


ABC'S of Hepatitis

The Facts You Need To Know

TODAY YOU'LL FIND OUT...

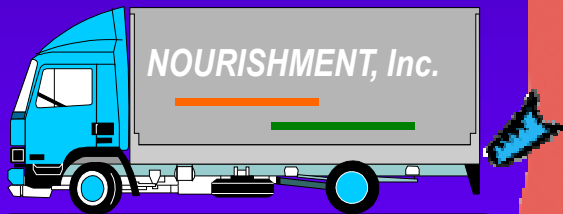
- ◆ What's the big deal about the liver?
- ◆ What is hepatitis?

- ◆ Common types of viral hepatitis
- ◆ How can I protect myself from hepatitis C?
- ◆ What can I do to take care of myself?

WHAT'S THE BIG DEAL ABOUT THE LIVER?

Turns food into energy
and sends nourishment
through your body



Stores vitamins & minerals



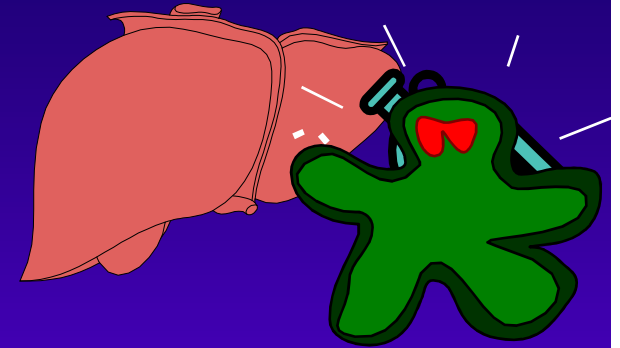
Filters poisons out of
your blood



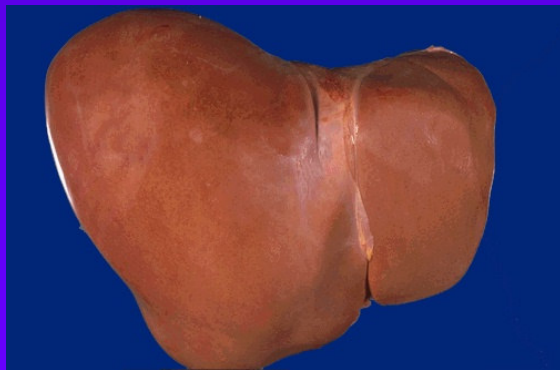
You can't live
without your liver!

WHAT IS HEPATITIS?

- Hepatitis is... inflammation of the liver
- There are 100 types of hepatitis!
Alcoholic hepatitis is #1
Hepatitis **A**, **B**, **C** are caused by a virus



➤ All forms of hepatitis can cause liver swelling, scar tissue, cirrhosis, liver cancer, liver failure, or death (if not treated in time)



Healthy liver



Liver with cirrhosis

THREE KINDS OF VIRAL HEPATITIS... DON'T GET THEM CONFUSED!

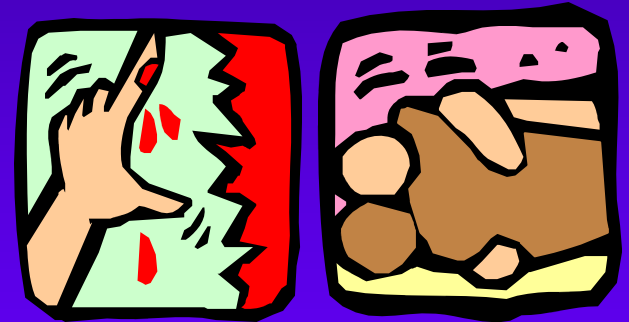
Hepatitis A: spread by eating food or drinking water with infected feces (poop)

- ✓ Vaccine
- ✓ Body usually cures itself



Hepatitis B: spread by having unprotected sex with an infected person, or contact with infected blood

