

## 常見問題 Frequently Asked Questions?

**Q:** 「生蛇」圍繞身體一個圈，患者便會死去的說法有根據嗎？  
Is it true that death is imminent when the vesicles develop a complete band around your body?

**A:** 身體的神經線是對稱的，左右邊身各一組，帶狀疱疹通常影響一至兩條神經線，而且限於同一邊，甚少蔓延至另一邊，而且一般不會致命。  
The human nervous system is bilateral symmetrical, with one set on each side of our bodies. Shingles will normally only affect one to two nerves, be limited to one side of the body and not cross over to the other side.

**Q:** 如果從未出過水痘，是否不用接種帶狀疱疹(生蛇)疫苗？  
It is not necessary to vaccinate for Shingles if I never had chickenpox?

**A:** 不是的，從未出過水痘仍需考慮接種。如果從未出過水痘，可能只是病毒潛伏在體內尚未引致發病而已，所以大家仍然應該考慮接種帶狀疱疹(生蛇)疫苗，以策安全。  
No, you should consider getting vaccinated even if you never had chickenpox, as the absence of chickenpox does not exclude the virus being dormant. It is therefore still recommended that you should get vaccinated for shingles for protection sake.

**Q:** 接種了帶狀疱疹(生蛇)疫苗是否不會「生蛇」？  
Will the vaccination completely prevent me from getting Shingles?

**A:** 接種帶狀疱疹(生蛇)疫苗雖不能完全杜絕「生蛇」，但可減低「生蛇」的風險及發病之嚴重程度，以及出現神經痛後遺症的風險。  
The shingles vaccine does not guarantee absolute protection, it will likely reduce the course and severity of the disease and reduce your risk of post herpetic neuralgia.

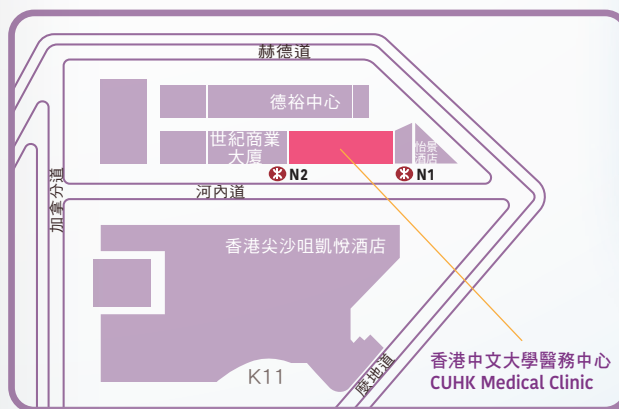
**Q:** 如果剛剛「生完蛇」，需要立即打帶狀疱疹(生蛇)疫苗嗎？  
I just recovered from Shingles, should I get vaccinated immediately?

**A:** 由於「生蛇」後會有抗體，短期內都毋須接種。一些國際指引建議可於「生蛇」後一年才接種帶狀疱疹(生蛇)疫苗。  
Not yet, because you will develop immunity and should protect you in the short term. The general consensus from international research is that you can wait a year for your vaccination.

## 關於香港中文大學醫務中心 CUHK Medical Clinic

香港中文大學醫務中心是香港中文大學醫院(中大醫院)轄下的專科門診醫療中心，為病人提供一系列的醫療服務。我們的醫療人員及專科醫生秉持中大醫院的核心價值和追求卓越的目標，致力為病人提供優質和貼心的服務，以照顧病人的需要。

The CUHK Medical Clinic, a specialist clinic of the CUHK Medical Centre (CUHKMC), provides a broad range of medical services to patients. Our team of clinicians and specialists, upholding the core values of CUHKMC and an aim to pursue excellence, is dedicated to providing patients with high quality and personalised services to address patients' needs.



### 地址 Address:

香港九龍尖沙咀河內道5號普基商業中心5樓  
5/F, Podium Plaza, 5 Hanoi Road,  
Tsim Sha Tsui, Kowloon, Hong Kong

電話 Telephone: (852) 3468 7141

電郵 Email: admin@cuclinic.hk

網址 Website: www.cuclinic.hk



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## 帶狀疱疹(生蛇) Herpes Zoster(Shingles)

### 疫苗 Vaccination



預防生蛇  
守護您我健康

Guard Your Health.  
Get vaccinated today.



