

COLDS AND VIRUSES

感冒以及病毒

How to save our National Health Insurance System!

如何節省健保費用

FACTS

It is a complete myth about catching a cold by getting cold and wet.

一般大家都覺得感冒是由於受寒或是被淋濕而造成的其實是沒有根據的

It is even more of a myth that you need to see a doctor!

而更沒有根據的是大家都認為感冒就要去看醫生!

A cold is regarded as a simple ailment...one for which, almost no foreigner in NZ, Australia, the US or Canada, goes to see a doctor!

感冒對於外國人而言，只是相當輕微的疾病，大部分的像是住在紐西蘭、美國或是加拿大的人，幾乎不會爲了感冒去看醫生。

The virus is incurable...no medicine you take can cure it...in fact; medicine just makes your symptoms (headache, runny nose, etc.) feel not so uncomfortable.

其實感冒病毒是無法治癒的，沒有任何藥可以幫助治療感冒，事實上，這些藥物只是幫助你舒緩你的症狀(頭痛、流鼻水等等)。

A doctor can only give you these simple medicines to make you feel **more comfortable**...at a cost of course, which is why our National Health Insurance system in Taiwan is nearly bankrupt...too many people go to get too much unnecessary medicine with an unnecessary visit to the doctor...who of course claims more money back from the National Health Insurance Scheme.

醫生只能提供給你這些簡單的藥物，幫助你比較舒服一點，而這些累積起來的成本，也就是造成爲何現在國家健保的財務瀕臨危機的原因，過多的人爲了自己不一定需要的藥物不必要的去看醫生，而這些不必要的費用則通通轉嫁到國家健保上。

Taiwan people in fact, go to see their doctors more than any other developed country; up to 67% of visits to the doctor for the common cold are unnecessary. 事實上，台灣人在爲了不必要的感冒而前往就醫的比率，比任何開發中國家中的人高出 67%。

The solution: just buy yourself some Panadol, Bufferin or Aspirin for a headache, some Antihistamine and Decongestant (六百) for your runny nose if you need it, drink lots of fluids like juice and water, get more rest...and your body will heal itself over the course of a week to ten days.

解決方法其實很簡單，只要針對頭痛買一些普拿疼、百服寧或是阿斯披靈，針對流鼻水買些康德 600，喝大量的液體像是果汁或水，多多休息，然後你的身體就會自行在一個星期到十天之內完全康復。

Medical professors in Taiwan (2006) are now recommending that people do not see doctors for trivial ailments like the common cold, and the government is seriously considering removing the common cold medicines from the list of "essential" medicines covered by the subsidized NHI scheme.

台灣的藥物學教授們現在建議人們不需要爲了輕微的病毒感染像是普通的感冒去看醫生 [2006]，而台灣政府也開始認真考慮要將國家健保當初制訂保護下的感冒治療必須基礎型藥物從國家補助中刪除。

A related problem is that many doctors irresponsibly prescribe antibiotics for a cold or flu, when these are clearly not indicated...and are the reason why other bacterial diseases are becoming resistant to antibiotics such as penicillin...

相關延伸出來的問題是許多醫生相當不負責任的針對感冒使用抗生素藥方，而這些沒有被清楚指出的狀況，正是其他以往很容易被處理的細菌性感染在施予抗生素治療像是盤尼西林後，卻發生抗藥性的現象的原因。

There are some 200 strains of cold viruses; none called rain, water puddles or cold air. The bottom line is, science has proven that **colds come from viruses; viruses usually come from other people, and although this is very true, there is a **direct correlation between the condition of your body and your likelihood of catching a cold or some other virus.****

感冒病毒大概有 200 多種，沒有任何一種與下雨、水坑或是冷空氣有關。總而言之，科學上已經證明感冒是來自於病毒，來自於其他人身上病毒。然後雖然這是一個相當正確的說法，在你身上發生的症狀到底是來自感冒抑或是其他病毒，還是有直接的相關性。

The fact is, the average adult human body is constantly host to dozens if not scores of viruses. A healthy body's immune system will quickly develop antibodies to destroy the virus or drive it into submission. Some viruses you will carry around for the rest of your life...your healthy immune system keeping them constantly in check.

事實上是，一般正常的成人體內都會持續寄宿著大量的病毒。健康的身體免疫系統會非常迅速的產生抗體來消滅或是抑制這些病毒。有些病毒會終身都在你體內，而你的健康免疫系統會持續的監控這些病毒。

A person becomes more susceptible to developing a full-blown infection from a virus if his or her immune system is compromised by fatigue, stress, a poor diet, too much alcohol, too much smoking or, say, wreaking havoc on your internal thermostat by going from a warm, dry environment to a cold, wet environment and back and forth [Air-conditioned office buildings are a problem here].

人變得比較容易受到病毒感染而產生不舒服的症狀，往往是在自己的免疫系統受到因爲疲勞、壓力、不正常的減重、飲酒吸煙過量而降低，或假設在中央空調與外部環境中來回中，迫使自己的內部機能在乾熱與濕冷環境奔波後所造成的失衡，才會導致感染。(使用中央空調的辦公室正是產生問題的所在)