

Hepatitis

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What is Hepatitis

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Hepatitis is known as an inflammation of the liver. There can be many different causes of hepatitis, including infections.

In general, there are 3 types of hepatitis that are caused by a virus: hepatitis A, hepatitis B, and hepatitis C.

In some cases, the virus goes away on its own, however in other cases, medication is needed to cure the infection. There are also vaccinations that could help prevent certain types of hepatitis.



Hepatitis A



Hepatitis A is a viral liver disease that is primarily transmitted through ingestion of contaminated food/water. In general, almost all people infected with hepatitis A recover fully, however there is a small

percentage that could be affected long term.

Symptoms can include, fever, loss of appetite, diarrhea, nausea, abdominal pain, dark urine, or yellowing of the skin (jaundice).

There is no treatment for hepatitis A, however patients can take acetaminophen or other medications to treat symptoms. Symptoms will resolve on their own and most patients recover fully.

In order to prevent Hepatitis A, everyone should practice food safety and personal hygiene.

A vaccination is available in certain parts of the world and is included as a part of scheduled vaccines.

Hepatitis B

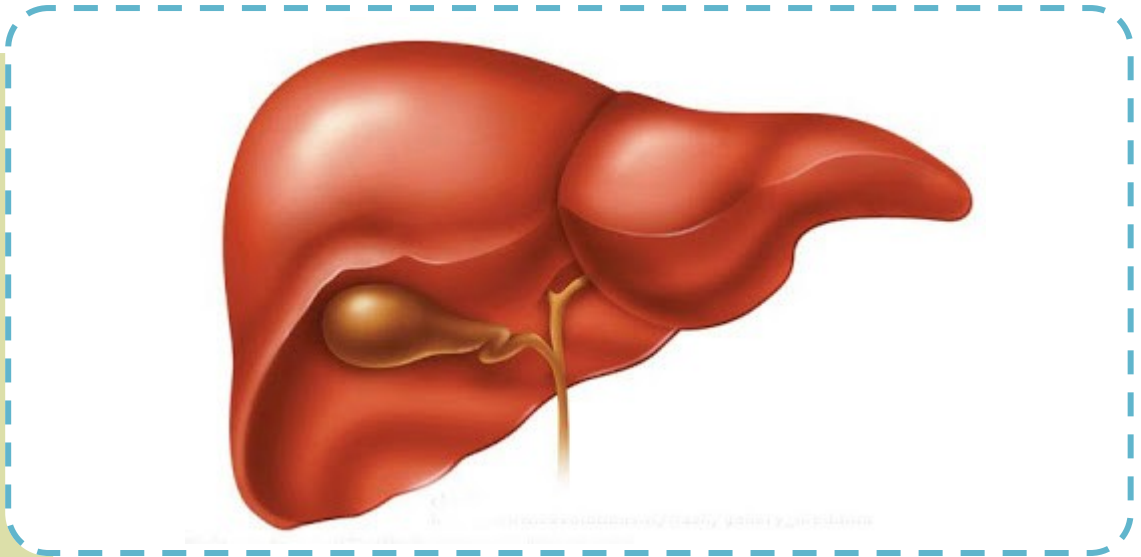
Hepatitis B is also a viral liver disease that can cause acute and chronic disease. The virus is transmitted through contact with blood or other body fluids. This infection affects thousands of people throughout the world and it may lead to scarring of the liver (cirrhosis) or cancer.

Symptoms include yellowing of the skin, dark urine, extreme fatigue, nausea, vomiting, and abdominal pain.

A vaccine is available in certain parts of the world and is included as a part of scheduled vaccines.

Treatment can include antiviral medications, however this infection is not curable and treatment would last for the entire lifetime. There are some rare cases of cure.

Everyone should practice safe sex practices and take care when handling bodily fluids.



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Hepatitis C

Hepatitis C is also a viral disease that can cause acute and chronic hepatitis. Acute hepatitis C is usually asymptomatic. Chronic infection may cause cirrhosis or liver cancer.

Hepatitis C is transmitted through sharing of needles, transfusion of untested blood, or sexually.

Symptoms may include fever, fatigue, decreased appetite, nausea, vomiting, abdominal pain, dark urine, grey colored feces, joint pain, or yellowing of the skin.

There is no vaccine for hepatitis C, therefore all people should get screened according to the guidelines, especially those who are at a higher

risk for becoming infected.

Treatment includes antiviral medications and is generally 12 weeks long. Due to advancements in medications, hepatitis C has a very high cure rate.

To prevent hepatitis C, practice safe sex, do not share needles, and be careful when handling bodily fluids.

Getting Support

For more information about Hepatitis, visit the following websites:

- <http://www.who.int/features/qa/76/en/>
- <https://www.cdc.gov/hepatitis/index.htm>
- <https://www.hepchope.com>

You can also speak with a healthcare professional for more information!