to faster and better effects?**

1. Some medicine cannot be grinded into powder or chewed, such as sublingual tablets, long-lasting tablets or continuous tablets, casings tablets etc.
2. The stability of medicine after being grinded into power is less, and the packing is less accurate, making the drug effects and dosage unable to control fully.

### **Sedatives and sleeping pills are bad for you, and should not be taken?**

1. Currently, commonly used sedatives and sleeping pills are very safe.

- 2.They can be used to relieve tension and stress, relax muscles, and help one sleep.
- 3.If necessary, short-term use at appropriate level of sedatives and sleeping pills can help patients relieve stress and sleep disorders.

### **Morphine will lead to addiction, so it is better to endure pain rather than take morphine?**

- 1.Morphine is the strongest pain-killer, and is most frequently used to stop pain after surgery and for treatment of cancer, etc.
- 2.There is hardly ever addiction when used medically. Also, having minimal pain is the right of cancer patients in the terminal stage, and is an indicator of human rights.

### **Does synthesized medicine cause more side effects than natural medicine?**

1. Unless there are impurities, the effects of medicine are only related to its composition. It does not matter whether it is synthesized chemically or abstracted naturally.
2. We won't react differently to the same chemical molecules deriving from different sources.

### **Are there complementary effects when we take both Chinese and western medicine?**

1. Unauthenticated medical combination may bring adverse drug interactions. For example, strengthening or weakening effects, poisoned, or failing to be effective.
2. Staggering medicine taking time can only prevent the interaction during absorption. It cannot completely avoid the effects, metabolism, and excretion for taking multiple medicine.

### **I dare not take steroid!**

1. Steroid is used to treat many diseases, such as endocrine disorders, skin diseases, allergies, asthma, blood disorders, and others. Steroid is the top choice for the right indications such as autoimmune diseases. If you take it when you are not supposed to, it becomes poisonous.
2. To take steroid for a long time might cause some adverse reactions, such as muscle disease, osteoporosis disease, water and electrolyte imbalance, worsening or covering infection, and others. It depends on a doctor's professional diagnosis to determine and monitor these treatments.

### **Is antibiotic the best anti-inflammatory drug?**

1. Antibiotic is not an anti-inflammatory drug. Rather, it is used to resist infection caused by microbes.
2. Used improperly (for example, no such infection, wrong kind of antibiotic, not completing the treatment process, inadequate dosage) may cause drug resistance to the microbes, or even have the risk of no drugs to use when having severe infection.



## Chapter 28 Sex Education for teenagers

### Dangerous behaviors

Having sex without condoms or unsafe sex partners may lead to fluid exchanges, including semen and vaginal fluids. If one partner has sexually transmitted disease, the other may be infected. Having sex without wearing condoms may lead to semen enter the female body leading to pregnancy.

### Contraceptive methods

1. Using condom
2. Oral contraceptives
3. Intrauterine device
4. Female or male ligation

### Male condoms

1. Excellent contraceptive effect – 100% against pregnancy
2. Prevention of sexually transmitted diseases - AIDS. Syphilis. Pointed condyloma. Gonorrhea ...
3. No side effects – simple, convenient, safe
4. Super thin – almost forget its presence

### Female oral after pill

1. To be used within 72 hours after having sex, the earlier it is used, the better the effect
2. Within the 1 month of period cycle, can be taken at most 3 times

### Abortion after pregnancy

1. Oral abortion pill – RU486 (within 1.5 months of pregnancy)
2. Uterine curettage (within 5.5 months of pregnancy)

## Female oral contraceptives

Use: Female taking 1 pill every day at same time (before sleep)

Target: Suitable for after marriage

Characteristics: Good contraceptive effects, few side effects, but cannot prevent sexually transmitted diseases

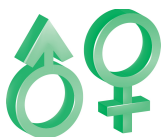
## Ligation

Female ligation: Prevent ovulation and egg from getting fertilized

Male ligation: Seminal fluid will continue to be produced not affecting ejaculation. Semen will not be ejaculated, and be absorbed by body.

## Sexually transmitted disease infected through sexual behavior

- |             |             |               |                 |
|-------------|-------------|---------------|-----------------|
| 1.AIDS      | 2.Gonorrhea | 3.Syphilis    | 4.Pointed warts |
| 5.Chlamydia | 6.Herpes    | 7.B hepatitis |                 |



## Chapter 29 Understanding of the harmful effects of tobacco

### Ingredients of cigarettes

Each cigarette burns about 4000 types of compounds, with most dispersed in air, with only few that are absorbed into the lung tissues. These compounds can be classified into 4 major categories:

1. Nicotine
2. Tar
3. Carbon monoxide
4. Dozens of stimulants and over 40 types of cancer causing agents

### The dangers of smoking

The hazards of smoking: lung cancer, emphysema, cardiovascular disease, sexual dysfunction, bad breath, oral diseases, passive smoking will hurt the health of their families, can cause fetal abnormalities and premature birth.

