

## 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?

酒精是最主要的因素，年龄也是很关键的问题。 /Alcohol is the most important factor, and age is also a key issue.

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?

一般是有症状，或者体检发现有脂肪肝才会来就诊。 /Generally speaking, patients will come to see a doctor only if they have symptoms or if they have fatty liver found on physical examination.

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?

早期脂肪性肝变和肝炎一般不会到达并发症，发展到肝硬化会有一系列并发症。 /Early fatty liver degeneration and hepatitis generally do not reach complications, and there will be a series of complications in the development of liver cirrhosis.

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

发展到肝炎，乏力、纳差、消化不良、腹泻等等；再严重的话，就是肝硬化并发症的现象。 /It develops to hepatitis, fatigue, anorexia, indigestion, diarrhea, etc.; if it is serious, it is a phenomenon of complications of liver cirrhosis.

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?

当然，我这边看的就是酒精肝的专家门诊。 /Of course, what I see here is the specialist clinic for alcohol liver.

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?  
需要的，脂肪肝、肝硬化的疾病谱都在发生改变，以往的慢性、晚期肝病往往都是病毒性肝炎引起为主，但现在脂肪肝越来越多。/It is necessary that the disease spectrum of fatty liver and cirrhosis is changing. In the past, chronic and advanced liver diseases were usually caused by viral hepatitis, but now there are more and more fatty livers.

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

目前针对酒精性肝炎还没有上市的药物，是药物研发的蓝海。早期：先劝戒酒、减肥、补充营养；肝炎：保肝降酶的药物；肝硬化和并发症要对症治疗。

中成药的效果都是不错的，机制一般是抗氧化、促进肝细胞代谢。/

There are currently no drugs on the market for alcoholic hepatitis, which is promising for drug development. Early stage: first advise against alcohol, lose weight, and supplement nutrition; hepatitis: drugs that protect the liver and lower enzymes; cirrhosis and complications should be treated symptomatically.

The effects of traditional Chinese medicines are all good, and the mechanism is generally anti-oxidation and promotion of liver cell metabolism.

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

迫切需要，包括你们的肠道微生态、肝肠对话、肠道菌群对全身的调节，是一个方向。/Urgent needs, including your intestinal micro-ecology, liver-intestinal dialogue, and intestinal flora's regulation of the whole body.

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，肝脏脂肪变到肝炎到肝硬化到肝癌。按照发展的规律，从患病概率上肯定是酒精性脂肪肝最常见。根据我们的统计，近五年酒精性肝硬化出血的人越来越多。/Yes, liver fat changes from hepatitis to cirrhosis to liver cancer. According to the law of development, alcoholic fatty liver must be the most common in terms of disease probability. According to our statistics, more and more people have bleeding from alcoholic cirrhosis in the past five years.

10. 您会与患者保持联系吗？ /Does the patient keep in touch with you?

一般会有一些老病人。 /There are usually some old patients.

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

定期看门诊，也有一些临床课题在做，会有研究生的微信。 /Regular visits to the clinic, there are also some clinical topics in progress, patients will have graduate students' WeChat.

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

如何吃？ 如何保养？ 如何减肥？ /How to eat? How to maintain? How to lose weight?

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?

已经有很多了，覆盖面还是很广的。 /There are many programs now, and the coverage is very wide.

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?

暂时没有什么具体的建议。 /There are no specific suggestions now.

15. 您对酒精性肝病的治疗还有什么好的建议？ /Do you have any good suggestions for the treatment of alcoholic liver disease?

最热门的就是通过肠道菌群来调节，酒精肝比肥胖性的肝病更需要进行研究。

/The most popular is the regulation of intestinal flora. Alcoholic liver requires more research than obese liver disease.

16. 您在促进医患沟通交流方面还有哪些想法与要求？ /What are your suggestions for the treatment of alcoholic liver disease?

软件其实是需要的，目前的管理都在靠人在推动，软件的话要分不同的系统。确实需要一个针对这一个病的系统。 /Software is needed. Current management is driven by people, and software needs to be divided into different systems. A

system for this disease is really needed.

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 rule and what is the degree of convenience and therapeutic effect?

偶尔推荐病人喝酒前吃一粒胃黏膜保护剂，减轻一下胃黏膜的损伤。 /Occasionally, it is recommended that patients take a pill of gastric mucosal protector before drinking to reduce the damage of gastric mucosa.

18. 您认为病人戒酒的自觉性如何？ /What do you think of the patient's consciousness of abstaining from alcohol?

是 5000 年民族的酒文化，而且中国人对酒精的耐受力相对较好。 /It is a 5000-year-old national wine culture, and Chinese people have relatively good tolerance for alcohol.

19. 现有的药物是否有治疗上的不便？ /Does the existing medicine have any inconvenience in treatment?

暂时没有上市的酒精肝药物，保肝降酶的药物并不是治疗酒精肝的靶向药物，因为酒精肝的机制都不是很明确。 /There are currently no listed alcoholic liver drugs, and drugs that protect liver and lower enzymes are not targeted drugs for the treatment of alcoholic liver, because the mechanism of alcoholic liver is not very clear.

20. 吃了保肝药后，会有酒精肝的复发吗？ /Will there be a relapse of alcoholic liver after taking liver-protecting medicine?

每个人都不要太一样，如果是轻度的话，也许是可以逆转的；如果是继续喝酒、或者病情很重的话，还是很有可能的。 /Everyone should not be too the same. If it is mild, it may be reversible; if it is continued to drink or the condition is very serious, it is still very possible.

