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UpToDate日本事務所 株式会社ウォルターズ・クルワー・ヘルス・ジャパン 有木 梨沙 <u>Risa.Ariki@wolterskluwer.com</u>

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検索 全てのトピック 💌

Contents: Patient Information

分野別に簡易版・詳細版の患者向け情報ページを掲載

▶ Languages | 当社について | 連絡先 | ヘルプ

▶ ログアウト

Print

新規検索 患者向け情報 最新情報 計算ツール CME 24.5 マイアカウント

Contents >> Patient Information

Specialties

Patient Information

- The Basics
- Beyond the Basics

What's New

Calculators

Authors and Editors

患者様へ提供する 情報を疾患ごとに 表示しています

各疾患の原因、症 状、治療、予防や、 患者団体の連絡先 (米国のみ) など の情報を表示して います

UpToDate offers different levels of patient education materials to meet the varying information needs of your patients.

The Basics

"The Basics" are short (1 to 3 page) articles written in plain language. They answer the 4 or 5 most important questions a person might have about a medical problem. These articles are best for people who want a general overview

View all The Basics

小学校高学年レベルの英語

Beyond the Basics

"Beyond the Basics" articles are 5 to 10 pages long and more detailed than "The Basics". These articles are best for readers who want a lot of detailed information and who are comfortable with some technical medical terms

View all Beyond the Basics

高校生レベルの英語



information: verify here.

HUUS CERTIFIED 03/2011

To view a list of all available topics, click on the appropriate health category below.

Allergies and asthma Arthritis Autoimmune disease Blood disorders Bones, joints, and muscles Brain and nerves Cancer Children's health Diabetes Diet and weight

Digestive system Ear, nose, and throat Eyes and vision General health Heart and blood vessel disease HIV and AIDS Hormones Infections and vaccines Kidneys and urinary system Liver disease

Lung disease Men's health issues Mental health Pregnancy and childbirth Senior health Skin, hair, and nails Sleep Surgery Travel health Women's health issues

例題1:食欲の低下したがん患者様への対処方法は?

UpToDate[®]

Languages

新規検索 患者向け情報 最新情報 計算ツール CME 100.0 マイアカウント



	ここをクリックして 「患者向け」を選択します
新規検索: Search	n in another language
癌による食欲不振	▼ 患者向け Q
	○ 全てのトピック
新登場!日本語検索機能 日本語または英語	◎成人
오 藥物相互作用	◎ 小児
	● 患者向け
	○ 画像
ご自分の言語での検索	
 日本語でUpToDateを検索してナビゲートすること クリックすると、英語で表示されます。 言語の設定を変更するには、"Languages"(右上(another Language"(検索ボックスの上)をクリ: 日本語で検索語の最初を入力すると、候補が表示 新機能!日本語のフレーズ(句)による検索に対 	則)または "Search in ックしてください されます。



例題1:食欲の低下したがん患者様への対処方法は?



例題1: 食欲の低下したがん患者様への対処方法は?

Google Chromeでページを開くと簡単に自動翻訳できます 英語のページになるとこのような表示が出るので「翻訳」をクリックします (表示されない場合、マウスを右クリックして「日本語に翻訳」を選択します)



Patient information: Managing loss of appetite and weight loss with cancer (The Basics) 0

TOPIC OUTLINE

What can cause me to lose weight or have no appetite? Why is it important to eat enough? What foods can help keep my weight up? What can I do on my own to eat enough? When should I call my doctor or nurse? Are there medicines that can increase my

appetite? Are there other treatments that can help if I have no appetite or lose weight?

More on this topic

GRAPHICS S View All

Foods with fiber Upper digestive tract

RELATED TOPICS

Patient information: Acute diarrhea in adults (Beyond the Basics) Patient information: Diarrhea in adults (The

Basics)

Patient information: High-fiber diet (Beyond the Basics)

Patient information: High-fiber diet (The Basics)

Patient information: Managing pain when you have cancer (The Basics)

Patient information: Nausea and vomiting in adults (The Basics)

Patient information: What are clinical trials? (The Basics)

Patient information: When your cancer

Patient information: Managing loss of appetite and weight loss with cancer (The Basics) Written by the doctors and editors at UpToDate

What can cause me to lose weight or have no appetite? — You can lose weight or have no appetite because of your:

- · Cancer Even if you eat a lot, your cancer might keep your body from taking in all the nutrients it needs
- Treatments Treatments such as chemotherapy, radiation, and medicines have side effects that can make it hard to eat. For example, these treatments can cause nausea, vomiting, mouth sores, dry mouth, or changes in taste and smell.
- Mood Feeling sad or worried can make people lose their appetite.

