

Doctor interview manuscript

1. 您认为引起酒精性肝病发病的因素有哪些，哪一类最常见？比如是否发病者都聚集于一定的年龄段？ /What factors do you think cause alcoholic liver disease and which is the most common? For example, are the patients in a certain age group?

酒精性肝病发病与年龄有一定关系，还取决于饮酒量的大小，饮酒量和时间是非常重要的因素。 /The incidence of alcoholic liver disease has a certain relationship with age, and also depends on the size of alcohol consumption. The amount and time of drinking are very important factors.

2. 患者患有酒精性肝炎病多久选择就医？ /How long do patients with alcoholic hepatitis choose to see a doctor?

如果发现有肝功异常，并且有饮酒史，越早就医越好。有了症状，比如说化验发现肝功有损害、外观上超声检测有脂肪肝表现，而且有饮酒史，有这些异常就应该就诊了。患者可能不会及时就诊，有些患者可能最后发展为肝硬化才来就医。 /If you have abnormal liver function and a history of drinking, the earlier you go to a doctor, the better. If you have symptoms, such as liver function damage, fatty liver appearance detected by ultrasound, and drinking history, you should go to see a doctor. Patients may not see doctors in time, and some patients may eventually develop cirrhosis before coming to see a doctor.

3. 患者一般是否患有除酒精性肝炎病以外的疾病？并发症或引发症？ /Does the patient generally suffer from diseases other than alcoholic hepatitis? Complications or complications?

治疗不及时发生肝硬化概率大。 /If the treatment is not timely, the probability of liver cirrhosis is high.

4. 您认为患酒精性肝炎病对病人生活的影响主要在于？ /Do you think that the impact of alcoholic hepatitis on the life of patients mainly lies in?

有好多患酒精性脂肪肝后没有症状，所以不需要什么生活上的改变；假如发现肝功有异常的，饮食应该清淡、早睡早起，尽可能规律起居。 /Many people have

no symptoms after suffering from alcoholic fatty liver, so they don't need any changes in life; if liver function is abnormal, diet should be light, go to bed early and get up early, and live regularly as much as possible.

5. 您是否会向患者主动普及关于酒精性肝炎病的相关知识? /Will you actively popularize relevant knowledge about alcoholic hepatitis to patients?

会, 比如说会告诫患者要戒酒, 少摄入富含脂肪的食物。/Yes, for example, patients will be warned to stop drinking and eat less fatty foods.

6. 您认为是否应该加大对公众酒精性肝病的宣传力度? /Do you think it is necessary to strengthen the publicity of alcoholic liver disease among the public?

非常有必要加大力度, 酒精性肝病在我国发病率不低, 公众可能对喝酒带来的危害并不清楚, 也不重视喝酒带来的危害。/It is necessary to intensify efforts. The incidence rate of alcoholic liver disease is not low in China. The harm that the public may bring to alcohol is not clear and the harm caused by drinking is not valued.

7. 您一般推荐患者服用的药物有? /What drugs do you generally recommend for patients?

第一选择也是最重要的应该是戒酒, 第二是西医方面的保肝药, 第三是保肝降酶, 即保肝降脂药。/The first choice and the most important one should be abstinence from alcohol; the second is liver protecting drugs in western medicine; the third is liver protecting and lipid lowering drugs.

8. 是否认为一种新的治疗手段是有必要的? /Is a new treatment necessary?

首要是戒酒, 但是如果戒酒和用药时存在问题, 新的治疗手段如利用工程菌抗炎保肝等也是可以的。/The first is to abstain from alcohol, but if there are problems in alcohol withdrawal and medication, new treatment methods such as anti-inflammatory and liver protection with engineered bacteria can also be used.

9. 我们目前了解到酒精性肝损害主要分为: 酒精性脂肪肝、酒精性肝炎与酒精性肝硬化。您认为酒精性肝炎是否是最常见的酒精性肝损害类型? /We know that alcoholic liver damage is mainly divided into alcoholic fatty liver, alcoholic

hepatitis and alcoholic liver cirrhosis. Do you think alcoholic hepatitis is the most common type of alcoholic liver damage?

是的，酒精性肝炎是最常见的类型，只有少部分会发展为后续的严重类型。/Yes, alcoholic hepatitis is the most common type, and only a small number of them will develop into the following severe type.

10. 患者与您保持联系吗？/Does the patient keep in touch with you?

很少联系。/Few contacts.

11. 患者与您的联系方式是？/What is your contact information?

打电话咨询。/Call for advice.

12. 患者与您保持联系的内容是？/What does the patient keep in touch with you?

会询问目前症状，化验结果。/Will ask about the current symptoms, laboratory results.

13. 您希望有一项线上程序来帮助您与患者联络以及督促用药吗？/Would you like to have an online program to help you contact patients and urge medication?

希望有。/I hope so.

14. 我们现在打算制备一种项目工程菌以期达到对酒精性肝病的治疗，在您看来，是否有一些建议或者注意事项的提醒？/We are now planning to prepare a project engineered bacteria for the treatment of alcoholic liver disease. In your opinion, do you have any suggestions or cautions?

医生认为我们的项目是有必要的，但没有什么很好的建议。/The doctors think our project is necessary, but there is no good advice.

15. 您对酒精性肝病的治疗还有什么好的建议？/What are your suggestions for the treatment of alcoholic liver disease?

西医方面主要是戒酒和保肝药以及降低血脂的药物，还可以配合中药治疗。/Western medicine is mainly alcohol and liver protection drugs, as well as drugs to reduce blood lipids, but also can cooperate with traditional Chinese medicine treatment.

16. 您在促进医患沟通交流方面还有哪些想法与要求？/What other ideas and

requirements do you have in promoting communication between doctors and patients?

希望提高酒精性肝病的患者的意识，有病能及时就医，这样就可以避免后续的并发症的发生。/Hope to improve the awareness of patients with alcoholic liver disease, disease can be treated in time, so as to avoid the occurrence of subsequent complications.

17. 您认为用药过程中存在的主要问题。是否有联合用药治疗法则以及便利程度与治疗效果如何？/What do you think are the main problems in the medication process. Is there a combination therapy and how convenient and effective is it? 用药上的确是有困难的。一些保肝降酶药在价格上比较昂贵，导致有些生活条件有限的患者忽视不治疗，便利程度不佳。早期治疗早期发现、酒精性肝病没有达到严重肝损伤的情况下，是可以逆转的。/There are indeed difficulties in medication. Some liver protection and enzyme lowering drugs are expensive in price, which leads to some patients with limited living conditions neglect not to treat, and the degree of convenience is not good. Early treatment and early detection of alcoholic liver disease can be reversed without severe liver injury.





