



## Three-year follow-up study on hepatic fibrosis due to chronic hepatitis B treated by interferon- $\alpha$ 1b and traditional medicine preparation

Ming-Liang Cheng, Yin-Ying Lu, Jun Wu, Tian-Ying Luo, Ke-Fu Huang, Yi-Sheng Ding, Ran-Cai Liu, Jia Li, Zhong Li

Ming-Liang Cheng, Yin-Ying Lu, Jun Wu, Tian-Ying Luo, Ke-Fu Huang, Yi-Sheng Ding, Ran-Cai Liu, Jia Li, Zhong Li, Department of Infectious Diseases, Affiliated Hospital, Guiyang Medical College, Guiyang 550004, Guizhou Province, China

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Correspondence to: Dr. Ming-Liang Cheng, Professor, Department of Infectious Diseases, Affiliated Hospital, Guiyang Medicine College, Guiyang 550004, Guizhou Province, China. [Cheng.ml@21.cn.com](mailto:Cheng.ml@21.cn.com)  
Telephone: +86-851-5860188 (H), 6828383(O)  
Fax: +86-851-6741623

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### Abstract

**AIM:** To investigate the short-term and long-term therapeutic effect of traditional medicine preparation and IFN- $\alpha$ 1b on hepatic fibrosis due to chronic hepatitis B.

**METHODS:** Fifty-two patients with hepatic fibrosis of hepatitis B

were treated by IFN- $\alpha$ 1b and traditional medicine preparation, then observed the change of serum indexes of hepatic fibrosis, liver biopsy, ultrasonography and fibergastroscopy.

**RESULTS:** The serum indexes of hepatic fibrosis decreased significantly after 3-mo treatment ( $P < 0.05$ ). The improvement of liver fibrosis was confirmed by liver biopsy, ultrasonography and fibergastroscopy. After 3-year continuous follow-up, the conditions of patients were got better. Symptoms and signs were disappeared. The pathohistologic change of liver, serum index of hepatic fibrosis and liver function were continuously improved.

**CONCLUSION:** The good short-term and long-term effects were obtained by using IFN- $\alpha$ 1b to suppress duplication of hepatitis B virus and traditional medicine preparation to reverse hepatic fibrosis.

**Key words:** Hepatitis B; Liver cirrhosis/drug therapy; Interferon-alpha; Drugs, Chinese herbal; Biopsy; Ultrasonography; Follow-up studies

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