Why is it important to eat enough? - It's important to eat enough so that you stay as healthy and strong as possible, especially during your cancer treatment. Eating enough and getting enough fluids will also give you more energy and help you feel better in general.

What foods can help keep my weight up? - Eating foods with a lot of calories and protein in them can help keep your weight up. Some examples of these foods are:

- Thick soups
- Milk, milkshakes, cheese, pudding, and smoothies
- Nutritional supplement drinks, such as Ensure, Boost, or Carnation Instant Breakfast
- Eggs, chicken, lean red meat, and fish
- · Yogurt, frozen yogurt, and ice cream
- Peanut butter, nuts, dried fruit, and granola bars

What can I do on my own to eat enough? - To eat enough and make sure that your body gets the nutrients it needs, you can:

- Eat 5 to 6 small meals a day, instead of 3 large meals
- Eat healthy snacks whenever you feel hungry

GRAPHICS IN THIS TOPIC View All Foods with fiber Upper digestive tract

🖾 Find 🔒 Print 🖾

MORE ON THIS TOPIC

The Basics

Patient information: Diarrhea in adults (The Basics)

Patient information: High-fiber diet (The Basics)

Patient information: Managing pain when you have cancer (The Basics)

Patient information: Nausea and vomiting in adults (The Basics)

Patient information: What are clinical trials? (The Basics)

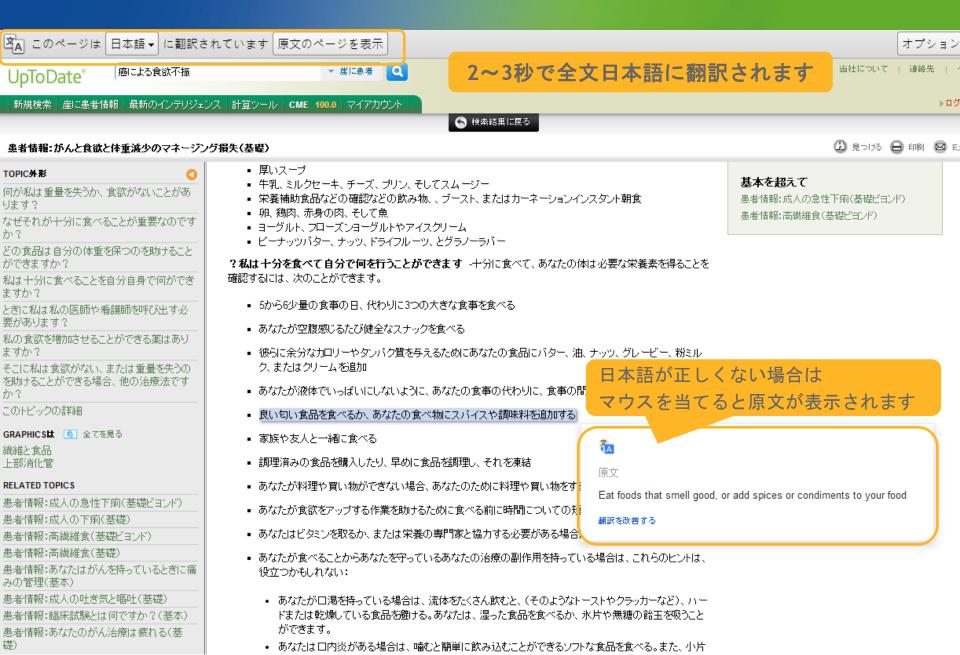
Patient information: When your cancer treatment makes you tired (The Basics)

