

Symposium I : 酒精不耐症及台灣的飲酒問題-從精準急診醫學到公衛教育的探討

Alcohol Intolerance and Alcohol Burden in Taiwan: From Precision Emergency Care to Public Health Education

時間：2020年8月31日(一) 09:00~10:00

會場：202 會議廳

主持人：劉中賢醫師(嘉義基督教醫院)、蔡依倫醫師(童綜合醫院)

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課程簡介

台灣有將近一半的民眾帶有 ALDH2 基因突變所導致的酒精不耐症，盛行率居世界第一。此類民眾一喝酒就臉紅，因為缺乏乙醛去氫酶，無法正常代謝酒精產生的乙醛。酒類飲品及飲酒所產生的乙醛是一級致癌物。乙醛除了引起臉紅以外還會導致心跳加快、頭痛、頭暈、嘔吐、宿醉等症狀。台灣 843 萬成人飲酒人口中有 100 萬人有暴飲情形。台灣因不當飲酒導致每年約 4,500 人死亡，其中 29% 死於酒駕、意外事故及暴力傷害。酒精不耐症更是口腔、食道、大腸直腸癌等疾病的高風險因子。不當飲酒造成台灣每年 35 億元醫療資源負擔及 549 億元經濟損失。如何應用 ALDH2 基因檢測於急症室中對飲酒問題的處治及從對民眾的酒精不耐症教育宣導到合理的酒害公衛預防政策都是值得去探討的重要課題。

Taiwan has the highest prevalent rate of alcohol intolerance in the world due to a common genetic mutation in ALDH2. Carriers with the ALDH2 mutation cannot metabolize alcohol-derived acetaldehyde efficiently and are characterized by facial flushing after alcohol consumption. Alcoholic beverage and acetaldehyde converted from alcohol have been classified as group 1 carcinogens. In addition to alcohol-induced facial flushing, headache, dizziness, vomiting and hangover are other symptoms of alcohol intolerance. In Taiwan, 843 million adult consumption alcohol regularly. Among them, 100 million experienced heavy or binge drinking. More than 4,500 deaths are caused by harmful alcohol drinking annually in Taiwan. 27% of the deaths are due to traffic accidents, injuries and violence. Alcohol intolerance is also a high health risk factor for oral, esophageal, colorectal cancers and other diseases. Harmful alcohol drinking incurs approximately NT\$3.5 billion in medical costs and 54.0 billion economic costs in Taiwan per year. The application of ALDH2 genetic test in alcohol-related emergency room situation, the needs for public education on alcohol intolerance, and the legislation and implementation of appropriate alcohol public health policy are therefore urgent issues to be explored in Taiwan.