### Why is it hard to quit smoking?

Nicotine dependence, appearance of psychological cognitive habits, the temptation of the environment.

### To alleviate the symptoms of nicotine withdrawal

1. Overcoming by willpower:
  - (1) Not relying on any drug assistance, and purely overcoming the desire for cigarettes by one's willpower. However, success rate is far below those with drug assistance, professional and health education and consultation.
  - (2) Avoidance of environment, physical and psychological aid is all very important.
2. Nicotine replacement therapy:
  - (1) To gradually reduce the nicotine density in the quitter's

- (2) Will greatly reduce the discomfort that comes from withdrawal symptom, and raise the success rate for quitting cigarettes.
- (3) Ministry of Health and Welfare approved dosage forms: patches, chewable tablets, orally disintegrating tablets, oral inhalation, and oral tablets.
- (4) The best choice is patches, because of ease of use and compliance among quitters high.

### How to use Nicotine Patches

1. Use it daily after taking the shower. Change a new piece every 24 hours, and affix it on different body parts daily.
2. To be used in body part below neck and above waist, such as arm, chest, abdomen, where there is no body hair.
3. Drink more water regularly, and avoid alcohol, tea, coffee, cola, stimulating drinks.
4. No need to tear down when washing hand or taking shower.
5. If it drops off, replace it with a new patch immediately, and then change the patch during regular time.

### Chewable tablets or orally dissolving tablets

Pros: The dosage can be flexibly adjusted, have oral sensation, and reduce behavior of addiction

Cons: lead to oral ulcers or not suitable for those with unsound teeth

### Oral Inhalant

Pros: The dosage can be flexibly adjusted, have oral sensation, and reduce behavior of addiction

Cons: Itchy throat, but will disappear after continuous use

### Medication usually requiring doctor's prescription

1. Antidepressant: Bupropion
2. New medicine Varenicline
3. Both of them can be used together as nicotine replacement therapy

## Non-medication aid to quit smoking

When desiring to smoke:

- Brush your teeth
- Take 3 deep breaths and drink a glass of water
- Eat fresh fruit or vegetable, or juice
- Do a hobby that you like
- Exercise

Free quit smoking hotline 0800-636363



## Chapter 30 Learning about AIDS

Acquired Immune Deficiency Syndrome (AIDS) is a disease caused by the HIV virus. This type of disease will destroy a person's immune system, making one unable to fight against disease. It will lead to infection by all types of diseases and to death. There are no current vaccines and is currently unable to be cured fully.

### Modes of Transmission for AIDS

#### 1. Sexual behavior:

When having sex orally, anally, vaginally, or other forms of fluid exchange with an AIDS infected partner may cause the virus to enter human body and infect through one's wound or mucous membranes.

#### 2. Blood:

(1) When contacting or transfused with contaminated blood or blood products infected with AIDS virus.

(2) Sharing a needle or syringe with an AIDS patient.

(3) Receiving organ transplant from an AIDS patient.

#### 3. Mother-children infection:

Mothers infected with AIDS have a 15-50% chance of passing on the virus during pregnancy, birth, or breast feeding period. Therefore, a woman should get tested for AIDS virus before getting pregnant.

### Wrong types of fear

Unless there are "sexual behaviors" or "blood" contact, no need to be too nervous!

Sharing phone, sharing tools, going to class, working together, hugging, coughing will not lead to infection.

## Preventing AIDS

Having regular sexual partner, avoid having sexual behavior with stranger. Using condoms correctly during the entire process.

Avoid sharing toothbrush, razors, syringe or needles, or utensils stained with blood.

Doing an AIDS antibody checkup before marriage and pregnancy.



## Chapter 31 Understanding Illegal Drugs (Narcotics)

Many drug abusers start experimenting with drugs out of curiosity, seeking excitement, escaping pressure and setback, or under pressure from others, etc. Once a person is addicted, then life becomes miserable. Life is priceless, so do not make the fateful and wrong decision. At the beginning of drug use, one will become excited, have illusions, and experience joy. However, long term use will produce tolerance effect, psychological and physical dependence. To stop use, other than the withdrawal reactions at the physical level, the desire at the psychological level is the hardest for drug addicts to overcome.

### What happens to drug users

1. Damaging one's health and creating social problems, such as: theft, robbery.
2. Tolerance: the need to increase drug amount to reach the same effect previously.
3. Dependence: physical and psychological dependence.
4. Withdrawal symptoms: When suddenly cut off, discomfort at the physical level.
5. The earlier one contacts addictive drugs, the greater the bodily harm.
6. When mothers takes drugs: children born with abnormalities, insufficient intellectual capability, damages coming from mother's drug addiction.
7. Sharing a needle in intravenous drug administration can be easily transmitted with AIDS, B-type hepatitis, C-type hepatitis and other infectious diseases.