- ✓ Vaccine
- ✓ Can be treated



Hepatitis C: spread by contact with infected blood

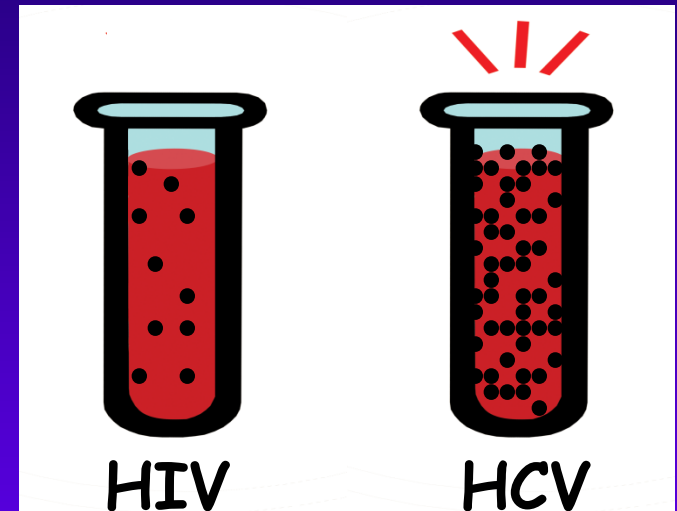
- ✓ NO Vaccine
- ✓ Can be cured



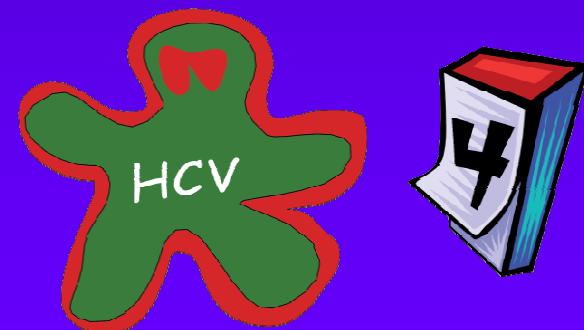
HCV IS 5 TIMES MORE COMMON AND EASIER TO GET THAN HIV!

- HCV is **SUPER** concentrated in blood.

HIV is counted in hundreds, but HCV is counted in millions.



HIV dies once it is in contact with air...

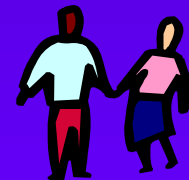


...but hep C can live in dry blood up to 4 days!

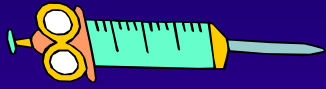
WHO GETS HEPATITIS C?

IT'S NOT WHO YOU ARE...

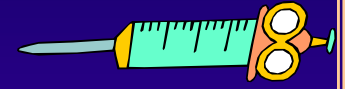
IT'S WHAT YOU DO!



WHO DOES HEP C AFFECT THE MOST?



INJECTORS WHO SHARE



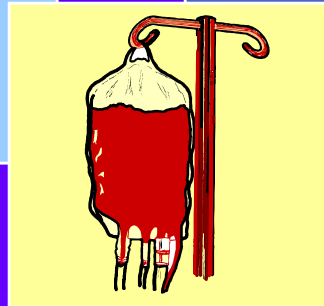
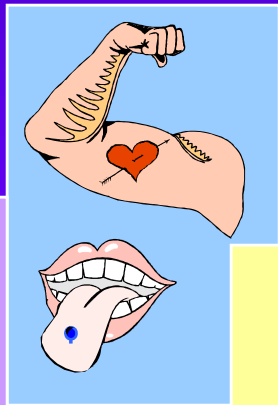
If someone has been an injector for over 1 year... **50% chance HCV+**

If someone has been an injector for over 5 years... **90% chance HCV+**

HOW DO YOU GET HEPATITIS C?

• Hepatitis C is only spread by...

blood-to-blood contact



WHAT HAPPENS TO PEOPLE WITH HEP C?

- About 25% of people who get hepatitis C will clear the virus on their own.
- Hepatitis C damages your liver slowly and silently.
- If you take care of yourself (avoid alcohol, get vaccinated against hepatitis A & B), you can live with hep C for many years.



The good news is... Hepatitis can be prevented and treated!!

