

Hepatitis Awareness Day

Educate yourself on Hepatitis

Did You Know

According to the World Health Organization there are 250 million people living with chronic Hepatitis B, 150 million people infected with chronic Hepatitis C, and over 1.4 million cases of Hepatitis A diagnosed every year.

The Center for Disease Control (CDC) notes that viral hepatitis is the leading cause for liver transplants.

AWARENESS IS THE BEST MEDICINE

Arm yourself today!

The World Health Organization (WHO) classifies hepatitis as an inflammation of the liver caused by viral infection. There are five main types of the hepatitis virus: A, B, C, D, & E. Of these types B and C are known to become chronic diseases and are the most common causes of liver cancer and cirrhosis. Vaccines are available for A and B, and it is recommended that all people over the age of two get inoculated.

Knowledge and immunization are the best ways to fight this virus, learn more about disease prevention below.

Hepatitis A (HAV) & Hepatitis E (HEV)

- Reduce your chances of infection by washing hands with soap and water before preparing food or after using the restroom.
- Avoid unclean food or water.
- Exercise extreme caution when travelling to areas where outbreak has occurred.

Hepatitis B (HBV) & Hepatitis D (HDV)

- Exercise caution when handling blood and bodily fluids that are not your own.
- Infants of mothers who have/have had HBV should be inoculated within 12 hours of birth.
- Never share needles or other equipment used to inject.

Hepatitis C (HCV)

- Exercise caution when working with blood or bodily fluids that are not your own and cover any open wounds.
- Never share needles or other equipment used to inject.
- Use proper disposal techniques when handling needles or sharp objects that may have come in contact with blood.

Encourage your patients to assess their risk by visiting the CDC's website and taking the risk assessment quiz on the Hepatitis page.
(<http://cdc.gov/hepatitis/riskassessment>)

1- <http://www.cdc.gov/hepatitis/index.htm>

2- <http://www.who.int/features/qa/76/en/index.html>

3- <http://www.who.int/campaigns/hepatitis-day/2013/en/index.html>

4- <http://www.hepatitisfoundation.org/HEPATITIS/Hepatitis-overview.html>