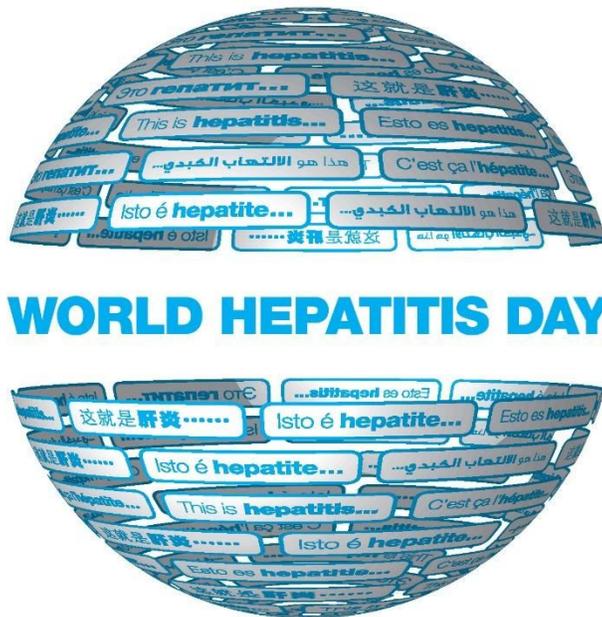


July Hepatitis Monthly Awareness Toolkit

World Hepatitis Day is July 28th



Together we can eliminate Hepatitis
across the globe!!

Hepatitis

Viral Hepatitis is an inflammation of the liver caused by a virus. There are five different hepatitis viruses, Hepatitis A, B, C, D, and E. These viruses are spread through different routes.

Hepatitis A virus (HAV)- spread through the fecal-oral route via person to person contact or by consuming contaminated food or water. Hepatitis A does not result in chronic infection.

Hepatitis B virus (HBV)- spread when the blood, semen or other bodily fluids from an infected person enter the body of a person who is not infected. This can occur during sexual contact, sharing needles, and can be transmitted from mother to baby during childbirth. HBV can result in serious health issues such as cirrhosis and liver cancer.

Hepatitis C virus (HCV)- is blood borne and is spread from contact with an infected person. Most often this occurs through sharing needles when injecting drugs.

Hepatitis D virus (HDV)- spread through percutaneous or mucosal contact with blood of an infected person. HDV only occurs in people who are infected with HBV. HDV relies on HBV to replicate.

Hepatitis E virus (HEV)- spread through fecal- oral route usually by consuming contaminated food or water. HEV does not result in chronic infection.



Key Fact: *Hepatitis A, B, and C are the most common type of hepatitis*

Auto-immune hepatitis- this occurs when the body's immune system mistakes the liver as a foreign object and produces antibodies against it leading to inflammation. This is a chronic disease.

Non- infectious hepatitis- is caused from excessive alcohol use, drug intoxication or exposure to poisons that damage the liver and cause inflammation. Over time the damage can lead to liver failure and cirrhosis.

The liver has many functions in the body that affect metabolism including:

- * Excretion of bile which is needed for digestion
- * Filtering toxins from the body
- * Excreting bilirubin, which is a product of broken down red blood cells, also excreting cholesterol, drugs and hormones.
- * Breaking down fats, carbohydrates and proteins
- * Storage of minerals, fat- soluble vitamins A, D, E, and K, and the storage of glycogen which is a form of sugar.
- * Synthesis of clotting factors and blood proteins like albumin.

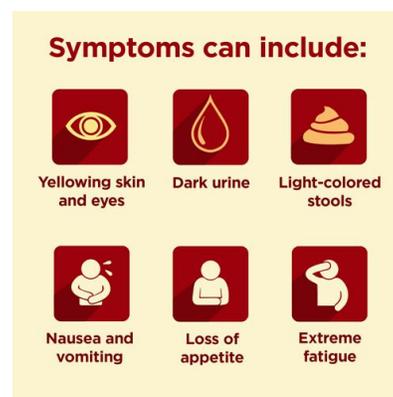
Key Fact: *Asian Americans and Pacific Islanders make up approximately 50% of the nearly one million Americans living with chronic Hepatitis B, are 8-13 times more likely to develop liver cancer than other groups and the liver cancer death rate is 60% higher in these groups than Caucasians.*

Signs and Symptoms:

Someone infected with chronic hepatitis such as HBV or HCV may not show symptoms until the damage affects the function of the liver.

Someone infected with acute hepatitis however, may have:

- * Fatigue
- * Flu like symptoms such as nausea, vomiting, and muscle aches
- * Dark urine
- * Headache
- * Diarrhea
- * No appetite
- * Fever
- * Jaundice



Prevention is key

How to prevent:

Hep A & B immunizations, wash hands before and after preparing foods, wash hands after using the restroom, avoid tap water when traveling to certain countries, don't share needles, wear condoms during sexual intercourse, don't share personal items, avoid alcohol, control your weight, Hep C screening if you have risk factors.



What can you chapter do to help?

Some ideas:

- 1) Host an on campus table to promote awareness of Hepatitis and how to prevent
- 2) Volunteer at a local agency that helps fight the fight against Hepatitis
- 3) Get out in the community and spread awareness of Hepatitis





Here are some community resources for you to use!

The American Liver Foundation

This website provides an online support community, webinars, resources for financial assistance, Hepatitis C materials and much more.

<http://hepc.liverfoundation.org/>

The Hepatitis Foundation International

This website provides an extensive international list of resources available.

<http://www.hepfi.org/RESOURCES/Links.html>

The California Department of Public Health

The CDPH provides numerous resources for people with Hepatitis
<https://archive.cdph.ca.gov/programs/Pages/ViralHepatitisResources.aspx>

The CDC

The cdc provides extensive information on Hepatitis and handouts available to print

<https://www.cdc.gov/hepatitis/index.htm>

References

- Iliades, C. (2014). How to Prevent Hepatitis C Infection. Retrieved from <http://www.everydayhealth.com/news/how-to-prevent-hepatitis-c-infection/>
- Kahn, A., & Higuera, V. (2017). Hepatitis. Retrieved from <http://www.healthline.com/health/hepatitis>
- Viral Hepatitis. (2015). Retrieved from <https://www.cdc.gov/hepatitis/hav/index.htm>
- World Hepatitis Day. (2017). Retrieved from <http://worldhepatitisday.org/en/learn-the-facts>