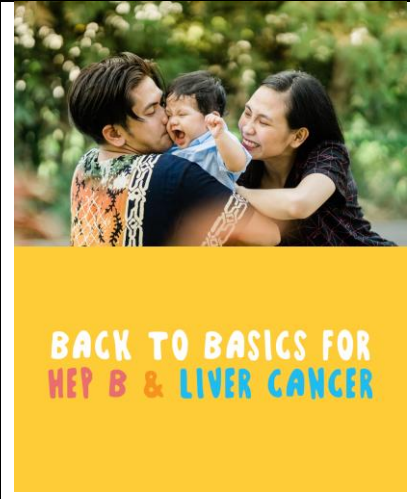


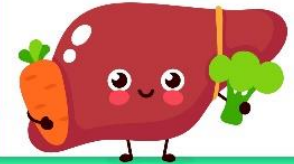
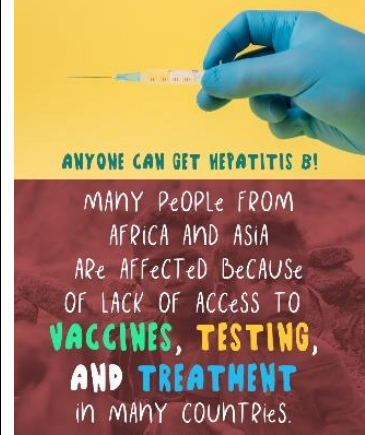



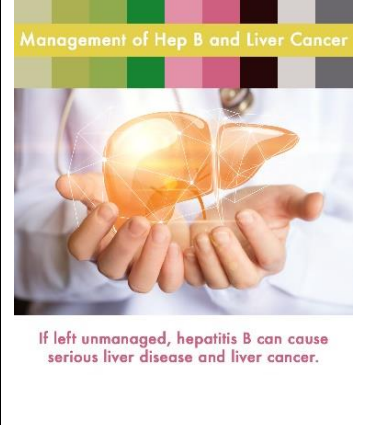
- Back to Basics
- Management
- Prevention
- Symptoms
- Testing
- Transmission

BACK TO BASICS

 <p>BACK TO BASICS FOR HEP B & LIVER CANCER</p>	 <p>LEARN ALL THE BASICS OF HEP B AT WWW.HEPB.ORG</p>	<p>Back to Basics #1 & #2</p> <p>Hepatitis B is the most common serious liver infection. This virus injures and attacks the liver. About 300 million people around the world are living with #hepatitis B. The good news is that hep B is completely preventable and manageable!</p> <p>Learn more about #hepB here: www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p>
<p>LIVER CANCER IS NOT ONLY CAUSED BY HEAVY DRINKING</p> 	<p>Back to Basics #3</p> <p>Hepatitis B is the most common cause of liver cancer – over half of all liver cancer cases are caused by the hepatitis B virus. While drinking alcohol can cause damage to the liver, many people who are impacted by liver cancer do not drink. About 300 million people around the world are living with #hepatitis B, but the good news is that by managing and preventing hepatitis B, liver cancer can often be prevented or treated as well!</p> <p>Learn more about #livercancer risk factors here: https://www.hepb.org/research-and-programs/liver/risk-factors-for-liver-cancer/chronic-viral-hepatitis/</p>	
<p>YOUR LIVER IS VERY IMPORTANT TO YOUR HEALTH</p>  <p>eVeRYTHING THAT YOU eAT, DRINK, BReAThe, OR ABSORB THROUGH YOUR SKIN GOeS THROUGH YOUR LiVeR!</p>	<p>Back to Basics #4</p> <p>Keep in mind everything you eat, drink, breathe, or absorb through your skin is eventually filtered by your liver. So, protect your liver and your health by eating plenty of fruits and veggies!</p> <p>Learn more healthy liver tips here: https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/healthy-liver-tips/</p>	