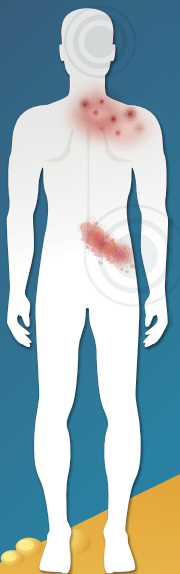
## 帶狀疱疹(生蛇)通識 Knowing Herpes Zoster (Shingles)

**帶狀疱疹**，俗稱「生蛇」，是由水痘帶狀疱疹病毒引起的一種傳染病，常見於曾經感染水痘的患者。患病特徵為身上出現帶有水泡，呈帶狀的紅疹，患者會感到患處異常刺痛，甚至有灼熱感。帶狀疱疹會沿皮節出現擴散，常見的病發位置包括背部及腰部。

**Herpes Zoster (Shingles)** is caused by the varicella-zoster virus, and is normally seen in people previously infected with chickenpox (varicella). Shingles is an infectious disease characterised by patchy rashes and blisters with intense pain and burning feeling, usually appearing along the dermatome (in areas on the back or waist).

### 嚴重後果 Potential severe complications

- 帶狀疱疹一旦影響前額或眼部，有機會導致失明。失聰亦是後遺症之一，但相對較為罕見。  
If the shingles and rashes affect the forehead or the eye area, it could cause blindness. Hearing impairment is also a potential, though uncommon, complication.
- 持續的神經痛  
Prolonged postherpetic neuralgia



## 病徵 Clinical Features

### 發病初期 Onset :



類似感冒的症狀，例如頭痛、疲倦乏力、發燒及腸胃不適等  
Symptoms similar to that of influenza, such as headache, fatigue, fever and gastro-intestinal discomfort

### 發病後一至三日內 Within 1 to 3 days of onset :



發病位置會感到針刺的尖銳痛感，常見發病位置為背部及腰側。病毒會沿著脊髓神經到達連接的皮膚表面，形成紅疹  
The virus will reach the skin surface along spinal nerves, and form vesicle blister, usually with pain and tingling sensations. Commonly affected areas are the back and waist

紅疹會帶上水泡，蔓延成帶狀。水泡可持續一至十四日，期間可能會出現膿疱或血水，並於兩至三星期內乾水結痂  
The rashes then develop into clusters of vesicles and disseminate to other sites. The vesicles can last from 1 to 14 days, with fluid-filled blisters breaking open and crusting within 2 to 3 weeks



### 痊癒後 Post-recovery :



部分患者會出現較嚴重併發症，包括「生蛇」後遺神經痛，疼痛仍可持續數月或數年  
Some patients will suffer from relatively serious complications, such as postherpetic neuralgia (persisting dermatomal nerve pain) that lasts between months to years



## 預防帶狀疱疹(生蛇)的方法 Ways to Prevent Herpes Zoster (Shingles)

根據統計，全球三份一人口在一生中會曾經「生蛇」<sup>1,2</sup>，風險更會於50歲後隨免疫系統減弱而大增，而長者病情又通常會較嚴重及容易出現併發症。

增強免疫力及接種疫苗有助預防「生蛇」，尤其長者應考慮接種。研究顯示，疫苗可以有效減低「生蛇」的機會，即使不幸感染，也可以減低發病的嚴重程度和減少出現併發症的機會，如神經痛。

Statistics show that one-third of the population will catch shingles in their lifetime<sup>1,2</sup>. The risk of shingles increases among those aged 50 or above as immunity weakens, while the severity of disease and the likelihood of complications increase with age.

Strengthening of one's immunity and receiving vaccination, especially for older adults, can provide protection against shingles. Research has shown that vaccination is effective in preventing shingles and in the event of infection, can lower the severity and likelihood of complications, e.g. postherpetic neuralgia.

1. Centers for Disease Control and Prevention. Prevention of herpes zoster: Recommendations of the Advisory Committee on Immunization Practices (ACIP). 2008; Vol. 57; RR-5; pp1-30.
2. Lin YH, et al. Disease burden and epidemiology of herpes zoster in pre-vaccine. Taiwan Vaccine. 2010; Feb-3; 28(4): pp. 1217-20.

### 高危因素 Risk Factors



年齡 Age

生活壓力 Stress



長期病患者，例如糖尿病病人、長期服用免疫系統抑制劑，如類固醇的人士等  
Patients with chronic diseases e.g. diabetes, taking immunosuppressive drugs e.g. long term oral steroids



曾患水痘的人士  
Previously infected with chickenpox



### 帶狀疱疹(生蛇)減活疫苗 Herpes Zoster (Shingles) Live-attenuated Vaccine

- ✓ 適用人士 Recommended for
  - 50歲或以上人士  
Adults aged 50 or above

\* 如有任何有關疫苗接種問題，可諮詢家庭醫生，為您及家人作出最合適的安排。  
Please consult your family doctor for more information about Herpes Zoster (Shingles) vaccination.

