



台灣基層透析協會

本會宗旨:

關懷透析病患，提升透析品質，維護透析診所與病患的權益，協助政府制定相關醫療政策及推行健康保險制度。

透析週報 週四出刊 第七十六期 103.11.6

發行人 鄭集鴻 理事長

學術編輯 張智鴻

聯絡人:靳國慧

電話:0933118495

傳真:03-5351719

e-mail:dialysis98@gmail.com

法律顧問：黃清濱律師

電話：04-23205577

最新消息：

☆103 年度基層透析協會會員大會，將在 12 月 14 日星期日上午 10 時召開，假台大國際會議中心 301 室(與腎臟醫學會年會同日同場地)，會中將舉辦健保透析政策座談及研議明年度基層透析協會重大工作事項，請各位基層會員踴躍參加。為鼓勵會員參與，凡於當日出席並繳交 104 年度會費者，將可參加抽獎 iPhone6 plus 及 ipad air，請大家務必出席。



☆本會將出版 103 年度協會年刊，歡迎各位基層同仁踴躍投稿，題目字數不拘，將依字數多少，致贈 500-3000 元稿酬，截稿日期 11 月 20 日。請 e-mail: dialysis98@gmail.com

學術專欄：

SundayReview | OPINION

Learning From Fungi

Of Medicine and Mushrooms

By JONATHAN REISMAN OCT. 4, 2014

Photo



Of Medicine and Mushrooms <http://nyti.ms/ZeeXSA> from NEW YORK TIMES

我是被這文章的標題吸引進來的，霉菌能教我們醫師們什麼？

Defining mushrooms from *Encyclopedia of Life*

All mushrooms are fungi, but not all fungi are mushrooms.

作者這位年輕的住院醫師說到一天在醫院的停車場附近樹叢，看到一堆野生的 mushrooms，被它們的美麗外觀所吸引，從不了解它們，認為可能吃一小口就可能產生 fulminant liver failure (醫學院教的) 或是有些品種就是可以吃的 (edible)，逐漸找書來看、上網學習。

在幾個月的學習後，他有一次就挖下了一些他認為可以吃的 mushrooms，把它們煮來吃，後來也是沒事，他的信心愈來愈大了。逐漸能辨識的品種愈來愈多。作者說，這學習 mushrooms，就像學習人的疾病一樣，從醫學生紙上談兵，到後來實戰經驗在住院病人上學習，做疾病的鑑別診斷。

作者說到他有一次急診值班，一位 18 個月的嬰兒因為發燒來掛急診，媽媽說，應該是感冒吧，但是作者用觀察 mushrooms 一樣，仔細看嬰兒，發現有呼吸窘迫，鼻翼凹陷、胸膛肋骨上的肌肉也凹陷，他覺得這不是感冒，經過檢查後，是嚴重肺炎，就送到 ICU 治療了。

But when I approached the infant to examine him more closely, I noted his nostrils flaring and the muscles between his ribs contracting into subtle channels across his chest with each inhalation. He was working hard to breathe.

Each medical case, like each mushroom, is a diagnostic puzzle.

當醫師診斷疾病，要看氣候，地區，而會有不同的疾病流行。當一個野外食物專家，也要從當地的氣候，地區，雨量，以及周圍的植物型態來知道附近會有什麼 mushrooms（兩者區別的過程真的有點相同）。

LEARNING to diagnose diseases or identify mushrooms also means learning ecology. Just as an experienced forager knows which mushrooms to expect based on region, climate, season and recent rainfall patterns, the sort of tree overhead and forest duff underfoot, a physician understands that diseases have an ecological context of season and geography. *Doctors expect Lyme disease in the summer*

and influenza in the winter, and, as with foraging, knowing what to look for helps us to see it. A fruity whiff in the forest tells of nearby black trumpet mushrooms, which are often smelled before they are seen, just as the slight movements of a child's nostrils tell of more serious problems hidden inside the lungs.

Jonathan Reisman is an internist and pediatrician at Massachusetts General Hospital, and the president of the World Health and Education Network.