	<p>Back to Basics #5</p> <p>Hepatitis B is preventable and treatable. There is a simple blood test to diagnose a hepatitis B infection. Testing is the only way to know for sure if you are living with hepatitis B. There is also a safe vaccine to prevent hepatitis B.</p> <p>Learn more: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p> <p>#GetTested4HepB</p>
	<p>Back to Basics #6</p> <p>Hepatitis B is the most common serious liver infection in the world. It is caused by the hepatitis B virus that attacks and injures the liver. Two billion people (or 1 in 3) have been infected and about 300 million people are living with a chronic hepatitis B infection. Each year up to 1 million people die from hepatitis B even though it is preventable and treatable.</p> <p>Learn more: www.hepb.org</p> <p>#HepatitisB</p>

MANAGEMENT

	<p>Management #1</p> <p>Hepatitis B is a “silent epidemic” because most people do not have symptoms when they are newly diagnosed or living with the virus. Thus, they can unknowingly spread the virus to others and continue the silent spread of hepatitis B. For people who are chronically infected but don’t have any symptoms, their liver is still being silently damaged which can develop into serious liver disease such as cirrhosis or liver cancer, if the virus is unmanaged.</p> <p>Learn more: www.hepb.org</p> <p>#LiverDisease</p>
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Ask your doctor about
hep B management and
liver cancer testing today!

Management Includes:

- Seeing a knowledgeable doctor 1-2 times per year to check your liver health.
- Taking treatment if recommended.
- Leading a healthy lifestyle, including a healthy diet & exercise.
- Avoiding alcohol and cigarettes.

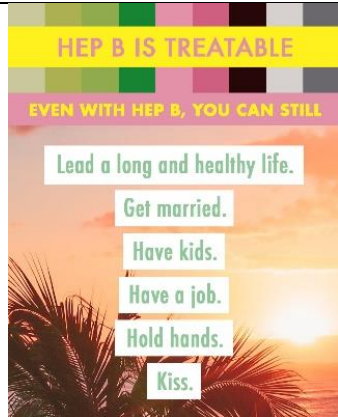
Managing hep B significantly reduces the risk of liver cancer.

Management #2 & #3

People living with chronic #hepatitisB should expect to live a long and healthy life. There are decisions you can make to protect your liver and your health.

If you tested positive for #hepatitisB, the first step to managing your health is to visit your doctor. Learn how to prepare for your appointment here:

<https://www.hepb.org/research-and-programs/liver/talking-to-your-health-care-team/>



Management #4

The most important thing to remember is that hepatitis B is a chronic medical condition that can be successfully managed if you take good care of your health and your liver. You should expect to live a long, full life!

Learn about treatment options for #hepB on our website:

<https://www.hepb.org/treatment-and-management/treatment/>

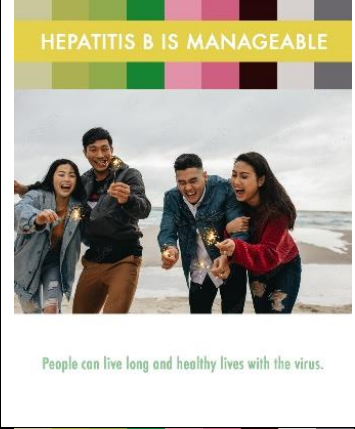
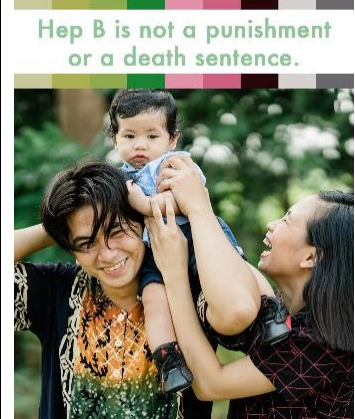


Management #5

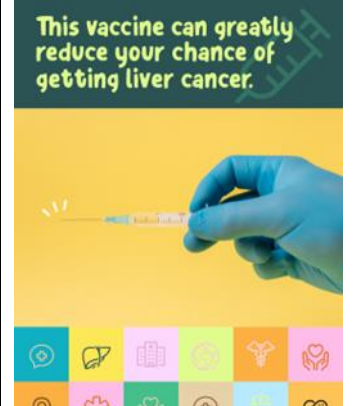
Fact Check: Herbal remedies do not cure #hepatitisB. Although there is no cure, there are approved drugs for both adults and children that control the hepatitis B virus, which helps reduce the risk of developing more serious liver disease.



