


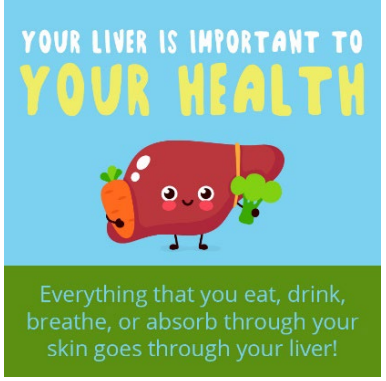






Liver Cancer Awareness Toolkit for Cantonese-Speaking Communities

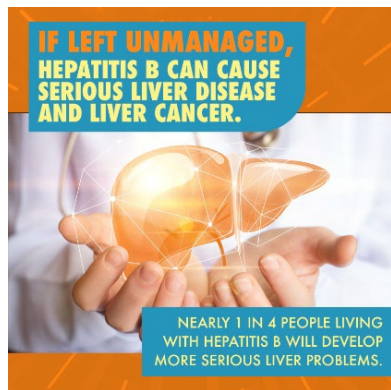
- Introduction – Hep B & Liver Cancer
- Management
- Prevention
- Symptoms
- Testing
- Transmission

INTRODUCTION

 <p>Hep B is one of the most common infections in the world (300 million people live with it worldwide). It affects your liver.</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 #hepatitisB. The good news is that hep B is completely preventable and manageable!</p> <p>Learn more about #hepB here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p>	 <p>Many people from Africa and Asia tend to be affected because of lack of access to the vaccines, testing, and treatment in many countries.</p> <p>It is important to remember that anyone can get hepatitis B and it is one of the most common infections in the world! It is not a punishment or a death sentence. If you are living with hepatitis B, you are still worthy of a long, happy, and healthy life! Find everything you would need to know about hepatitis B at www.hepb.org.</p>	 <p>Hepatitis B is a global public health threat and the world's most common serious liver infection. It is up to 100 times more infectious than the HIV/AIDS virus. It also is the primary cause of liver cancer, which is the second-leading cause of cancer deaths in the world.</p> <p>Take a look at some more #hepB facts and figures here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/facts-and-figures/</p>
 <p>Everything that you eat, drink, breathe, or absorb through your skin goes through your liver!</p> <p>Keep in mind everything you eat, drink, breathe, or absorb through the skin is eventually filtered by the liver. So, protect your liver and your health by eating plenty 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>The most common risk factor for liver cancer globally is chronic infection with the hepatitis B virus. Individuals chronically infected with #hepatitisB have a 25% to 40% lifetime risk of developing liver cancer. Early screening and detection saves lives, learn more: https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/</p>	 <p>What Is #HepatitisB? 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. Importantly, #HepB can be treated, prevented, and managed.</p> <p>Learn more on our website: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p>



MANAGEMENT



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.

Check out these healthy liver tips here: <https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/healthy-liver-tips/>

#HealthyLiver



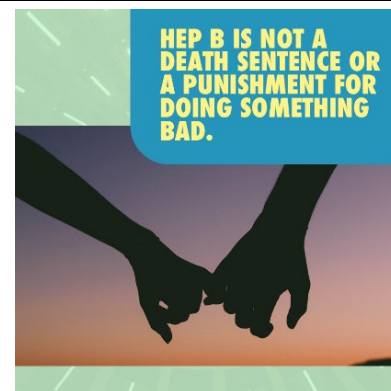
If you tested positive for #hepatitisB, the first step to managing your health is to visit your doctor. To prepare for your visit, take a look at the to-do-list on our website:

<https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/visiting-your-doctor/>



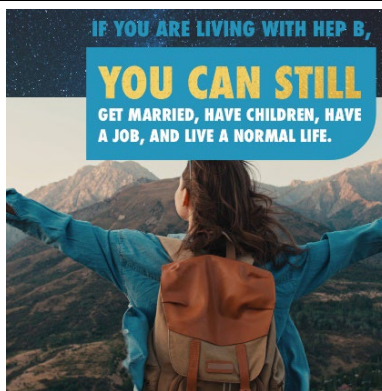
If you are living with #hepatitis B, you can be treated. Current treatments are generally found to be most effective in those who show signs of active liver disease. Talk to your health care provider to see if you are a candidate for an approved drug.

