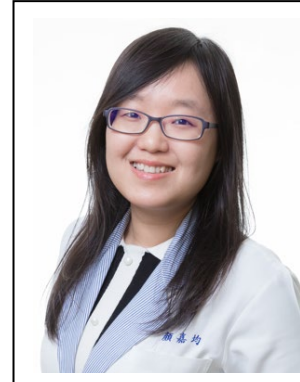


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糖尿病肝硬化之營養治療

Nutritional therapy for diabetic liver cirrhosis

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糖尿病患者容易出現許多共病症，例如：神經病變、視網膜病變以及腎臟病變等，但肝臟疾病之風險卻鮮少被提及。近幾年，有越來越多之研究發現，糖尿病患者之肝臟疾病患病率已高至不容小覷之地步，包括非酒精性脂肪肝、肝炎，乃至肝纖維化及肝硬化等。2020 年 12 月發表一份流行病學報告，發現第 2 型糖尿病脂肪肝患病率達 73.8%，嚴重纖維化者達 15.4%，肝硬化達 7.7%，此報告凸顯了第 2 型糖尿病患者肝臟疾病之高患病率及嚴重程度。美國多個學會發起聯合聲明，呼籲糖尿病患者應注重肝病篩檢及治療。台灣於今年 2023 年由台灣肝臟研究學會、中華民國糖尿病衛教學會與中華民國糖尿病學會共同制定一份「糖尿病患之 C 型肝炎篩檢與治療共識」，呼籲糖尿病患者應即早執行肝炎篩檢，降低肝臟疾病發生風險。

本課程首先介紹肝病進程，並介紹糖尿病患者容易生肝臟疾病之原因，進而探討肝臟疾病與血糖控制之惡性循環。接著，根據肝病之臨床照護指引，探討當糖尿病患者出現肝腦病變及肝硬化食之飲食調整與控制原則。

Nutritional therapy for diabetic liver cirrhosis

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Diabetics have many comorbidities, for example, neuropathy, retinopathy, and kidney disease. But the risk of liver disease is rarely mentioned. In recent years, more and more studies have found diabetics have a very high prevalence of liver disease, including nonalcoholic fatty liver, hepatitis, liver fibrosis, and liver cirrhosis. An epidemiological report published in December 2020. It was found that the prevalence of fatty liver in type 2 diabetes was 73.8%, that of severe liver fibrosis was 15.4%, that of liver cirrhosis was 7.7%. The reports highlights high prevalence and severity of liver disease in type 2 diabetics. Several societies in United States launched a joint statement, calling on diabetics to pay attention to liver disease screening and treatment. In 2023, Taiwan will develop a “Consensus on Screening and Treatment of Hepatitis C in Diabetics” by Taiwan Association for the Study of the Liver, Taiwanese Association of Diabetes Educators, and The Diabetes Association of the Republic of China. The consensus remind diabetics should be screened for hepatitis as soon as possible for reduced the risk of liver disease.

This course introduces the process of liver disease, and introduces the reasons why diabetics are prone to liver disease. Then, exploring the correlation between liver disease and blood sugar control. Finally, according to the clinical care guidelines for liver disease, discuss the dietary adjustment and control principles for diabetics with hepatic encephalopathy and liver cirrhosis.