

# 英文

## Medication Myths

### Curing illnesses if one has them, strengthening the body if not sick?

1. The purpose of using medication is to cure or prevent illnesses.
2. No medicine can be used to cure a particular disease and be used as tonic.

### When taking medicine, stomach medicine must be taken together to protect the stomach?

1. Not all medicine will hurt the stomach. In fact, only a small percentage of medicine will have side effects on the stomach.
2. The main ingredients of stomach medicine can easily combine with other medicine, affecting the absorption of these medicines.

### It is best to take medicine after meals?

1. Many people believe that medicine will hurt the stomach and deduce that it is best to take medicine after meals.
2. The absorption of some medicine is affected by food, so may need to be taken on an empty stomach.

### After the symptoms disappear, the medicine need not be taken?

1. The effect of medicine is to eliminate causes of illnesses, control, or delay the progress of the illness, and relieve symptoms.
2. Many antibiotics are designed to eliminate the source of infectious diseases. If medication is stopped in the middle of the treatment process, it may lead to drug resistance of the illnesses.
3. Taking medicine to control blood pressure and diabetes long term can significantly reduce complications.

# 中文對照說明

## 用藥迷思

### 有病治病，無病強身？

1. 用藥目的是診斷疾病、治療疾病或是預防疾病。
2. 沒有一個藥品既可以治療特定疾病，又可以用來補身。

### 吃藥時一定要和胃藥一起吃，才能保護胃？

1. 不是所有的藥品都會傷胃，對胃腸有副作用的藥品其實只是少數。
2. 有些胃藥的主要成分容易與其他藥品結合，會影響這些藥品的吸收。

### 藥品最好都在飯後吃？

1. 許多民眾認定藥品會傷胃，所以就推論藥品最好都在飯後服用。
2. 某些藥品的吸收會受到食物影響，因此可能需要空腹服用。

### 病症消失了就可以不吃藥？

1. 藥品的作用是消除病因，控制或延緩疾病進展，緩解症狀。
2. 多數抗生素是在根除感染病原，中途停藥，可能帶來抗藥性。
3. 長期服藥將血壓、血糖控制良好，可以明顯減少發生併發症。

## Introducing “good medicine” to good friends?

Every person's organ functions, disease conditions, reactions to therapy, and body nature are different. Therefore the dosage of a particular medicine may affect different people differently. Doctors and pharmacists will usually choose different medicine for different patients.

## Injections are better than taking medicine orally?

- 1.Pain: the part injected will suffer pain.
- 2.Infection: Incomplete disinfection of needles or syringe or piping may lead to infection.
- 3.Risks: Negative reactions to injections or overdose through injections have smaller chance of rescue and detoxifying.
- 4.Basic principle of taking medicine: If can be used partially, then do not take orally. If can take orally, then do not take injections.

## Grinding the medicine will lead to faster and better effects?

- 1.Some medicine cannot be grinded into powder or chewed, such as sublingual tablets, long-lasting tablets or continuous tablets, casings tablets etc.
- 2.The stability of medicine after being grinded into power is less, and the packing is less accurate, making the drug effects and dosage unable to control fully.

## Sedatives and sleeping pills are bad for you, and should not be taken?

- 1.Currently, commonly used sedatives and sleeping pills are very safe.

## 介紹“好藥”給好朋友？

每人的器官功能、疾病狀態、療效反應、體質不同，因此同一個藥品的劑量對各人影響可能不同，醫師或藥師常會為不同的病人選擇不同的藥品。

## 打針比吃藥好？

1. 疼痛：注射部位會有疼痛。
2. 感染：針頭或針筒或管線消毒不完全會傳染。
3. 風險：打針藥物不良反應或過量中毒想要挽救或解毒機會就比較小。
4. 用藥基本原則：能局部使用就不需要口服，能口服就不需要打針。

## 把藥品磨粉吃，效果快又好？

1. 有些藥品是不能磨粉或嚼碎的，如舌下錠、長效錠或持續錠、腸衣錠等。
2. 藥品在磨粉後安定性差，分包也無法準確，造成藥效與藥量都無法掌握。

## 鎮靜、安眠藥不好，不應吃？

1. 目前常用的鎮靜安眠藥安全性高。
2. 可以發揮解除焦慮、鬆弛肌肉、幫助入睡等作用。

- 2.They can be used to relieve tension and stress, relax muscles, and help one sleep.
- 3.If necessary, short-term use at appropriate level of sedatives and sleeping pills can help patients relieve stress and sleep disorders.