## Common forms of drugs

### 1. Opium, morphine, heroin:

The most typical sensation is excitement and joy, but followed by exhaustion. Long term use will lead to tolerance and psychological and physical dependence. Withdrawal symptoms include yawning, tears, Runny nose, "cold turkey." etc.

### 2. Amphetamines:

In the beginning, effects include refreshing, uplifting, euphoric, satisfaction, etc. Long term use will lead to tolerance, psychological and physical dependence. Withdrawal symptoms after cutting use include suicide or violent attacks and behaviors.

### 3. Cocaine, marijuana:

In the beginning, effects include subjective feeling such as euphoric, energetic, keen attention, clear thinking. After increasing amount used, tolerance, psychological dependence, illusions, Sensory distortions, suspicion will appear.

### 4. MDMA:

The toxic effects on the central nervous system include degradation of the nerve ends, depression, mental confusion, panic anxiety, and even suicidal tendencies, tolerance and psychological dependence, creating an addiction.

### 5. Ketamine:

Ketamine can affect sensation, coordination and judgement, and cause nausea, vomiting, blurred vision, image distortion, temporary onset of amnesia, loss of balance and other symptoms. A long-term use will enhance tolerance and psychological dependence, resulting in compulsive use and difficult to quit. Recent studies have shown that Ketamine abuse will cause chronic interstitial cystitis, resulting in bladder wall thickening and smaller capacity to generate frequent urination, urgent urination, painful urination, hematuria, lower abdominal pain and other symptoms. In more severe cases, there are the occurrences of urine output reduction, edema and other symptoms of renal insufficiency, and even up to the extent of performing bladder reconstruction surgery.

## Four core actions to reverse narcotic harms

### 1.Action 1:Cherish life - love yourself

Every life is precious, but we tend to encounter various forms of stresses and temptations in our life. If we do the right decision, we will get a complete different result.

- (1)Be a master of yourself: Establish and maintain a healthy lifestyle without relying on drugs to refresh your mind and lose weight. Choose a rational way to relieve emotion, and take a positive thinking attitude to increase your self-confidence. Establish a close and harmonious family relationship.
- (2)Learn the technique of making friends: Make friends with good conducts and right behaviors. Engage yourself in healthy recreational activities to build up your correct life goals and values.
- (3)Enhance self-resilience: Train up your social skills through school, community and religious activities, and strengthen your toughness to face challenges.

### 2.Action 2:Avoid and reject narcotics – keep away from tobacco, alcohol and narcotics

Adopt a tactful and firm way of rejection to avoid harms and injuries. Once you try on narcotic, you will spend your whole life quitting it.

- (1)Keep away from unhealthy places: Such as Internet cafes, pubs and nightclubs, etc. Stay alert and do not simply accept drinks and tobacco from strangers. Pay special attention to your friend's friends even if they are females or people you familiar with. If you are unfortunately being sexually assaulted or suffered other injuries, you should take the time to call 1996 and other hotlines, or seek help from friends and relatives.
- (2)Refuse additive substances: Adopt a healthy way to make friends. The use of tobacco, alcohol, betel nut or any other

narcotics is likely to cause addiction to affect your physical and mental health. You should avoid contacting them.

- (4) To get high without taking narcotics: Do not try alcohol and narcotics but seek health in a positive self-satisfied and relaxed manner. You should engage yourself in physical and intellectual activities such as ball matches, extreme sports and art appreciation, etc.

### 3.Action 3: Understanding and rejecting narcotics – fighting and refusing narcotics

There is no different in severity of narcotics as they will anyhow damage the user's physical and mental health. By all means, DO NOT take the wrong step!

- (1) Understanding the actions of narcotics: Based on their effects to human body, narcotics can be classified into central nervous system depressants (such as opiates and Ketamine), central nervous system stimulants (such as amphetamines and MDMA), and hallucinogens (such as marijuana, glue and sand).
- (2) Understanding the emerging drugs: Marijuana, MDMA, Ketamine and FM2, etc. are also known as club drugs. These drugs have new names and appearances to attract people, and once consumed, people can be easily addicted. Meanwhile, the natures of the narcotics themselves will force users to seek for even more intense narcotics.
- (3) Fight against illegal: The manufacturing, trafficking, application, allowing people to use or lure people to use narcotics are all illegal. If the narcotic users surrender themselves to qualified medical institutes for professional treatment, they can be reduced with other legal responsibilities.
- (3) Learn refusal skills: If you face with peer pressure to try on tobacco, alcohol, betel nut or any other narcotics, you should refuse directly, look for an excuse, leave the scene

quickly, try to mock yourself or take a friendly persuasive approach to explain your stringent family background, and say in a tactful and firm attitude to refuse.

- (4) Prevent drug hazards: Narcotics can cause great harms to personal health such as the risks of nerve damage, bladder atrophy, sexual dysfunction, respiratory depression, cardio vascular toxicity, AIDS or other infectious diseases. Further more, a mixed use of the drugs may create interactions, and the commonly seen crimes such as robbery, self-injury, injuring other people, etc. that derived from using the drugs.