Beyond the Basics

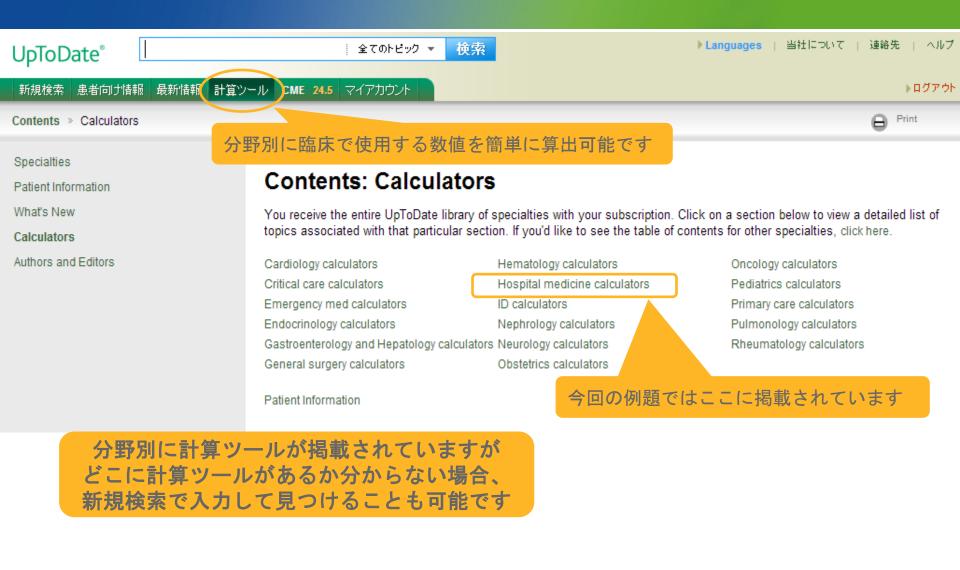
Patient information: Acute diarrhea in adults (Beyond the Basics)

Patient information: High-fiber diet (Beyond the Basics)

例題1: 食欲の低下したがん患者様への対処方法は?



例題2:患者様のBMI値をすぐに確認したい





例題2:患者様のBMI値をすぐに確認したい

「新規検索」から検索するとこのような検索結果が出てきます

UpToDate®	BMI マ 全てのトビック Q
新規検索 患者向け情	報 最新情報 計算ツール CME 99.5 マイアカウント
"BMI (bmi)"の検索結果	
 ● 全てのトピック ○ 成人 ○ 小児 	 計算ツール:成人の体格指数(BMI)(患者情報) 成人の肥満のスクリーニングおよび臨床評価 計算ツール:体格指数(BMI、Quetelet指数)
 患者向け 画像 	 小児の成長測定 肥満手術患者のケアのための病院設備および職員配置 成人心疾患の小児期の予防:健康な生活様式の向上およびリスクのある小児の識別
	 小児の身体組成測定 癌生存における食事、身体活動、および体重の役割 成人における神経性無食欲症:認知行動療法(CBT)
	 重度の肥満のマネージメントのための肥満手術:説明 緩和ケア:悪液質と食欲不振の評価および管理 自家造血幹細胞移植の適格性判定 小児の脂質異常症ののマネージメント
	• 経皮内視鏡的胃瘻造設術(PEG):造設および定期的なケア



例題2:患者様のBMI値をすぐに確認したい



The default unit of measure for weight is pounds. Please verify that the correct unit of measure has been selected.

References

10

例題3:「手足口病ってどんな臨床症状なんですか?」

「画像」で絞りこみ検索すると便利です!



例題3:「手足口病ってどんな臨床症状なんですか?」

Google Chromeでページを開いて自動翻訳した状態がこちらです





例題3:「手足口病ってどんな臨床症状なんですか?」

詳しく知りたい画像をクリックすると、その画像が掲載されているトピックが 確認できます



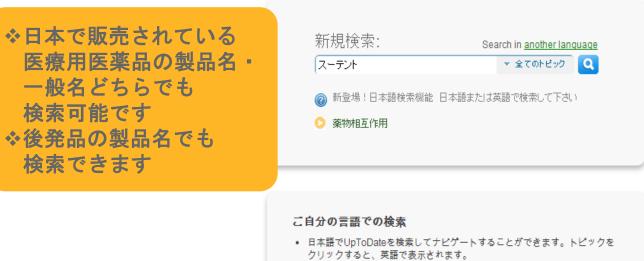
複数の小潰瘍が舌の上で存在している。 から許可を得て複製:www.visualdx.com。著作論理画像株式会社

