

Self-Test 自我測試

「胃酸倒流病」、「胃功能失調」及「腸易激綜合症」是常見的「功能性腸胃病」。若病症持續，或對您日常生活造成影響。透過以下免費測試，可令您看出是否可能患有功能性腸胃病。

“Gastroesophageal Reflux Disease”, “Functional Dyspepsia”, and “Irritable Bowel Syndrome” are common types of “Functional Gastrointestinal Disorder”. Recurrence of the symptoms of Functional Gastrointestinal Disorder might have impact on your daily life. Take our free test below to see if you might have Functional Gastrointestinal Disorder.

請就下方清單中之所有功能性腸胃病症狀回答以下問題:

Please answer the following question in relation to all the Functional Gastrointestinal Disorder symptoms in the checklist below:

在過去七日, 你有否.../嚴重程度是...

In the past 7 days, did you have.../how severe was...

- 沒有 None
- 輕微 Mild 日常活動不受限制/ Did not affect daily activities
- 中等 Moderate 部份日常活動受限制/ Some daily activities were affected
- 嚴重 Severe 不能完成大部分日常活動/ Most daily activities were affected

	沒有 None	輕微 Mild	中等 Moderate	嚴重 Severe
		日常活動不受限制 Did not affect daily activities	部份日常活動受限制 Some daily activities were affected	不能完成大部分日常活動 Most daily activities were affected
第一類：胃酸倒流病 (Type 1: Gastroesophageal Reflux Disease)				
1. 胸口中間疼痛或感到不適 Pain or discomfort in the middle of your chest				
2. 胃部的食物或液體湧上喉嚨/口中(倒流) Regurgitation				
3. 胸口灼熱 Heartburn				
4. 胃部灼熱 Epigastric burning				
第二類：胃功能失調 (Type 2: Functional Dyspepsia)				
5. 胃痛 Epigastric pain				
6. 噯氣/打嗝 Belching				
7. 胃脹氣 Bloating				

8. 在進食正常份量的飯餐後，出現胃脹滿或飽滯感覺 Postprandial fullness				
9. 很快便感到過飽 Early satiety				
第三類：腸易激綜合症 (Type 3: Irritable Bowel Syndrome)				
10. 腹痛 Abdominal pain				
11. 腹部不適 Abdominal discomfort				
12. 腹脹 Abdominal distension				
13. 腹瀉 Diarrhea				
14. 排便不清 Feeling of incomplete evacuation				
15. 急於排便 Urgency for defecation				
16. 排便時要用力“谷” Straining during defecation				

結果分析：

若您就以上三類疾病中之任何一類疾病，有至少一條問題的答案為「中等」或「嚴重」，則顯示您出現該類疾病的病徵，並可能患有功能性腸胃病，建議您盡快求醫。

Result Analysis:

If your answer to at least one question in any of the disease types above is "Moderate" or "Severe", it indicates that you have symptoms of that particular type of disease and might be suffering from Functional Gastrointestinal Disorder. You are recommended to consult a doctor as soon as possible.

資料來源及所有權：

胡志遠教授
中大醫學院內科及藥物治療學系腸胃及肝臟科

Authorship of source and Ownership:

Professor Justin Che Yuen WU
Division of Gastroenterology and Hepatology,
Department of Medicine and Therapeutics, CU Medicine

免責聲明：

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Disclaimer:

The above test is for reference only. It does not constitute and cannot replace any type of diagnosis or professional health care recommendation by healthcare professionals. Please consult your healthcare providers if you have any concerns about your condition or treatment.