Learn about treatment options for #hepB on our website: <https://www.hepb.org/treatment-and-management/treatment/>



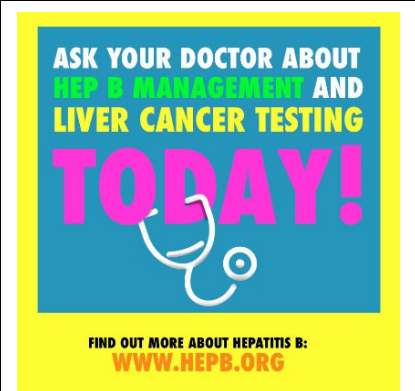
Around the world, many people with chronic hepatitis B face discrimination. The stigma that persists is based on ignorance and it impacts millions around the world daily.

If you are faced with discrimination due to hepatitis B, please share your experience anonymously and confidentially through our Discrimination Survey: <https://www.surveymonkey.com/r/hepbdiscrimination>



If you or someone you love has recently been diagnosed with hepatitis B, you are not alone. In fact, nearly 1 in 3 people worldwide will be infected with the hepatitis B virus in their lifetime. If you have questions or concerns, The Hepatitis B Foundation is here to help.

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



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 twitter: They will also check your belly or abdomen and your skin and eyes to look for signs of jaundice.]

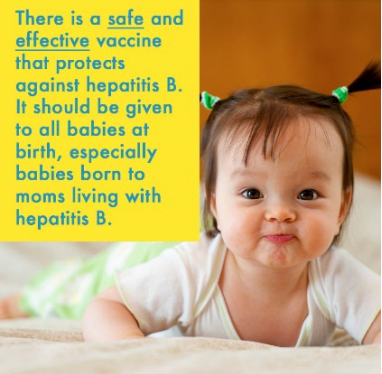


Learn how to prepare for your appointment here: <https://www.hepb.org/research-and-programs/liver/talking-to-your-health-care-team/>



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<p>CLAIMS THAT THERE ARE HERBAL REMEDIES THAT CAN "CURE" HEPATITIS B ARE FALSE. THESE CAN EVEN END UP DAMAGING YOUR LIVER.</p> <p>THERE IS NO CURE FOR HEPATITIS B AT THIS TIME, BUT THERE ARE GOOD TESTED AND PROVEN TREATMENTS THAT CAN HELP MANAGE IT AND KEEP PEOPLE HEALTHY.</p>		
<p>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 here: https://www.hepb.org/treatment-and-management/treatment/</p>		


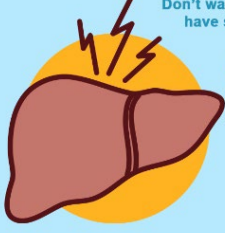
PREVENTION

 <p>There is a <u>safe and effective</u> vaccine that protects against hepatitis B. It should be given to all babies at birth, especially babies born to moms living with hepatitis B.</p>	 <p>This vaccine can also help to prevent liver cancer</p>	<p>The vaccine is given in two or three doses - each of these is an extra level of security for you and your loved ones!</p>  <p>The vaccine can help you to kill two birds with one stone - you can gain protection from hepatitis B and liver cancer at the same time!</p> <p>PROTECT YOURSELF AND YOUR LOVED ONES. GET VACCINATED FOR HEP B TODAY!</p>
<p>It takes only a few shots to protect yourself and your loved ones against #hepatitisB for a lifetime. The hepatitis B vaccine is a safe and effective vaccine that is recommended for all infants at birth and for children up to 18 years, and for all adults, ages 19-59, and adults age 60+ at high risk for hepatitis B.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> <p>#GetVaxed4HepB</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>	<p>The hepatitis B vaccine not only prevents #hepB, but also protects against liver cancer. The Centers for Disease Control and Prevention (CDC) universally recommends the #hepatitisB vaccine for all adults up to age 59 and for adults 60 and over at high-risk for hepatitis B in the United States. Take a look at vaccine schedules here: https://www.hepb.org/prevention-and-diagnosis/vaccination/guidelines-2/</p> <p>#GetVaxed4HepB</p>