グラフィック71314バージョン3.0

薬剤情報の検索方法-製品名での検索例

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新規検索 患者向け情報 最新情報 計算ツール CME 74.5 マイアカウント



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1048年、電台の14編 技術活動 検索時には一般名で検索し ▶0070* 1050年、日本の1605の資産業長 関連する単語も表示されます Ft297015470 10500日にお好場のてたるい 第200日にかったまたます Ft297015470 10500日にお好場のてたるい シュニテニジェ感知時間 シュニテニジェ感知時間 Pt297015470 10500日にお好きのことなりたっか シュニテニジェ感知時期 シュニテニジェ感者向け返うかられの NITRODUCTION C 10500日におのの シュニテニジェ感者向け返気が確認 シュニテニジェ夢者向け返うかられの NITRODUCTION C 10500日におのの シュニテニジェ夢者向け返うかられの シュニテニジェ夢者向け返うかられの NITRODUCTION C 10510日の目見を算かれるのの シュニテニジェ夢る向け返気が加り、フェージェジェッシュ NITRODUCTION C CLASSIFICATION.BIOLOGIC BEHAVIOR,AUD MMEUCATIONS FOR TREATMENT Overview of treatment options SOMATOSTATIN ANALOGS 10510日の目見目を算がまり返ったがのの シッデ帯向い変であるの シッデデーののであるの SOMATOSTATIN ANALOGS Overview of treatment options SOMATOSTATIN ANALOGS 10510日の目見目を算がまり返ったり、 シッデ帯向い変であるの シッデーのの変であるの SOMATOSTATIN ANALOGS Overview of treatment options SOMATOSTATIN ANALOGS Overview of treatment opt	UpToDate®	^{スーテント} 製品名で入力した場合でも、		▶Languages 当社について 連絡先 ヘルプ
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薬剤情報の検索方法-剤型が複数ある薬剤の例

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いくつかの薬剤で剤型(Drug Type)ごとに 分類して薬剤情報が記載されるようになりました



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例題4:「ワルファリンと緑茶やグレープフルーツジュースは 一緒に飲んでも大丈夫ですか?」と患者様に質問された場合

UpToDate°

新規検索 患者向け情報 最新情報 計算ツール CME 74.5 マイアカウント

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例題4:「ワルファリンと緑茶やグレープフルーツジュースは 一緒に飲んでも大丈夫ですか?」と患者様に質問された場合

_exicomp [®] Lexi-Interact™	
Lookup	
Enter item name to lookup.	Lexi-
T	NOTE
	Lexi-Ir
※英語のみ対応	levie elect
"Warfarin"	hore.
"Green Tea"	
"Grapefruit juice と一つずつ入力し Lookupをクリック	

Welcome to Lexi-Interact[™] Online

exi-Comp's Comprehensive Drug-to-Drug, Drug-to-Herb and Herb-to-Herb Interaction Analysis Program

NOTE: Lexi-Interact does not address chemical compatibility related to I.V. drug preparation or administration.

exi-Interact Online combines the world's literature and scientific understanding of drug interactions with a state-of-the-art electronic platform, providing an efficient way to ensure that adverse drug events don't compromise the care of your patients.

eview all interactions for a selected medication or enter a patient specific regimen to analyze for potential interactions. Additionally, you may elect a drug interaction result to obtain detailed information on Patient Management, Interacting Members, Risk Rating, References and hore.

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例題4:「ワルファリンと緑茶やグレープフルーツジュースは 一緒に飲んでも大丈夫ですか?」と患者様に質問された場合

Lexico	mp [®] Lexi-Interact™
Lookup	
Er tem	name to lookup.
Analyze	New List
Grapefru	<u>iit Juice</u>
Green T	<u>ea</u>
Warfarin	<u> </u>

Display complete list of interactions for
an individual item by clicking item
name.

- Add another item(s) [Lookup] to Analyze for potential interactions between items in the list.
- Remove item from the list by clicking the check mark next to the item name.