Learn about treatment options: <https://www.hepb.org/treatment-and-management/treatment/>

There is no cure for hepatitis B at this time.
There are good tested and proven treatments that can help manage it and keep people healthy.

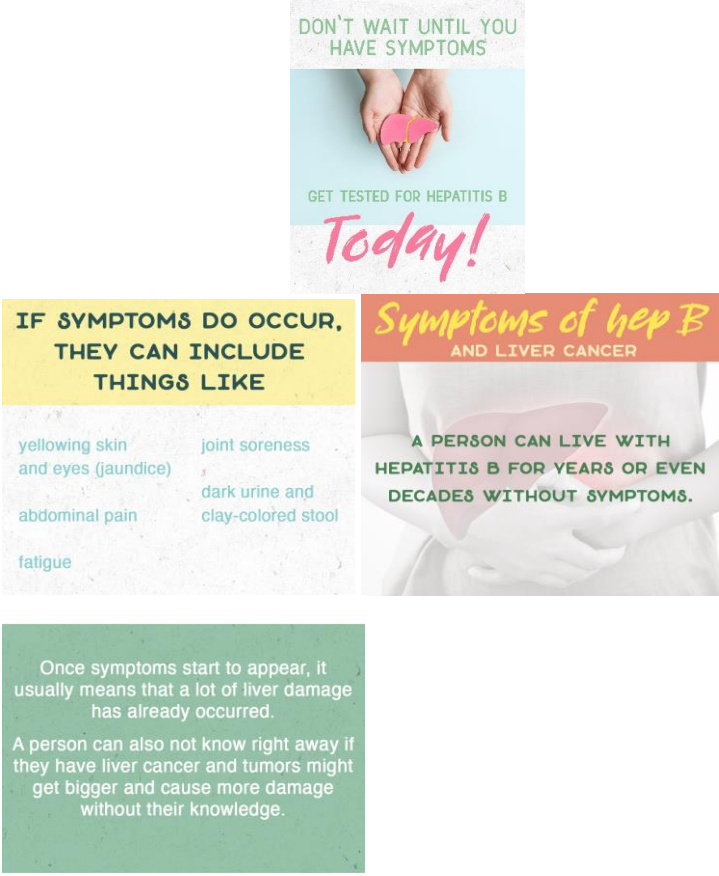
	<p>Management #6</p> <p>If you tested positive for #hepatitisB, the first step to managing your health is to visit your doctor. During a physical exam, your health care provider will ask about your symptoms and any risk factors that you may have for liver cancer. [exclude for Twitter: They will also check your belly or abdomen and your skin and eyes to look for signs of jaundice.]</p> <p>Learn how to prepare for your appointment here: https://www.hepb.org/research-and-programs/liver/talking-to-your-health-care-team/</p>
	<p>Management #7</p> <p>Hep B is not a punishment or a death sentence! You can still live a long and happy life with the virus, and can still get married, have children, and get a job. It does not need to have a large impact on your quality of life.</p> <p>For more info about living with hepatitis B, visit https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/</p>