#### 4.Action 4:Care and help – positive referral

In additional to avoid narcotic harms yourself, you should also extend a helping hand to concern and assist the friends around you to prevent them from narcotic harms.

- (1) Discovering the sign of drug addicts: Drug addicts often appear to have a chaotic schedules, trance, skin covered with rashes, special smell on their body or room, increase in money spending, stealing and lying, irritable and hot-tempered, decline in paying attention, poor appetite or weight loss and carrying drug-related appliances with them, etc.
- (2) Provide professional assistance and referral: Support from the family, friends and society is the best help to assist drug addicts to face their own self frankly, face with reality positively and get away from drug dilemma. The channels that provide referral and professional service include the relevant unit of Department of Health, medical institutions, Drug Abuse Prevention Center and drug counseling agencies (such as Operation Dawn), etc.

## Chapter 32 Preventing Biting Midges

### What is a "biting midge"?

A biting midge, scientific name "Forcipomyia taiwana," is an indigenous species in Taiwan. It is a bloodsucking insect rather than a real mosquito. People often call it "small black mosquito" or "small King Kong." Because it is tiny, when you can hardly notice it when you are bitten.

### Life of a Biting Midge

A biting midge has strong and rapid procreation ability. It needs to suck blood to lay eggs. A female midge can lay 40-80 eggs after sucking blood once. After mating, the female midge will hide in a shadowed area with large amount of blue-green algae (moss) and large number of people gathering so that it can suck blood and lay eggs. It takes about 20-30 days to grow up from an egg to an adult. The peak hours for female midges to suck blood are from 11:00am to 3:00 pm. Biting midges largely procreate during the period after spring rain and the end of fall each year.

### Biting Midges' Breeding Environment

The most important breeding environment for biting midges are areas with high humidity, weak sunlight, and a lot of blue-green algae. For example, bamboo garden, vegetable garden, underneath flower pots, under the tree, between the gaps of the sidewalks, shadowy areas around the house, and temples.

## Clinical Symptoms and Treatment after bitten by a biting midge

Biting midges usually come in groups. When bitten, you won't feel anything or only sense a slight sting, but afterwards, you will have groups of swelling and itchy rash. You can rinse the affected area with cold water, ice compress, or apply some cold medicine such as prickly heat cream to reduce swelling, relieve the pain and itchiness. Those bitten by biting midges should avoid scratching the affected area lest be infected by bacteria.

## Preventing Biting Midges

1. Wear long sleeves, pants, shoes, and socks outside to avoid being bitten.
2. When going out, applying some mosquito repellent. Pay attention to the time limit of the protection effect.
3. Prevent biting midges by protecting yourself and the environment so as to avoid drug resistance.
4. Eliminate moss. Keep the environment dry. Plant dense grasses.
5. Prevent both the adult and biting midges and larvae at the same time with medicine approved by Environmental Protection Administration such as organophosphate or insect growth regulators.

## Chapter 33 Understanding High Blood Pressure

### What is high blood pressure?

According to the standard issued by the US National United Conference Report

Classification	Systolic blood pressure (mmHg)		diastolic blood pressure (mmHg)
Normal	<120	and	<80
Prehypertension	120~139	or	80~89
The first stage of hypertension (mild)	140~159	or	90~99
The second level of hypertension (moderate)	$\geq 160$	or	$\geq 100$

### Is high blood pressure a disease?

High blood pressure is a condition, not disease.

When sympathetic nerves in normal people are affected, such as: Happiness, anger, sadness, joy, cold, and blood pressure is also affected.

Therefore, upon measuring blood pressure as high just once and thinking it as high blood pressure is incorrect. Usually, it is only when measuring over 3 times in a period of time with abnormal blood pressure, before considering treatment.

### What are feelings associated with high blood pressure?

High blood pressure is an invisible killer. The patient may feel headache, sore neck, or lack of clarity. When it rises too much

suddenly, conditions such as nausea and blurred vision may occur.

## Complications of hypertension

Atherosclerosis. stroke. Lower extremity vascular obstruction, and in severe cases, amputation.

Aortic dissection. Left ventricular hypertrophy, myocardial ischemia, myocardial infarction, heart failure.

Eye damage, blindness in severe cases. Kidney dysfunction, kidney failure.

## Treatment

- 1.Control diet: Take less sodium, supplement food with potassium, calcium, magnesium, lower cholesterol level, high fiber food.
- 2.Lifestyle: Reduce stress, plenty of sleep, exercise regularly, control cigarettes & alcohol, normal weight.
- 3.Drug treatment: Must consider quality of life and convenience for long term use.
- 4.Sudden stopping medicine: Easy to lead to angina or heart damage, and even sudden death.
- 5.Long-term medication: You should not self-adjust the dosage, and don't decide whether to take the medication or not according to your blood pressure.



## Chapter 34 Understanding High Blood Cholesterol

### What is high blood cholesterol ?

When there is too much Cholesterol, triglycerides and other fatty substances in the human blood, plaque will form in blood vessels which affect the speed of blood flow. In serious cases, may lead to clogging of blood vessels.