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Review all interactions for a selected medication or enter a patient specific regimen to analyze for potential interactions. Additionally, you may select a drug interaction result to obtain detailed information on Patient Management, Interacting Members, Risk Rating, References and more.

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例題4:「ワルファリンと緑茶やグレープフルーツジュースはー 緒に飲んでも大丈夫ですか?」と患者様に質問された場合

exicomp [®] Lexi-Interact™	Lexi-Comp Online™ Int
Lookup nter item name to lookup.	Customize Analysis
Analyze New List	Only interactions at or above the selected <u>risk rating</u> will be displayed. A: View interaction detail by clicking on link.
n <u>Green Tea</u> 1 <u>Warfarin</u>	Grapefruit Juice No interactions identified with others in the selection list.
Display complete list of interactions for an individual item by clicking item name. Add another item(s) [Lookup] to Analyze for potential interactions	Green Tea [C] <u>Warfarin</u> (Warfarin [C] <u>Green Tea</u> (Green Te クリックすると表示され)
between items in the list. Remove item from the list by clicking the check mark next to the item name.	Date May 22, 2013 Disclaimer Readers are advised that decisions regarding drug therapy mus information about a drug (eg, as reflected in the literature and manufacturer's practices.

E

Online[™] Interaction Analysis



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薬物相互作用は5段階でリスク分類をしています

Risk Rating: Rapid indicator regarding how to respond to the interaction data. Each Interact monograph is assigned a risk rating of A, B, C, D, or X. The progression from A to X is accompanied by increased urgency for responding to the data. In general, A and B monographs are of academic, but not clinical concern. Monographs rated C, D, or X always require the user's attention. The text of the Patient Management section of the monographs will provide assistance regarding the types of actions that could be taken. The definition of each risk rating is as follows:

Risk Rating	Action	Description
A	No Known Interaction	Data have not demonstrated either pharmacodynamic or pharmacokinetic interactions between the specified agents
в	No Action Needed	Data demonstrate that the specified agents may interact with each other, but there is little to no evidence of clinical concern resulting from their concomitant use.
с	Monitor Therapy	Data demonstrate that the specified agents may interact with each other in a clinically significant manner. The benefits of concomitant use of these two medications usually outweigh the risks. An appropriate monitoring plan should be implemented to identify potential negative effects. Dosage adjustments of one or both agents may be needed in a minority of patients.
D	Consider Therapy Modification	Data demonstrate that the two medications may interact with each other in a clinically significant manner. A patient-specific assessment must be conducted to determine whether the benefits of concomitant therapy outweigh the risks. Specific actions must be taken in order to realize the benefits and/or minimize the toxicity resulting from concomitant use of the agents. These actions may include aggressive monitoring, empiric dosage changes, choosing alternative agents.
x	Avoid Combination	Data demonstrate that the specified agents may interact with each other in a clinically significant manner. The risks associated with concomitant use of these agents usually outweigh the benefits. These agents are generally considered contraindicated.

薬物相互作用:ワルファリンと緑茶の相互作用(詳細)

Lexicomp [®] Lexi-Interact™	Lexi-Comp Online™ Interaction Monograph	
Lookup Enter item name to lookup.	Title Vitamin K Antagonists / Green Tea	
Analyze New List	Risk Rating C: Monitor therapy	
 ✓ <u>Grapefruit Juice</u> ✓ <u>Green Tea</u> ✓ <u>Warfarin</u> 	Summary Green Tea may enhance the adverse/toxic effect of Vitamin K Antagonists. Particularly, the risk of bleeding may be increased due to possible antiplatelet effects of green tea. Green Tea may diminish the anticoagulant effect of Vitamin K Antagonists. Severity Moderate Reliability Rating Fair	
•Display thete list of interactions for an individue of the by clicking item	Patient Management Advise patients to report green tea consumption, and monitor vitamin K antagonist (e.g., warfarin) response particularly closely in those patients who regularly consume green tea (especially larger quantities) and in those patients who have recently	
·Ad Ar ^{be} ワルファリンと相互	互作用がある成分を ^{ng Members} Acenocoumarol; Warfarin	
*** 全て検索したい場合	eing treated with warfarin experienced a substantial decrease in his INR (from 3.2-3.8 to 1.1-1.4) that ular consumption of 1/2 to 1 gallon/day of green tea. ¹ Though green tea leaves reportedly contain than black tea (1428mcg vs. 262mcg per 100g leaves), ^{2,3} the vitamin K content of brewed green tea is	
	relatively low (0.03mcg/100g brewed tea), but may vary according to strength and brewing methods 4	

Conversely, animal and in vitro data suggest that green tea constituents may have antiplatelet properties.⁵ Also, epidemiologic studies have found evidence of an inverse association between green tea consumption and the risk of stroke,^{6,7} providing possible additional support for an antiplatelet effect of green tea.