HOW DOES HEP C AFFECT THE BODY?

Sometimes there are symptoms, often there are not!

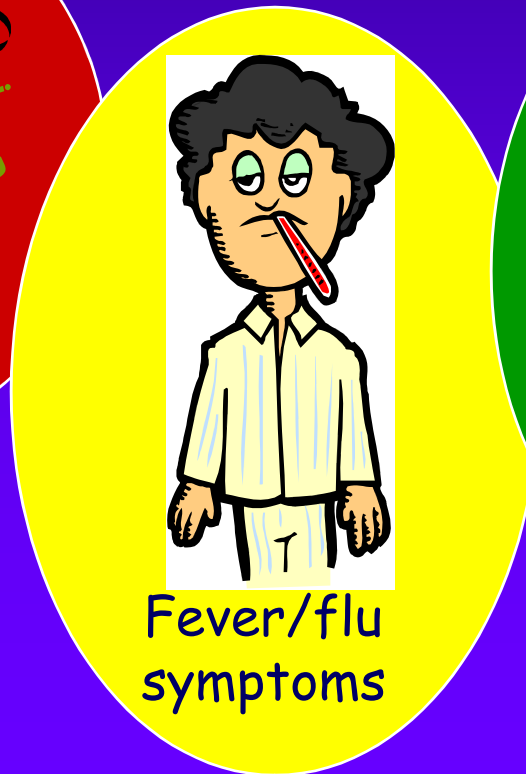
Most people don't have symptoms until they've been infected for a long time



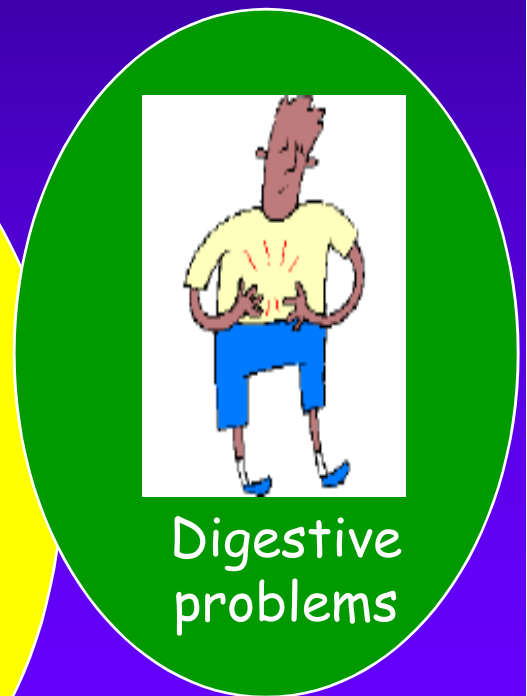
Brain fog



Always tired



Fever/flu symptoms



Digestive problems

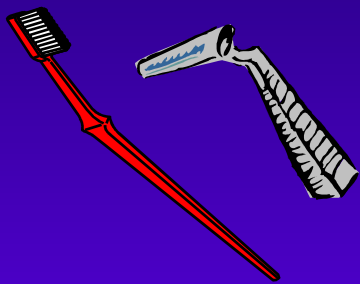
RANK THE RISK FACTOR!

1=HIGH RISK

2=MEDIUM RISK

4=LOW RISK

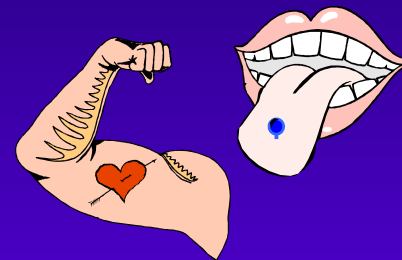
1=?



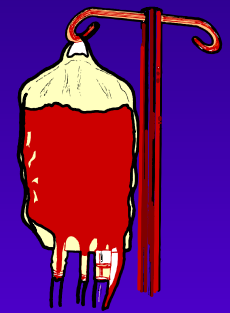
Sharing razors,
toothbrushes, etc.