Table of the Diagnosis of High cholesterol:

	Ideal Value (mg/dl)	Marginal Value (mg/dl)	Critical Value (mg/dl)	High Critical Value (mg/dl)
Total cholesterol (without fasting)	<200	200~239	>240	>240
Triglycerides (Fasting for 12 hours)	<200	200~400	400~1000	>1000
Low-density lipoprotein (Fasting for 12 hours)	<130	130~159	160~189	>190
High-density lipoprotein	>35	>35		

### The effect of cholesterol on body

1. When the amount of cholesterol in blood vessels is low, blood will flow very smoothly.
2. Too much cholesterol will hinder blood flow, leading to heart attack, stroke.
3. When the long term blood fat is too high, the blood supplied to the blood will clog the blood vessel, leading to heart attack.

4. When the blood vessel supplying blood to the brain is clogged, stroke will occur, endangering one's life.
5. When there is too much cholesterol in the body, it will damage the blood vessel walls.
6. The body needs sufficient amount of cholesterol to maintain its proper function, but too much will lead to high blood cholesterol.

### Causes of high blood cholesterol

1. The main danger factors for heart attack are food containing too much fat or too little exercise.
2. Those with high blood cholesterol and diabetes family history, will lead to phenomena of high blood cholesterol.
3. Most high blood cholesterol patients need to be treated.
4. There are usually no external symptoms of high blood cholesterol.

### What is good cholesterol? What is bad cholesterol?

Cholesterol mainly consisted of Low-density lipoprotein cholesterol (LDL-C) and High-density lipoprotein cholesterol (HDL-C). Low-density lipoprotein cholesterol is also “bad cholesterol”, while high-density lipoprotein cholesterol is called “good cholesterol”. LDL-C is a key factor in causing heart attacks and stroke. Good cholesterol can reduce a portion of the danger of high blood cholesterol symptoms.

### Treatment

1. If a patient had suffered from Cardiovascular disease, such as: angina pectoris, myocardial infarction, stroke, diabetes, then should take medicine that lower cholesterol, to reduce the chance of heart attack and stroke from happening.
2. Quitting smoking, controlling diet, and regular exercises can raise the amount of high-density lipoprotein cholesterol in the body, and lower the bad low-density lipoprotein cholesterol from the blood stream.

## Chapter 35 Understanding diabetes

### What is diabetes?

Under normal circumstances, the body will convert starchy foods into glucose to serve as fuel for body. Insulin is a hormone produced by the pancreas, which helps glucose enter the cells and provide energy. However, diabetes patients can not produce enough insulin or can not use insulin effectively or produce insulin resistance, so that glucose can not properly enter the cells, leading to rising level of blood glucose level.

Table of Diagnosis for High Blood Glucose:

Plasma values	Normal	Objective Range for Patients with Diabetes
The average blood sugar before meals (mg/dL)	<100	90-130
The average blood sugar after meals (mg/dL)	<110	<180
* Capillary blood glucose value		

### Blood glucose

1. Blood glucose is the glucose produced after the human body completes the digestion process of food, to serve as fuel source.
2. The ideal blood glucose level before meal should be controlled in the range of 80~120 mg/dl.
3. Diabetes patients usually will be accompanied by symptoms of blood cholesterol abnormality.

## Who can get diabetes easily?

1. Those with a diabetic family history
2. Middle to old aged people above 40 years old
3. Fat or obese people

## Symptoms

Diabetes acute symptoms (not apparent during the initial stage, but they will show up gradually)

1. An urge to drink more, urinate more and eat more, and rapid weight loss.
2. Vision loss, tingling hands and feet, weakness and a reduction in resistance.
3. Skin vulnerable to infection and not easy to get better, and poor wound healing.

## Principles of treatment

1. In the beginning period of curing diabetes, the keys are diet control, suitable level of exercises, and maintaining normal weight.
2. If blood glucose cannot be controlled, then should drug treatment be considered.
3. Only when oral diabetic medicine leads to poor control should insulin shots be considered.
4. The diabetes patient not only has to control blood glucose level but also should actively control blood cholesterol.

## Drug treatment

1. Only when diet and exercises fail to control it well, should medication be used.
2. Need to use medicine under guidance of medical staff, and should not change medicine or adjust the dosage by oneself.
3. If there are adverse reactions after taking medication, should inform medical staff.

4. There should always be a reserve of medicine at home, but in case of sudden needs.
5. Avoid not following instruction of consuming food after taking medicine within regulated time (15-30 minutes) leading to low blood glucose.
6. Low blood glucose may mean that there is an imbalance between the three items of diet, exercise, and medicine, so appropriate adjustments should be made.

### Non-medical treatment

1. Quit smoking and losing weight, regular exercises, diet treatment, reducing danger factors, regularly doing re-examination.
2. Must follow instruction of doctor, pharmacist, and nutritionist.
3. Maintain a healthy lifestyle, with good and pleasant emotions and a regular lifestyle.