Based on this relatively limited amount of data, it is difficult to predict the degree to which green tea consumption would impact vitamin K antagonist (or other anticoagulant/antiplatelet) therapy, as well as whether the impact would be antagonistic or additive/synergistic. However, it would seem prudent to advise patients to report green tea consumption and monitor vitamin K antagonist response particularly closely in those patients who regularly consume green tea (especially larger quantities) and in those patients who have recently started or stopped consuming green tea.

Footnotes

- 1. Taylor JR, Wilt VM, "Probable Antagonism of Warfarin by Green Tea," Ann Pharmacother, 1999, 33(4):426-8.
- Booth SL, Sadowski JA, Pennington JAT, "Phylloquinone (Vitamin K1) Content of Foods in the US Food and Drug Administration's Total Diet Study," J Agric Food Chem, 1995, 43:1574-9.
- 3. Booth SL, Sadowski JA, Pennington JAT, "Vitamin K1 (Phylloquinone) Content of Foods: a Provisional Table," *J Food Comp Anal*, 23 1993, 6:109-20.
- 4. Booth SL, Madabushi HT, Davidson KW, "Tea and Coffee Brews are Not Significant Dietary Sources of Vitamin K1 (Phylloquinone)," J

薬物相互作用 検索例:ワルファリンの相互作用

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Lookup

Enter item name to lookup.

Analyze New List

- Grapefruit Juice
- 🔽 <u>Green Tea</u>
- Warfarin
- •Display complete list of interactions for an individual item by clicking item name.
- Add another item(s) [Lookup] to Analyze for potential interactions between items in the list.
- Remove item from the list by clicking the check mark next to the item name.

Only interactions at or above the selected <u>risk rating</u> will be displayed. A: View interaction detail by clicking on link.

Warfarin

Interacting Categories

- [B] 5-ASA Derivatives
- [C] Acetaminophen
- [C] Adalimumab
- [C] Agents with Antiplatelet Properties
- [D] <u>Allopurinol</u>
- [D] Aminoglutethimide
- [D] Amiodarone
- [D] Androgens
- [A] Antacids
- [C] Anticoagulants
- [C] Antineoplastic Agents
- [D] Antithyroid Agents
- [X] Apixaban
- [C] Aprepitant
- [C] Atazanavir
- [A] AtorvaSTATin
- [C] AzaTHIOprine
- [D] <u>Barbiturates</u> [C] <u>Bicalutamide</u>
- [C] Bile Acid Sequestrants
- [C] Boceprevir
- [C] Bosentan
- [D] Capecitabine
- [D] CarBAMazepine
- [C] Cephalosporins
- [C] Chloral Hydrate
- [C] Chloramphenicol
- [D] Cimetidine
- [D] <u>Clopidogrel</u> [C] Cloxacillin
- [C] <u>Cobicistat</u>

Lexi-Comp Online™ Interaction Lookup



24

Lookup Enter item name to lookup.	Lexi-Comp Online [™] Interaction Lookup Only interactions at or above the selected <u>risk rating</u> will be displayed. X: ■ View interaction detail by clicking on link.
Analyze New List Grapefruit Juice Green Tea Warfarin	Warfarin Interacting Categories [X] <u>Apixaban</u> 併用禁忌の成分のみ
 Display complete list of interactions for an individual item by clicking item name. Add another item(s) [Lookup] to Analyze for potential interactions between items in the list. Remove item from the list by clicking the check mark next to the item name. 	[X] <u>Dabigatran Etexilate</u> [X] <u>Enzalutamide</u> [X] <u>Rivaroxaban</u> [X] <u>Tamoxifen</u> Date May 22, 2013
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