PREVENTION


	<p>Prevention #1</p> <p>The hepatitis B vaccine is also known as the first “anti-cancer” vaccine because it prevents hepatitis B, the leading cause of liver cancer worldwide.</p> <p>Learn about #hepB vaccine recommendations here: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> <p>#GetVaxed4HepB</p>
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	<p>DID YOU KNOW? There is a vaccine that protects against hepatitis B.</p> 	<p>Prevention #2 & #3</p> <p>It takes only a few shots to protect yourself and your loved ones against #hepatitis B for a lifetime.</p> <p>The hepatitis B vaccine is a safe and effective vaccine that is recommended for all infants at birth, for children up to 18 years, for all adults ages 19-59, and for adults age 60+ at high risk for hepatitis B. #GetVaxed4HepB</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p>
<p>If a loved one is living with hepatitis B and you have been vaccinated, wait at least three weeks before getting tested yourself, to make sure that your body has developed antibodies and you are fully protected.</p> <p>If you responded to the vaccine, you should not need a booster shot, but if you would like to get one, it won't hurt you - it is up to you!</p>	<p>Prevention #4</p> <p>If an uninfected, unvaccinated person - or anyone who does not know their hepatitis B status - is exposed to the hepatitis B virus through contact with infected blood, a timely "postexposure prophylaxis" (PEP) can prevent an infection and subsequent development of a chronic infection or liver disease. This means a person should seek IMMEDIATE medical attention to start the hepatitis B vaccine series.</p> <p>Learn about post-exposure to hepatitis B here: https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/</p> <p>#GetVaxed4HepB</p>	

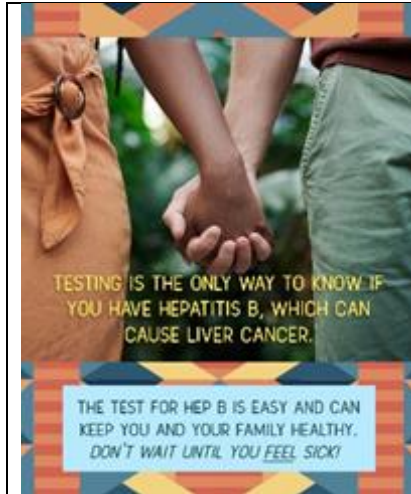
SYMPTOMS

 <p>DON'T WAIT UNTIL YOU HAVE SYMPTOMS</p> <p>GET TESTED FOR HEPATITIS B <i>Today!</i></p> <p>IF SYMPTOMS DO OCCUR, THEY CAN INCLUDE THINGS LIKE</p> <ul style="list-style-type: none"> yellowing skin and eyes (jaundice) joint soreness abdominal pain dark urine and clay-colored stool fatigue <p>Symptoms of hep B AND LIVER CANCER</p> <p>A PERSON CAN LIVE WITH HEPATITIS B FOR YEARS OR EVEN DECADES WITHOUT SYMPTOMS.</p> <p>Once symptoms start to appear, it usually means that a lot of liver damage has already occurred.</p> <p>A person can also not know right away if they have liver cancer and tumors might get bigger and cause more damage without their knowledge.</p>	<p>Symptoms #1 / #2 / #3 /#4</p> <p>Hepatitis B is called a "silent infection" because most people do not have any symptoms when they are first diagnosed or while they are living with the virus. Testing is the only way to know for sure if you have hepatitis B.</p> <p>Learn more about common #hepB symptoms here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/symptoms/</p> <p>#hepBsymptoms</p>
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TESTING

 <p>GETTING TESTED FOR HEP B AND LIVER CANCER NOT ONLY BENEFITS YOU, BUT ALSO YOUR FAMILY AND ANY CHILDREN YOU HAVE IN THE FUTURE.</p>	<p>Testing #1</p> <p>Testing will not only benefit you but also your family and children you may have in the future. Get tested for #hepatitisB today!</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/diagnosis/</p> <p>#GetTested4HepB</p>
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<p>TESTS ARE AVAILABLE AT A DOCTOR'S OFFICE OR HEALTH CLINIC. YOU CAN GET VACCINES HERE TOO OR AT YOUR HEALTH DEPARTMENT OR PHARMACY.</p>  <p>GET TESTED FOR HEP B TODAY!</p>	<p>Testing #2</p> <p>Hepatitis B testing is available from many sources throughout the United States. Our Hep B United partners provide testing in cities throughout the U.S. Visit http://hepbunited.org/local-campaigns to learn more about local coalitions near you and upcoming screenings.</p> <p>#GetTested4HepB</p>
 <p>Early detection of both hepatitis B and liver cancer are very important. This can protect your liver and even save your life.</p>	<p>Testing #3</p> <p>Most people who are living with hepatitis B are unaware of their infection for many years and can unknowingly spread the virus to others. Don't wait to get tested! If you test negative for #hepB, you can get VACCINATED! #GetTested4HepB</p> <p>[optional link] Learn more about the #hepatitisB vaccine here: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p>
<p>The blood test is a very simple one that takes less than five minutes, and you should have the results within two days.</p>  <p>It can sometimes seem like doctors only have bad news, but they are here to help and to keep you healthy now for a brighter future for you and your family!</p>	<p>Testing #4</p> <p>The hepatitis B blood test requires only one sample of blood, and your health care provider should order the "Hepatitis B Panel," which includes three parts. The most important thing to remember is that hepatitis B is a chronic medical condition that can be successfully managed if you take good care of your health and your liver. You should expect to live a long, full life!</p> <p>#GetTested4HepB</p>