### Hypoglycemia and Treatments

1. What is hypoglycemia?

When the glucose content is lower than 50-60g/dl or there are occurrences of hypoglycemia symptoms.

- (1) Insulin or hypoglycemia drugs overdose.
- (2) No intake of food after taking blood sugar-lowering drugs or insulin injection.
- (3) No extra food supplement after an increase in physical activity.
- (4) Liver and kidney dysfunction.
- (5) Drinking alcohol or taking aspirin, sulfa agent or beta-blocker at the same time.
2. Symptoms of low blood sugar:
  - (1) Autonomic symptoms: The occurrence of hunger, trem-

bling, cold sweating, heart palpitation and rapid heart beat during the initial stage.

(2) Central nervous system: Drowsiness, unconsciousness, convulsion and coma.

(3) Non-specific symptoms: Headache, dizziness, nausea and lip numbness.

### 3. Hypoglycemia prevention:

(1) Take three meals and snacks daily at regular time and at a fixed amount.

(2) Take note on warning signals.

(3) Do not exercise with an empty stomach.

(4) Take oral medication on time and do not keep a long interval with food intakes.

(5) The insulin injection dose must be accurate, and you should eat within half an hour after the injection.

(6) Carry candies and cookies along with you anytime and prepare an identification card.

(7) If the blood sugar concentration is  $\leq 110$  before bedtime, then you should take a snack.

(8) For patients with “no hypoglycemia awareness” avoid overly strict control of blood sugar.

### 4. What should the surrounding people do in the event of hypoglycemia coma?

(1) Do not inject the patient with insulin.

(2) Do not feed the patient forcefully.

(3) Maintain a free respiratory tract of the patient.

(4) Inject the patient with glucagon.

(5) Call 119 for help.

### 5. Hypoglycemia treatment:

(1) Take 4-6 lumps of sugar in the conscious stage, then take another one (or 120-180cc of fruit juice or a spoonful of honey) if the condition does not improve 10-15 minutes later.

(2) Under the unconscious stage, provide sugar through intravenous administration.

## Chapter 36 Understanding Asthma

### What illness is asthma?

Asthma is a kind of chronic inflammation and a repeated outbreak of airflow blockage pathological change. It will heal spontaneously or treated. For those uncured patients, they can also take proper therapy to control the symptom and still lead a normal life.

### What are the symptoms of asthma?

During an asthma attack, there are symptoms of breathing difficulty, wheezing and chest tightness, etc. depending on the severity. The onset time varies from several minutes to several hours.

It is characterized with completely no symptom at all or mild symptoms between two onsets.

### What causes asthma?

- 1.Genetic, allergic, infectious or a combination of three factors.
- 2.Approximately 30% of asthma patients have an allergic physique, or allergic to dust or pollens. It is a type of seasonal illness.
- 3.Majority of patients has no apparent causes, and it is known as a specific physical reaction.

### Causes that induced asthma

- 1.Allergens: Dust, dust mites, animal danders, pollens and molds, etc.
- 2.Bacterial or viral infections: Colds and bronchitis.
- 3.Sports: Running in bittering cold weather.
- 4.Emotional: Excitement or anger.
- 5.Environmental stimulation: Smoke, emissions or air pollution.

6. Drug or food allergies: Painkillers, milk, egg and seafood, etc.

## Treatments

The treatment principles are divided into four levels: Mild intermittent, mild persistent, moderate persistent and severe persistent.

1. Avoid or reduce exposure to allergens – improve home environment and eliminate allergens in the environment.
2. Medical treatments – the asthma medical functions can be classified into control drugs and reliever drugs:
  - The efficacy of control drugs is to lighten inflammation and swelling of the respiratory tract, and prevent asthma attack.
  - The efficacy of reliever drugs is to smoothen and relax the respiratory tract to eliminate asthma symptoms.
3. Anti-allergen therapy – inject the patients with minute amount of allergen repeatedly within a period of time, and then increase the dosage gradually to strengthen the patients' tolerance to allergen.

## Precautions

Asthma diagnosis requires clinical characteristics and measurement of pulmonary functions.

The patients should record daily peak expiratory flow rate and onset frequency.

Reduce allergen exposure and avoid contact with pets. Prohibit using drugs that will induce asthma attack, such as high blood pressure medication of beta blocker and aspirin, etc.

## Chapter 37 Understanding of urinary incontinence

### Definition of urinary incontinence

Medically, the condition when the conscious mind cannot control urine leakage is defined as urinary incontinence.

Most symptoms are light, but will create physical and psychology disturbances because of poor odor and frequent urination.

### Causes of urinary incontinence

#### 1. Physical causes of urinary incontinence:

Damages to urinary tract including muscle, structural weakness of the abdominal perineal muscle, nerve motor conduction disease, colorectal lesions, and changes in angle of the female urethra and bladder are all causes of urinary incontinence.