Sex with a
HCV+ person



Non-professional
tattoo or piercing



Blood product
before 1992



Child born to
HCV+ mother



Vietnam era
military veteran

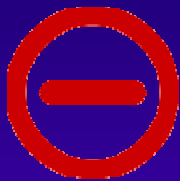


Hands-on
healthcare



Sharing
works

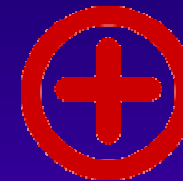
WHEN YOU TAKE THE ANTIBODY TEST...



If it's NEGATIVE...



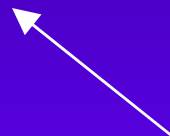
You do not have HCV
*take steps to stay negative!



If it's POSITIVE...



You have been exposed
to HCV
take a "confirmatory test"
to look for live virus



If it's POSITIVE... work with your doctor and discuss
further testing, treatment options

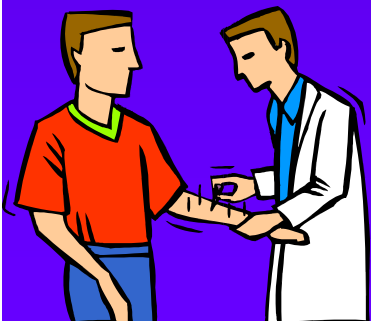
WHAT ABOUT "COMPLEMENTARY MEDICINE?"



"Alternative" or "complementary" treatments do not CURE hep C, but may relieve symptoms.



Some herbs can be very **toxic** to the liver!



LET YOUR DOCTOR KNOW IF YOU ARE TAKING HERBS OR USING OTHER TREATMENTS!!

IF YOU NEED TREATMENT...

- **Genotype 1**

48 weeks or more 40-50% cured

- **Genotype 2 or 3**

26 weeks or less 80-90% cured

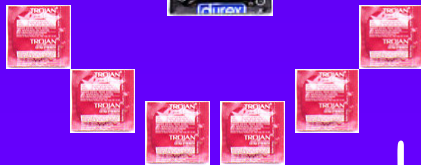
Most people will have a healthier liver, even if they do not clear the virus completely.

HOW TO PROTECT YOURSELF (and others!)

Don't use or share
injection equipment



Don't touch anyone's
blood or objects
that could have
blood on it



Use bleach to clean
up blood spills ***



Use condoms every time you have sex!

TAKE CARE OF YOURSELF

To keep yourself healthy and feeling well...



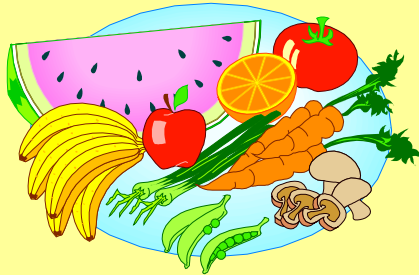
No alcohol!



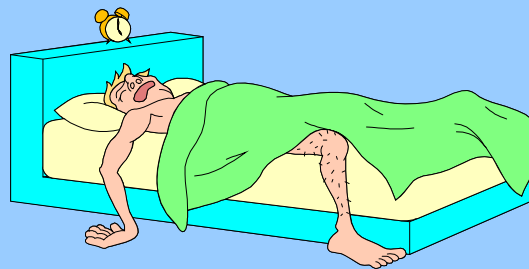
No drugs
(including tobacco!)



Drink lots of water



Eat lots of fruits &
vegetables



Get plenty of rest



Get support

WHAT'S YOUR STATUS?

There's only one way to find out...

GET TESTED!!

This informative Power Point presentation is brought to you as an educational service by the Nevada State Health Division Hepatitis Program in part by a grant from the Centers for Disease Control and Prevention (Grant PS08180102)

and in collaboration with



Nevada State Health Division:

http://health.nv.gov/CD_HPCP.htm

Southern Nevada Health District:

http://www.southernnevadahealthdistrict.org/locations_maps.htm

Washoe County Health District:

<http://www.co.washoe.nv.us/health/contact.html>

Frontier and Rural Health Services (FaR):

<http://health.nv.gov/BFHS.htm>