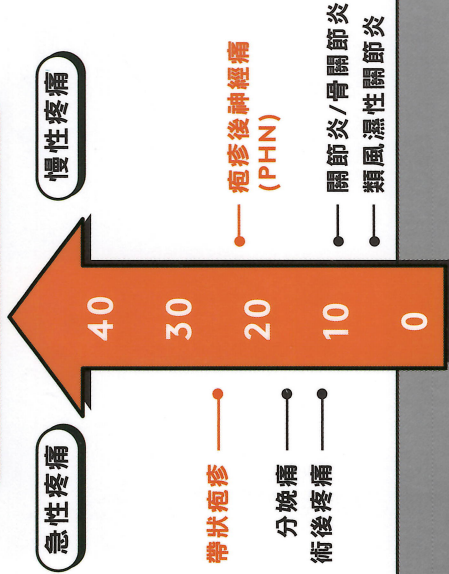


罹患帶狀疱疹很可怕嗎？

除了急性期的疼痛，**5-30%**的民眾會有帶狀疱疹後神經痛^{8,9}

疱疹後神經痛有多痛？



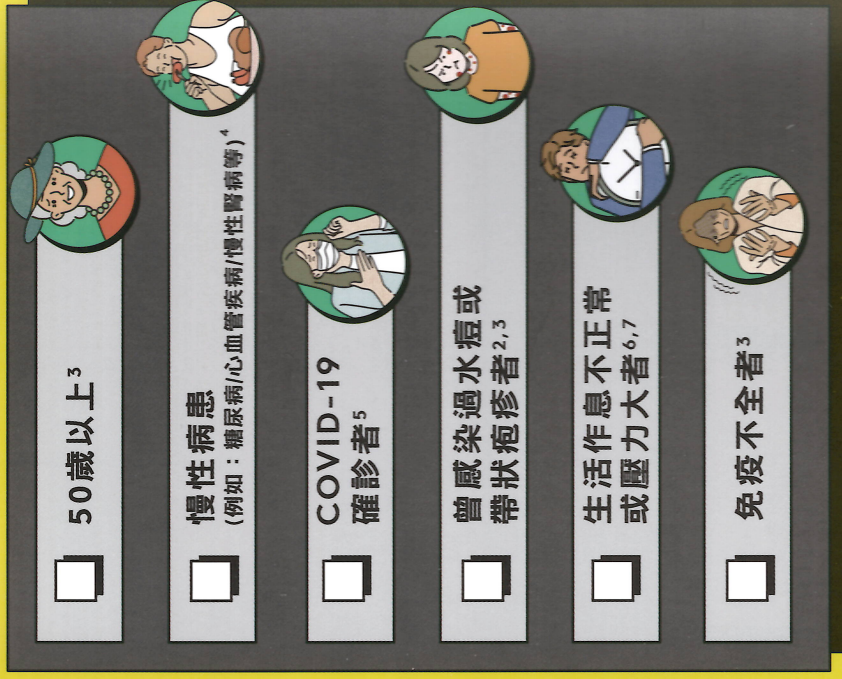
本圖修改自 Katz J, et al. Surg Clin North Am. 1999;79(2):231-252。經 Elsevier 許可

疱疹後神經痛多久？

A：可能持續數月至數年¹



你是高危險族群嗎？

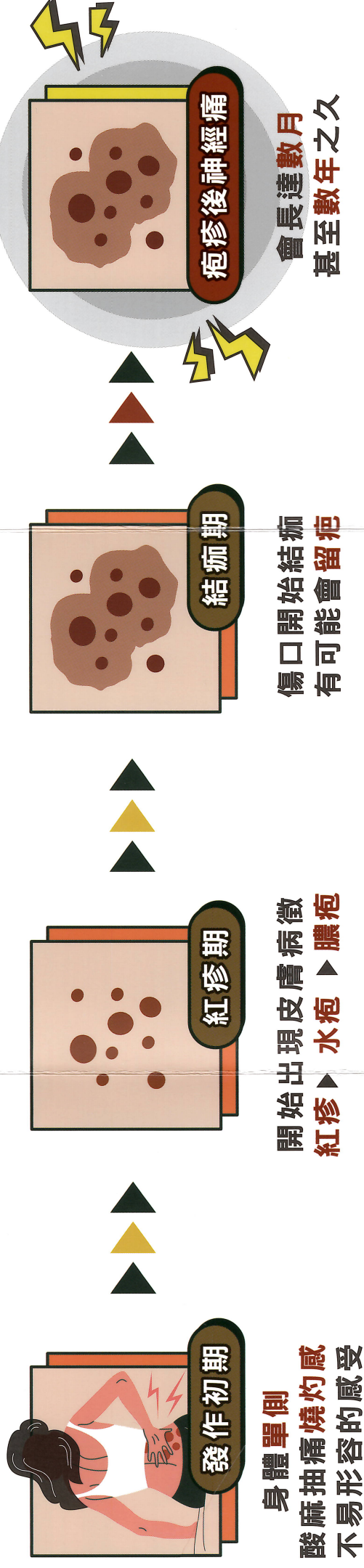


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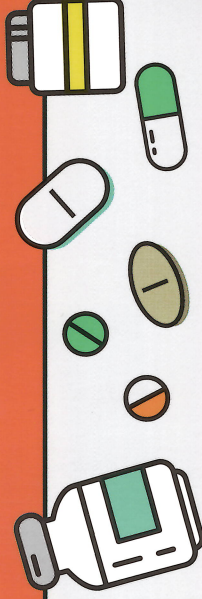
帶狀疱疹病程演變¹

急性期可能在7-10天結束，但疱疹後神經痛會持續數月或數年¹



帶狀疱疹可以如何治療？

- 皮疹發作後72小時內，對急性性帶狀疱疹進行抗病毒藥物治療¹
- 帶狀疱疹後神經痛患者通常需要多種止痛藥，但往往無效¹



可以怎麼預防？



固定運動



接種疫苗

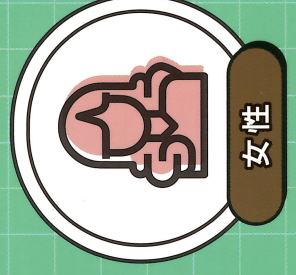


飲食均衡

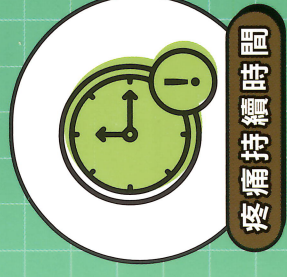
帶狀疱疹再次復發的危險因子²



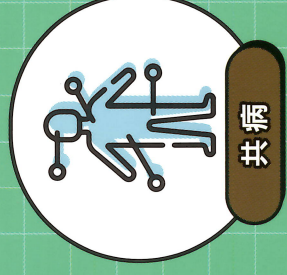
年長者



女性



疼痛持續時間



共病