### **Morphine will lead to addiction, so it is better to endure pain rather than take morphine?**

- 1.Morphine is the strongest pain-killer, and is most frequently used to stop pain after surgery and for treatment of cancer, etc.
- 2.There is hardly ever addiction when used medically. Also, having minimal pain is the right of cancer patients in the terminal stage, and is an indicator of human rights.

### **Does synthesized medicine cause more side effects than natural medicine?**

1. Unless there are impurities, the effects of medicine are only related to its composition. It does not matter whether it is synthesized chemically or abstracted naturally.
2. We won't react differently to the same chemical molecules deriving from different sources.

### **Are there complementary effects when we take both Chinese and western medicine?**

1. Unauthenticated medical combination may bring adverse drug interactions. For example, strengthening or weakening effects, poisoned, or failing to be effective.
2. Staggering medicine taking time can only prevent the interaction during absorption. It cannot completely avoid the effects, metabolism, and excretion for taking multiple medicine.

3. 於必要的時機，短期、適量服用鎮靜安眠藥，可幫助病人紓解焦慮及睡眠。

### **嗎啡會成癮，寧可忍痛，不應讓自己服用？**

1. 嗎啡類是最強的止痛劑，最常見的像是手術開刀後止痛與癌症治療等。
2. 醫療使用幾乎沒有成癮之虞。而末期癌症病人無痛的權利，是人權指標。

### **藥品合成的比天然的副作用大？**

1. 除非含有雜質，否則藥品的藥效與不良反應只與成分有關，與化學合成或是天然萃取無關。
2. 我們的身體不會對化學分子相同但來源不同的成分，呈現不同的作用與反應。

### **中西藥併服可以有互補作用？**

1. 未經證實的藥品組合可能帶來不良藥品交互作用，例如藥效加強或減弱，中毒或失效。
2. 錯開用藥時間的方式，頂多只能防止在吸收步驟的交互作用，並無法完全避免合併用藥在人體內出現的療效、代謝與排泄等方面的交互影響。

### I dare not take steroid!

1. Steroid is used to treat many diseases, such as endocrine disorders, skin diseases, allergies, asthma, blood disorders, and others. Steroid is the top choice for the right indications such as autoimmune diseases. If you take it when you are not supposed to, it becomes poisonous.
2. To take steroid for a long time might cause some adverse reactions, such as muscle disease, osteoporosis disease, water and electrolyte imbalance, worsening or covering infection, and others. It depends on a doctor's professional diagnosis to determine and monitor these treatments.

### Is antibiotic the best anti-inflammatory drug?

1. Antibiotic is not an anti-inflammatory drug. Rather, it is used to resist infection caused by microbes.
2. Used improperly (for example, no such infection, wrong kind of antibiotic, not completing the treatment process, inadequate dosage) may cause drug resistance to the microbes, or even have the risk of no drugs to use when having severe infection.

### 類固醇不就是美國仙丹？我不敢吃！

1. 類固醇可以用來治療多種疾病，例如內分泌失常、皮膚病、過敏、氣喘、血液疾病等。用在正確的適應症，如一些自體免疫疾病，類固醇經常是首選藥；不該用而用，就比較像毒。
2. 類固醇長期使用時，可能產生一些不良反應，例如肌肉病變、骨鬆症、水電解質不平衡、加重或掩蓋感染症狀等。這些診治的決定與監測過程，必須仰賴醫師的專業判斷。

### 抗生素就是最好的消炎藥？

1. 抗生素並非消炎藥，而是用來對抗微生物引起的感染症。
2. 不當使用，例如：沒有該項感染、選錯品項、未完成療程、劑量不足等，都可能造成菌種日後的抗藥性，甚至導致發生嚴重感染時，面臨無藥可用的危機。