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SYMPTOMS

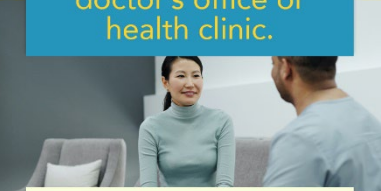


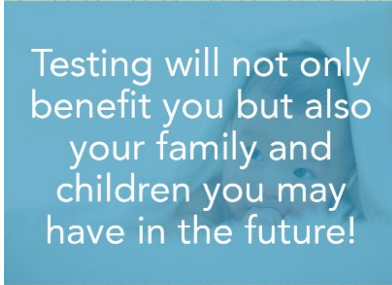
<p>A person can live with hepatitis B for years or even decades without symptoms.</p> <p>Once symptoms start to appear, it usually means that a lot of liver damage has already occurred.</p>  <p>A person may not know right away if they have liver cancer. Tumors might get bigger and cause more damage without their knowledge.</p> <p>Hepatitis B is a "silent epidemic" because most people do not have symptoms when they are newly infected or living with the virus. Thus, they can unknowingly spread the virus to others and continue the silent spread of hepatitis B. Testing is the only way to know for sure if you have the virus. #GetTested4HepB</p>	<p>If symptoms do occur...</p> <p>they can include things like yellowing skin and eyes (jaundice), abdominal pain, fatigue, and joint soreness, along with dark urine and clay-colored stool.</p> <p>Don't wait until you have symptoms.</p>  <p>Get tested for hepatitis B today!</p> <p>Hepatitis B is called a "silent infection" because most people do not have any symptoms when they are first infected. Testing is the only way to know for sure if you are living with the virus. Learn more about common #hepB symptoms here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/symptoms/</p>	
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TESTING

<p>TESTING FOR HEP B & LIVER CANCER</p>  <p>Early detection of both hepatitis B and liver cancer are very important - this can protect your liver and save your life.</p> <p>Since liver cancer usually develops without symptoms, patients with chronic hepatitis B or C infections should be screened for liver cancer as part of their routine medical care. Learn more: https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/who-should-be-screened/</p>	<p>Testing is the only way to know if you have hepatitis B, which can cause liver cancer.</p> <p>The test for hep B is a simple blood test and results are usually available within 24-48 hours.</p> <p>The test can keep you and your family healthy.</p> <p>Don't wait until you <i>feel</i> sick!</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. #GetTested4HepB</p>	<p>LOVE YOURSELF AND LOVE OTHERS GET TESTED TODAY!</p>  <p>Hepatitis B is diagnosed with a simple blood test that can be done at your doctor's office or local health clinic. The U.S. Centers for Disease Control and Prevention offers a list of testing centers, https://gettested.cdc.gov/</p> <p>#GetTested4HepB</p>
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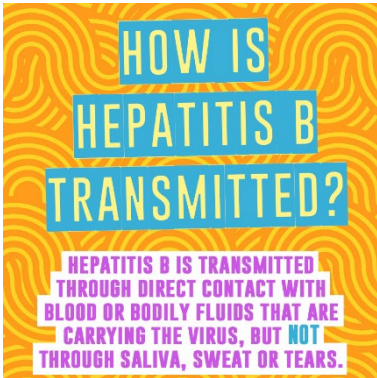