#### 2. Psychological causes of urinary incontinence:

When psychological symptoms of dependence, resistance, fear, and insecurity appear which affect the physiology, leading to urinary incontinence.

### Classifications of urinary incontinence

#### 1. Stress incontinence: about 80% of cases:

When the abdomen exerts force, such as lifting heavy objects, coughing, sneezing, or laughing, urine involuntarily leaks out. After women's natural childbirth or after pelvic surgery, leading to pelvic muscle ligamentous laxity. Reduction of hormone postmenopausal for women leading to contraction of urethral mucosa and leaking urine. Male after excision of prostate due to prostate cancer.

2.Urge incontinence:

When patient cannot make it to toilet after sensing urinary urgency, and incontinence accompanies it, can be classified as overactive bladder.

3.Mixed incontinence:

This refers to combination of stress and urge incontinence.

4.Overflow incontinence:

When patients suffer neuropathy, Long-term holding back urine, prostatic hypertrophy, or the urine long term can not be emptied.Bladder with poor contractile force, even if the bladder is full, there is no urination sense, causing overflow incontinence.

5.Temporary Incontinence:

Occurs mainly in the urinary tract infection, puerperal, & insanity.

6.Nerve incontinence:

Stroke, spinal cord injury, hysterectomy and rectal cancer surgery may possibly cause neurological incontinence.

7.Constant leakage incontinence:

Urinary tract fistula or urethral tissues severely damaged in patients leading to constant leaking of urine throughout the day.

## Chapter 38 Knowing about Enlarged prostate

### Is BPH only for men?

Females have tissues similar to prostate, but they are degraded already. Scientists confirm that female have prostate, which is a gland that surrounds the female urinary tract. Therefore, female may also get prostate related diseases.

### The development of prostate?

1. At birth, it is small like a pea
2. Grows rapidly during teenage period
3. Fully developed between 25-30 years old
4. Second growth at middle age (around 40 or more years old)
5. under 50 years old – no problem
6. above 60 years old – 50% have benign enlarged prostate
7. above 80 years old – 80% have benign enlarged prostate

### Symptoms of enlarged prostate?

1. Urine stream thins, with discontinuous urination process
2. When starting to urinate, is very difficult, and after urination, will continue to drip
3. Frequent urination or when feeling urge to urinate, unable to be completely emptied

### Treatment Objectives and Method

1. Observational Treatment:
  - (1) Restrict intake of beverages and liquid, and to empty urine in bladder as much as possible
  - (2) Restrict use of alcoholic beverages, and being careful to use cold medicine including anti-nasal congestion drugs

(3)Regular exercises, and keep body warm

2.Medication:

(1)Influenza adrenaline antagonists: relax the muscle of the prostate and smooth bladder neck.

(2)Male hormone inhibitor: shrink the prostate, prostatic hypertrophy with good results.

3.Surgery:

(1)Transurethral prostate resection

(2)Transurethral prostate incision

(3)Open prostatectomy surgery

## Conclusion

When there is abnormality with prostate, should visit doctor and not to believe in folk prescription that may lead to delay of treatment, leading to worsening of condition.



## Chapter 39 Understanding Urinary tract infections

Common urinary tract infections include cystitis, pyelonephritis, urethritis and prostatitis in men. Cystitis in women is the most common. When bacteria enter urethral and bladder, normally urination will wash out the bacteria so that they won't procreate inside. Diseases are prevented. However, when urination is not normal (holding back urine, urinary stricture, urinary tract obstruction, external injuries), bacteria will adhere to the body, procreate, and cause diseases.

Aging often increase the possibility of having urinary tract infections. The most common bacteria are *E. coli*, often gathering at urethra or perineum due to sexual intercourse or bad sanitation habits and going up to the bladder or kidney, causing urinary tract infections. Male urethra is about 17 centimeters long, while female's is only 4 centimeters. Therefore, women are more likely to have urinary tract infections. If women do not have sufficient knowledge about urinary tract infections, they might not know when they are infected. Bad living habits create high risks in urinary tract infections. According to statistics, for women in Taiwan, not drinking enough water before or after sexual intercourse causes the most infections, 81%; The second is not having enough water daily, 57%, and holding back urine 55%. When urine is stored in the bladder for too long, *E. coli* will multiply, causing acute cystitis and hematuria.

### Symptoms of Urinary Tract Infections:

Cystitis: urinary frequency, urgency, painful urination, nocturia, urinary up feeling, lower abdominal pain or hematuria.

Pyelonephritis: fever, chills, back pain and cystitis.

Urethritis: painful urination, urethral discharge, burning.

**Treatment of Urinary Tract Infections:** After diagnosis, use antibiotics and control complications to completely remove all the bacteria in urine or blood and prevent the infections from turning into a chronic disease or relapses. Urinary tract infections in men or recurrent infections in women shall be examined further to find out underlying causes, such as urinary tract stenosis, obstruction, prostatic hypertrophy, urinary tract stones, reflux, neurogenic bladder disorders. If the underlying causes are excluded, relapses can be prevented.

