

# 目 錄

編輯小組.....	iii
作者群.....	iv
增修第三版理事長序.....	x
增修第三版主編序.....	xi

## 一、主訴類

1. 腹痛 (Abdominal pain) .....	1
2. 無月經症 (Amenorrhea) .....	7
3. 貧血 (Anemia).....	12
4. 腳踝扭傷 (Ankle sprain).....	18
5. 動物咬傷 (Animal bites) .....	23
6. 乳房腫塊 (Breast lump).....	29
7. 胸痛 (Chest pain) .....	36
8. 便秘 (Constipation).....	42
9. 咳嗽 (Cough).....	50
10. 腹瀉 (Diarrhea) .....	56
11. 頭暈 (Dizziness).....	61
12. 月經疼痛 (Dysmenorrhea).....	68
13. 喘息 (Dyspnea) .....	73
14. 水腫 (Edema) .....	79
15. 流鼻血 (Epistaxis).....	85
16. 幼兒生長遲滯/老年營養維持不良 (Failure to thrive) .....	90
17. 倦怠 (Fatigue/Malaise) .....	96
18. 發燒 (Fever) .....	102

19. 類流感疾病 (Flu-like illness) .....	107
20. 足痛 (Foot pain) .....	113
21. 掉髮 (Hair loss) .....	120
22. 手掌與腕部疼痛 (Hand and wrist pain) .....	126
23. 頭痛 (Headache) .....	131
24. 熱傷害 (Heat injury) .....	136
25. 血尿 (Hematuria) .....	141
26. 髖部疼痛 (Hip pain) .....	147
27. 肝功能異常 (Impaired liver function) .....	151
28. 失眠 (Insomnia) .....	157
29. 黃疸 (Jaundice) .....	162
30. 膝部疼痛 (Knee pain) .....	170
31. 腿抽筋 (Leg cramp) .....	177
32. 白帶 (Leukorrhea/Vaginal discharge) .....	181
33. 下背痛 (Low back pain) .....	186
34. 淋巴腺病變 (Lymphadenopathy) .....	194
35. 噁心與嘔吐 (Nausea and vomiting) .....	200
36. 頸部疼痛 (Neck pain) .....	206
37. 感覺異常 (Numbness/Paresthesia) .....	210
38. 心悸 (Palpitation) .....	221
39. 子宮頸抹片異常 (Pap smear abnormality) .....	225
40. 蛋白尿 (Proteinuria) .....	231
41. 皮膚癢 (Pruritus) .....	236
42. 紅眼症 (Red eye) .....	242
43. 性功能障礙 (Sexual dysfunction) .....	248
44. 肩部疼痛 (Shoulder pain) .....	253
45. 皮膚感染 (Skin infection) .....	259
46. 昏厥 (Syncope) .....	263

47. 體重減輕 (Unintentional weight loss, UWL).....	270
48. 頻尿 (Urinary frequency).....	276
49. 尿失禁 (Urinary incontinence) .....	282
50. 陰道出血 (Vaginal bleeding) .....	289

## 二、慢性疾病類

51. 青春痘 (Acne vulgaris).....	295
52. 焦慮症 (Anxiety) .....	298
53. 氣喘 (Asthma).....	306
54. 良性攝護腺肥大 (Benign prostatic hyperplasia, BPH).....	312
55. 癌症疼痛處置 (Cancer pain management).....	318
56. 慢性肝炎 (Chronic hepatitis).....	323
57. 慢性腎臟疾病/慢性腎功能不全 (Chronic kidney disease, CKD/Chronic renal insufficiency, CRI) .....	330
58. 慢性阻塞性肺疾病 (Chronic obstructive pulmonary disease) .....	337
59. 憂鬱症 (Depression) .....	343
60. 糖尿病 (Diabetes mellitus) .....	350
61. 血脂異常 (Dyslipidemia).....	366
62. 胃食道逆流疾病 (Gastroesophageal reflux disease).....	373
63. 心臟衰竭 (Heart failure) .....	379
64. 高血壓 (Hypertension).....	389
65. 高尿酸血症與痛風 (Hyperuricemia and gout) .....	400
66. 腸激躁症候群 (Irritable bowel syndrome, IBS).....	406
67. 缺血性心臟病 (Ischemic heart disease) .....	413
68. 停經症候群 (Menopause syndrome).....	420
69. 代謝症候群 (Metabolic syndrome) .....	425
70. 肥胖症 (Obesity).....	432

71. 骨質疏鬆症 (Osteoporosis) .....	440
72. 消化性潰瘍疾病 (Peptic ulcer disease).....	450
73. 周邊血管疾病 (Peripheral vascular disease).....	460
74. 類風濕關節炎與骨關節炎 (Rheumatoid arthritis and osteoarthritis).....	466
75. 鼻炎 (Rhinitis).....	478
76. 腦中風 (Stroke).....	485
77. 甲狀腺疾病 (Thyroid disease).....	493

### 三、預防保健類

78. 成人門診預防保健服務 (Adult clinical preventive service).....	503
79. 成人預防接種 (Adult immunization).....	509
80. 兒童例行預防接種 (Child routine immunization).....	527
81. 運動處方 (Exercise prescription) .....	535
82. 跌倒 (Fall).....	544
83. 月經調節與避孕 (Menstrual cycle regulation and contraception) .....	549
84. 週期性健康檢查 (Periodic health screening).....	559
85. 婚前健康檢查 (Premarital health screening) .....	566
86. 戒菸 (Smoking cessation).....	570
87. 旅遊保健諮詢 (Travel health counseling).....	579
88. 健兒門診 (Well baby clinic).....	592

### 四、基層醫療特定議題

89. 青少年診療的特性 (Characteristics of adolescent outpatient care).....	597
90. 老年人診療的特性 (Characteristics of geriatric outpatient care) .....	607
91. 安寧緩和醫療的特性 (Characteristics of palliative care) .....	618
92. 小兒診療的特性 (Characteristics of pediatric outpatient care) .....	623

93. 診所經營ABC (Clinical management) .....	627
94. 周全性老年評估 (Comprehensive geriatric assessment) .....	641
95. 家庭暴力 (Domestic violence) .....	654
96. 安寧居家療護 (Home-based hospice care) .....	659
97. 居家照護 (Home health care) .....	664
98. 如何面對新興傳染性疾病 (How to face the emerging infectious disease) .....	671
99. 藥物、營養與X光暴露在懷孕期與哺乳期的應用 (Medication, nutrition and radiation-exposure in pregnancy and lactation) .....	676
100. 自殺防治 (Suicide prevention) .....	684

## 增訂

101. 全人全家全社區照護 .....	690
102. 家庭責任醫師制度 .....	695
各章節增修表 .....	700
索引 .....	710
INDEX .....	720