

ENGLISH



HEPB
COMPANION

HEPATITIS B INFORMATION GUIDE

Compiled and written by people
living with HBV



www.hepbcompanion.org



Recently Diagnosed?

If you have been diagnosed with hepatitis B (HBV), you are not alone!

Nearly 1 in 3 people worldwide will be infected with the hepatitis B virus in their lifetime. We are here to help.

We hope this guide will answer some of your questions and help you live a healthy life with hepatitis B.

This information booklet covers key areas that a chronic Hepatitis B carrier should be aware of. It is highly recommended for you to read through this booklet, familiarise yourself with the information and adopt the recommended actions for yourself and loved ones.

Key Information
about Hepatitis B

Understanding your
diagnosis

Treatment options
and Monitoring

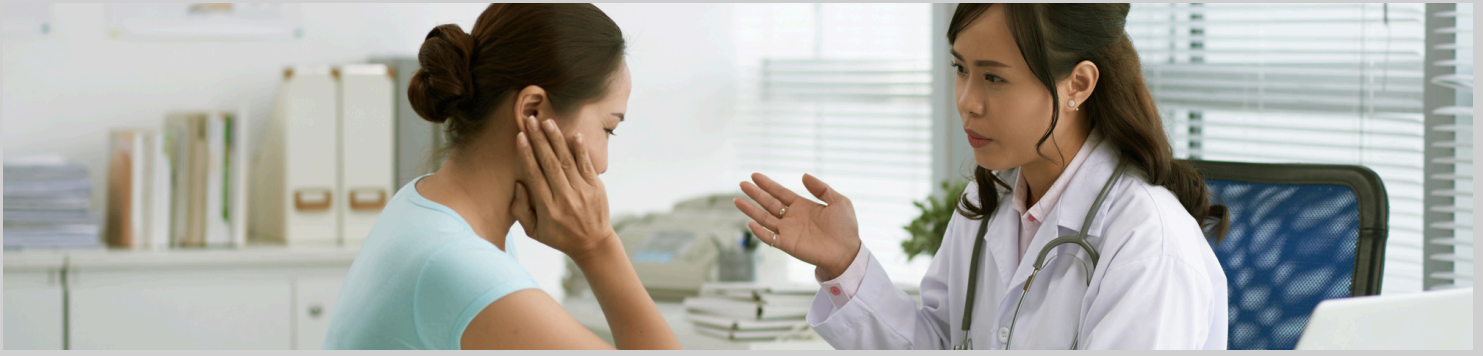
Lifestyle
Modifications

Disclosing to loved
ones

Finding Social
Support

Get your personal questions answered
by a trusted professional

Key Information about Hepatitis B



Hep B is the world's most common liver infection. Almost 300 million people are living with chronic hep B infections across the world.

Hep B infection is primarily spread through mother to child during birth. Other less common routes of transmission are unprotected sex, unsafe medical procedures, injectable drug use and contaminated blood and bodily fluids.



How HBV attack liver cells

Hep B virus attaches itself to the liver cell wall and injects its genetic instructions into the liver cell. This results in hijacking of the liver cell's replication machinery, forcing the cell to produce multiple copies of the Hep B virus.

Asymptomatic Nature

Hep B chronic carriers often show no immediate symptoms but are at high risk of developing long term complications such as liver cancer if left unchecked.

Importance of Regular Monitoring

It is important to monitor your liver health and attend medical appointments regularly to ensure that the complications are caught as early as possible. The medical professionals will recommend the next steps according to the medical test results.

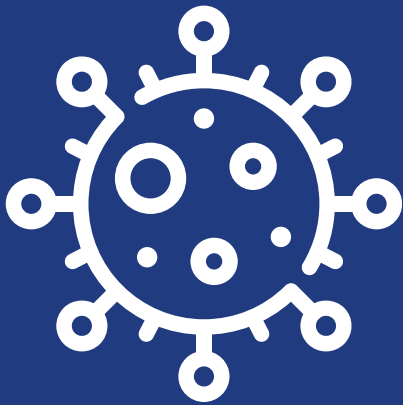


To find out more about hepatitis B, please visit the Hep B Companion website





Understanding you diagnosis



Hepatitis B infection is serious but with proper management—understanding test results, attending regular medical appointments, adherence to prescribed medications , adopting recommended lifestyle modifications— chronic carriers can lead full and healthy lives.



Interpreting your hepatitis B blood test results and liver ultrasound scans can be confusing. It is important to talk to your doctor so that you understand your test results and your hepatitis B status.



This fact sheet can help you understand your blood test results and ultrasound scans and whether you are infected, protected or at risk for hepatitis B. Be sure to ask for a printed copy of any blood tests and ultrasound scans so you can understand your results.