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<p>Tests are available at a doctor's office or health clinic.</p>  <p>You can get vaccines here too or at your health department or pharmacy.</p> <p>There is a simple hepatitis B blood test that your doctor or health clinic can order called the "Hepatitis B Panel". Visit our website to browse commonly asked questions about #HepatitisB testing: https://www.hepb.org/prevention-and-diagnosis/diagnosis/commonly-asked-questions/</p>	<p>Find a testing location at https://gettested.cdc.gov/</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! Learn more: https://www.hepb.org/prevention-and-diagnosis/diagnosis/</p> <p>#GetTested4HepB</p>	<p>If you test positive, you can take action to help manage the virus!</p>  <p>If you test negative, there is a safe and effective vaccine you can get that can protect you for life!</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!</p> <p>[optional link] Learn more about the #hepatitisB vaccine here: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> <p>#GetTested4HepB</p>
<p>Testing will not only benefit you but also your family and children you may have in the future!</p>  <p>It is very important that people know their hepatitis B status in order to prevent passing the virus on to others. During pregnancy, if your doctor is aware that you have hepatitis B, he or she can ensure #hepB transmission to your baby is prevented by taking the right steps. Learn more: https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/</p> <p>#GetTested4HepB</p>		



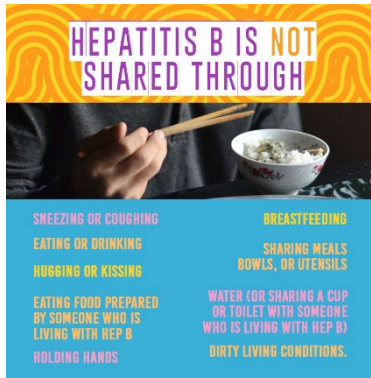
TRANSMISSION



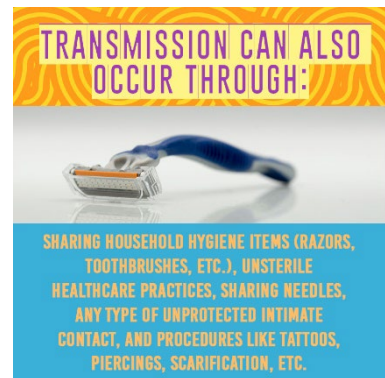
The hepatitis B virus is transmitted through blood and bodily fluids. If you are unvaccinated or unsure of your hepatitis B status – and are exposed to the hepatitis B virus through direct contact with infected blood, a timely “postexposure prophylaxis” (PEP) can prevent an infection.

Learn more here:

<https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/>



Hepatitis B is NOT transmitted casually. It cannot be spread through toilet seats, doorknobs, sneezing, coughing, hugging, or eating meals with someone who is infected with hepatitis B. Learn more: <https://www.hepb.org/prevention-and-diagnosis/transmission/>



The hepatitis B virus is transmitted through blood and bodily fluids. All sexual partners, family and close household members living with a chronically infected person should be tested and vaccinated for #hepB.

Learn more:

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

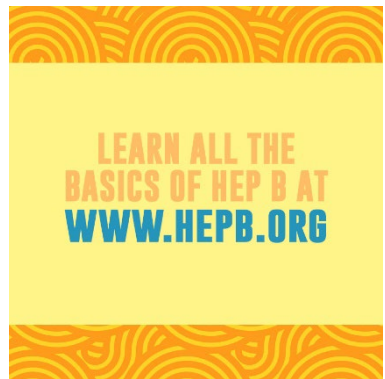


If you test positive for the hepatitis B virus for longer than 6 months, this indicates that you have a chronic hepatitis B infection. You should make an appointment with your doctor to monitor your condition. Learn more about next steps on our website:

<https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/>



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/>



What is hepatitis B?

Hepatitis B is the most common serious liver infection in the world. It is caused by the #hepatitisB virus that attacks and injures the liver. Importantly, #hepB is preventable, treatable and manageable.

Learn more: <https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/>