To prevent urinary tract infections, one should: 1. have sufficient sleep to strengthen immunity; avoid wearing tight pants or skirts; 2. dry perineum after taking a bath; 3. drink plenty of water; not hold back urine; keep urinary track clean; 4. after urination, clean from urinary track to anus to prevent infection.



## Chapter 40 Understanding Psoriasis

Psoriasis is a common chronic skin disease characterized by silvery white and red, scaly patches, papules, and plaques. Patients can undergo treatment in outpatient clinic. There are rarely cases endangering life and needing to be taken to a hospital.

### Epidemiology

Global prevalence of psoriasis has huge disparities. The farther away from the equator, the prevalence of the disease increases. It can happen on people of all ages, but it is more common on adults.

### Etiology and risk factors

The specific factors for psoriasis are not yet found. However, the disease can be developed due to immunological, genetic, environmental factors and other risk factors including infection, physiological or psychological stress, drugs, smoking, obesity, vitamin D deficiency, poor immunity and alcohol abuse. Patients with HIV are more likely to have psoriasis. Patients with psoriasis may become psoriatic arthritis. Patients with moderate to severe psoriasis have higher probability for hypertension, diabetes, high cholesterol and other metabolic syndrome.

### Symptoms of Psoriasis

1. Dry or red skin, usually covered with silvery white scales and sometimes with raised edge.
2. Rashes, itchiness, and painful skin on scalp, joints, legs, lower back, genitals, skin folds.
3. Joint pain, swelling, or stiffness, deformation.

4. Nail abnormalities, such as depression, discoloration, thickening or fragile.

## Clinical Types

1. **Plaque psoriasis:** The most common kind of psoriasis, appearing in any parts of the skin. The lesions will have no change when developed to a certain extent. The affected part is covered with red plaque with silvery white scales. They will be easily pelt down after scuffing. Spots of blood appear while they are pelt.
2. **Teardrop-shaped psoriasis:** It is commonly found in children between 7 and teens. Streptococcal or viral upper respiratory tract infection may happen before the psoriasis. They are acute symmetry guttate papules covering mainly trunk and limbs, expanding as time goes by. In weeks, they will subside automatically.
3. **Pustular psoriasis disease:** Rare but severe psoriasis, visible but non-infectious pustular, covering the whole body or partially. (1) **partial:** plantar pustular disease on palms or soles. In the middle part of the fingers or the front of the soles grow many sterile, not easy to break small pustules covered with thick scab. It can be commonly see in middle-aged women. Rare Hallopeau Acrodermatitis is a kind of psoriasis lowly invading fingers and nails. (2) **Whole body:** acute or subacute. Patients will have fever and pain, and their whole body will be covered with sterile and not easy to break small pustules in one or two days. Although it is rare, it is fatal, so the patients shall be taken well care of or sent to the hospital immediately.
4. **Anti transformation psoriasis:** Also known as buckling psoriasis. Rare, but mostly happened on the elderly. Armpits, groin after, gluteal cleft, ears, female breasts and male genitals beneath folds are common affected areas. The wet patches

with smooth surface and crimson color look like candidiasis infection.

5. Erythroderma psoriasis: acute redness and scales diffusing the whole body infected adults. It is often caused by medicine or external stimulation. The skin will turn red and peeling, with fever, chills, itching, or pain. The patient needs treatment in hospital.

### Treatment

Although psoriasis cannot be cured under current medical technology, as long as the patients continue receiving treatment, most of them can control their disease well or even relieve from the disease for a long time. The treatment methods include partial and whole body treatments. Doctors will make assessment according to the level of severity of the disease, complications, the patient's preference (including cost and convenience), medical effects, and individual reactions.





## Editor's Notes

We have already entered the fourth consecutive years after publishing the “Establishment of a Safety Medication System Program for Special Populations.” Over the past three years, we have dedicated ourselves to advocate safety medication for the new immigrants. We have received affirmation not only from the new immigrants, but have also fulfilled the professional values of pharmacists. This year, in addition to concern the socially vulnerable populations, we will continue to extend our care to the disabled people and the aborigines. We look forward to playing our professional role as pharmacists to upgrade the medication quality and safeguard the safe use of medicines for the disadvantaged groups.

Medicines can cure illnesses, but can also cause illnesses. Only proper medication can eliminate illnesses and maintain good health. Hence, there is still a lot to learn about on the correct use of medicines. We have received favorable comments from many units and new immigrants on our last publication of Safety Medication Handbook for New Immigrants. This year, we have put more efforts to edit five more chapters, increasing the original 35 chapters to 40 chapters. The contents have become richer and diversified. Besides in Chinese, English, Vietnamese and Indonesian, we also translate the Handbook into Thai and Khmer language. We aim to promote the medication knowledge extensively.

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Project Manager, **Lin Zhen-Shun**  
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