

唔想經歷
生蛇劇痛？

電擊
痛

刺棘
痛

你醒先
定條蛇？

如果你是18歲以上高危人士*
及早預防生蛇 即向醫生查詢

你醒先
定條蛇？

如果你是50歲以上人士
及早預防生蛇 即向醫生查詢



此單張內容僅供參考，不可取代醫生的專業意見，
亦不能作為自我診斷或選擇治療的依據。詳情請向您的醫生查詢。



唔想經歷劇痛？

咁就要同條蛇鬥快！

因為目前未有方法可以根治「生蛇」¹⁴。緩解「生蛇」不適的急性治療，
需要在出現症狀72小時內使用才有效¹⁴，而且無法有效預防併發症發生¹⁵。
不想被蛇患困擾，你要主動出擊。

預防生蛇的方法



保持健康
生活模式^{5,16,17}



接種疫苗¹⁸

預防生蛇病毒甦醒
即向醫生查詢



Shingles.com.hk

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了解更多疾病資訊

咱就要同條蛇鬥快！

超過9成人體內潛伏引致生蛇病毒^{2^*}

染過水痘便有機會「生蛇」^{3!}



1/3成人曾經歷生蛇^{4~}

俗稱「生蛇」的帶狀疱疹(herpes zoster/Shingles)，是由水痘帶狀疱疹病毒(varicella-zoster virus)所引起的疾病³。水痘痊癒後，病毒可以潛伏在體內的神經系統，當身體免疫力轉差時，「休眠」的病毒即有機會「甦醒」導致生蛇³。

成年人生蛇個案不斷⁵ 你生過？都可以再生！³

可增加患生蛇的因素包括^{6,7,8}

- 有生蛇家族史
- 心理壓力
- 新冠確診者
- 50歲以上人士
- 哮喘/慢性阻塞性肺疾病
- 糖尿病
- 風濕性關節炎
- 心血管疾病
- 慢性腎臟疾病
- 免疫力低下



*根據香港衛生防護中心39歲或以上成年人的数据
~基於美國人口數據

生蛇位置⁹



生蛇徵狀⁹



常見後遺症

- 高達20%有後遺神經痛¹⁰。長期受電擊、火燒、針拮等痛感困擾，可持續數月甚至超過10年¹⁰。
- 10%-20%會生蛇上眼，其中會出現視力受損、眼壓上升、神經營養性角膜病變、角膜穿孔、急性視網膜壞死、青光眼等併發症，大約每10個人中就有1人可能會出現中度或嚴重視力喪失¹¹。
- 增加近30%的中風或冠心病的風險，並持續12年或更長時間的時間¹²。

生蛇體驗¹³

「呢五年嚟，我都要食止痛藥。當時生蛇引起嘅水泡，轉眼間就變咗皮膚潰瘍，仲因為愈嚟愈差而要送入醫院。當時我痛到食唔到嚼，亦都痛到瞓唔到覺，連好簡單嘅動作我都做唔到，令到我好沮喪。直到今日，我都依然痛到唔能夠正常咁活動。」 ————— 一名5年前生蛇的63歲患者