Do you know
that Hepatitis
B require
regular
monitoring ?



- It is important to know that not everyone with chronic hepatitis B infection needs to be treated.
- The decision to give timely medication is based on medical test results, therefore, long term monitoring is extremely important.
- There is medicine available for both adults and children that control the hep B virus, which helps reduce the risk of developing more serious complications, but there is still no complete cure for hepatitis B.
- But if you are taking medication, please ensure you are taking it regularly as prescribed. This can be difficult to accept when first diagnosed – but taking a drug to get rid of the virus is the first step to getting better.

**Schedule a blood test and
liver ultrasound screening
today!**

Do's & Don'ts

Lifestyle Modifications and Liver Health

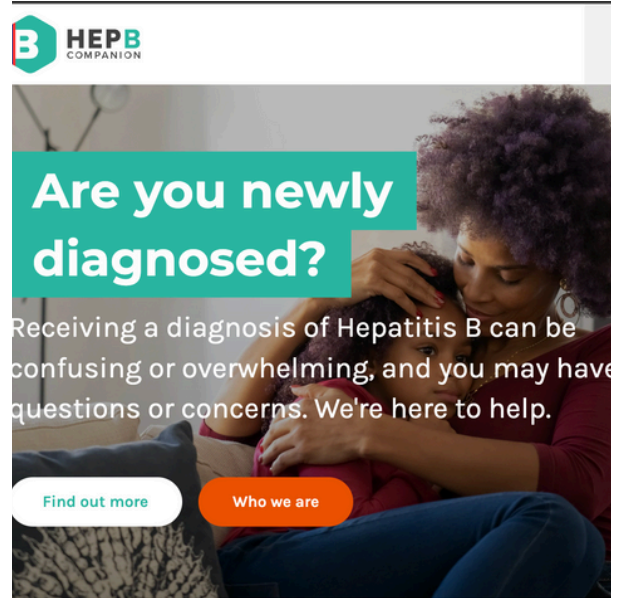
Do's

1. Get the Hepatitis A vaccine to protect yourself from another virus that attacks the liver.
2. Talk to your doctor before starting any herbal remedies or vitamin supplements because some could interfere with your prescribed hepatitis B drugs or even damage your liver.
3. Check with your pharmacist about any over-the-counter drugs and non-Hep-B related prescription drugs before taking them to make sure they are safe for your liver.
4. Eat a healthy diet of fruit, whole grains, fish and lean meats, and lot of vegetables.
5. Reduce your stress levels by eating healthy foods, exercising regularly, and getting plenty of rest.

Don'ts

6. Avoid drinking alcohol and smoking since both will hurt your liver, which is already being injured by the hepatitis B virus.
7. Limit foods and drinks with added sugars including sodas, fruit juices, desserts, packaged snacks and other foods that contain added sugar.
8. Limit foods containing saturated fats including fatty cuts of meat and foods fried in oil.
9. Avoid eating raw or undercooked shellfish because they could be contaminated with a bacteria called *Vibrio vulnificus*, which is very toxic to the liver and could cause a lot of damage.

Disclosing your Diagnosis & Finding social support



Although HBV can change your relationships, there are a few things you should know:

- HBV is not spread by sharing meals or food made by someone living with HBV
- HBV is not spread by hugging, kissing, shaking hands, sweat or saliva
- HBV does not mean you cannot have intimacy

It is important to tell people you are in close contact with (family, intimate partners) to get tested for HBV and get vaccinated. This is to protect their health and prevent the spread to other people.

Please use a barrier contraception when being intimate until you are sure your partner is vaccinated and fully protected from HBV

It will be hard, but we will be here to support you.

It is important to prioritise your mental and social well-being along with your physical health

We know that it can be challenging to understand your diagnosis and find support.

Remember that you are not alone and there are many resources to help connect you with reliable community and social support networks.

Please contact us at supa@hepbcompanion.org, if you would like someone to speak to about your hepatitis B.

If you are not ready to share your diagnosis you can talk and share anonymously at the the Hepatitis B Support subreddit: <https://www.reddit.com/r/hepatitisBsupport/>

Get your personal questions answered by a trusted professional



If you have chronic hep B infection, your provider should monitor your hep B infection and the health of your liver with regular check-ups every 6 months with your liver specialist.



It is also important to ask them questions to get a better understanding of the condition so you can maintain a healthy lifestyle.



We have produced common questions you can ask your specialist on our website:



<https://www.hepbcompanion.org/questions-to-ask-your-doctor/>

Remember everyone who finds themselves with this condition may go through a mixture of emotions but we are always here to help and listen to you at Hep B Companion.

Thank you for reading this guide. If you have additional questions or feedback, feel free to email us at:
supa@hepbcompanion.org