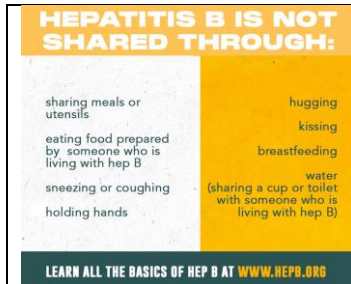


Testing #5

Almost 300 million individuals across the globe are living with chronic hepatitis B. Hepatitis B is a virus that affects your liver. If left unmanaged, it can damage your liver and could lead to liver cancer. Don't wait to get tested for #hepB.

#GetTested4HepB

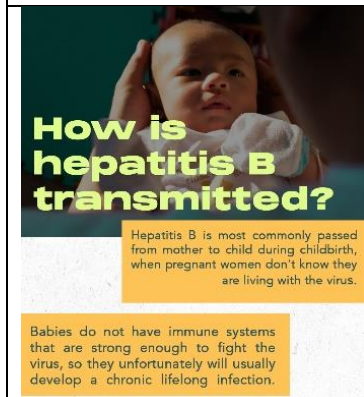
TRANSMISSION



Transmission #1


Hepatitis B is NOT transmitted casually. It cannot be spread through toilet seats, doorknobs, sneezing, coughing, hugging, or eating meals with someone who is living with hepatitis B.

Learn more: <https://www.hepb.org/prevention-and-diagnosis/transmission/>



Transmission #2

Babies born to a mother with hepatitis B have a greater than 90% chance of developing chronic hepatitis B if they are not properly treated at birth. If you are pregnant while living with #hepB, learn which steps to take on our website: <https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/>

<p>Hepatitis B is transmitted through direct contact with blood and bodily fluids that have the virus in them, but NOT through saliva, sweat or tears.</p>  <p>transmission can also occur through:</p> <table border="0"> <tr> <td>Sharing needles</td> <td>Any type of unprotected intimate contact</td> </tr> <tr> <td>Unsterile healthcare practices</td> <td>Tattoos, piercings, scarification, etc.</td> </tr> <tr> <td>Sharing household hygiene items such as razors, toothbrushes, etc.</td> <td>>>>>></td> </tr> </table> <p>transmission can also occur through:</p> <table border="0"> <tr> <td>Sharing needles</td> <td>Any type of unprotected intimate contact</td> </tr> <tr> <td>Unsterile healthcare practices</td> <td>Tattoos, piercings, scarification, etc.</td> </tr> <tr> <td>Sharing household hygiene items such as razors, toothbrushes, etc.</td> <td>>>>>></td> </tr> </table>	Sharing needles	Any type of unprotected intimate contact	Unsterile healthcare practices	Tattoos, piercings, scarification, etc.	Sharing household hygiene items such as razors, toothbrushes, etc.	>>>>>	Sharing needles	Any type of unprotected intimate contact	Unsterile healthcare practices	Tattoos, piercings, scarification, etc.	Sharing household hygiene items such as razors, toothbrushes, etc.	>>>>>	<p>Transmission #3 & #4</p> <p>The hepatitis B virus is transmitted through blood and bodily fluids. All sexual partners, family and close household members living with a person who has chronic hepatitis B should be tested and vaccinated for #hepB.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/transmission/</p>
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