



Liver Cancer Awareness Toolkit for Vietnamese Communities

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

BACK TO BASICS

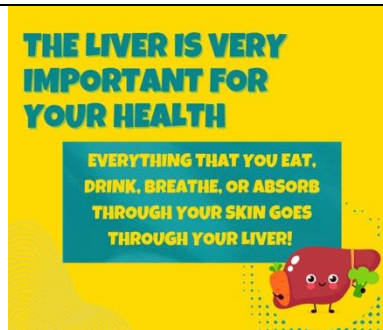


300 million people worldwide are living with #hepatitisB and it is the most common serious liver infection. However, it is preventable.

To learn about prevention tips, click here:

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

#LiverCancer #LearntheLink

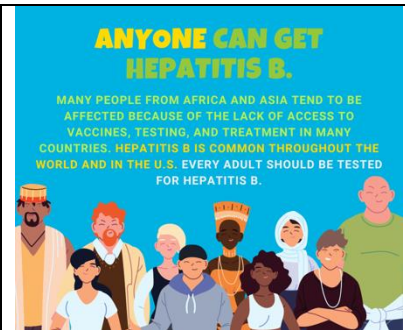


Keep in mind everything you eat, drink, breathe or absorb through your skin is eventually filtered by the liver. So, protect your liver and your health by eating plenty of fruits and veggies!

Learn more healthy liver tips here:

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

#LiverCancer #LearntheLink #hepB #HBV

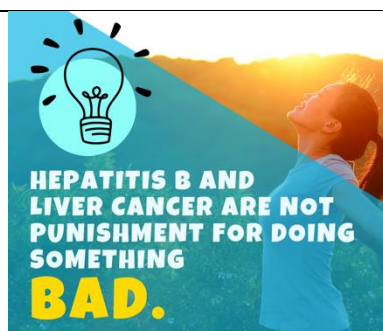


Hepatitis B is a global public health threat and the world's most common serious liver infection. It is up to 100 times more infectious than the HIV/AIDS virus. It also is the primary cause of liver cancer, which is the second-leading cause of cancer deaths in the world.

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/>

#LiverCancer #hepatitisB #LearntheLink

DIFFERENCES BETWEEN HEPATITIS A, B, AND C		
HEPATITIS A	HEPATITIS B	HEPATITIS C
<ul style="list-style-type: none"> • Vaccine preventable • Acute (short term) • Very contagious • Spreads through close personal contact or eating contaminated food or drink • Symptoms can last from 2-8 months and include: <ul style="list-style-type: none"> ◦ Fatigue, nausea, stomach pain, and jaundice 	<ul style="list-style-type: none"> • Vaccine preventable • Can be chronic (lifelong) or acute (short term) • Spreads through contact with blood, semen, or body fluids from a person with the virus <ul style="list-style-type: none"> ◦ Can spread by: sexual contact, sharing needles, syringes, or from mother to baby at birth • People usually do not have symptoms but they can include: <ul style="list-style-type: none"> ◦ Fatigue, poor appetite, stomach pain, nausea, and jaundice 	<ul style="list-style-type: none"> • Not vaccine preventable • Can be chronic (lifelong) or acute (short term) • Is curable with oral medication • Spreads through contact with blood from a person with the virus <ul style="list-style-type: none"> ◦ By sharing needles, syringes or injection equipment • People usually do not have symptoms <ul style="list-style-type: none"> ◦ When they appear, it is a sign of advanced liver damage








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<p>Do you know the differences between hepatitis A, B and C? There are currently 5 viruses identified that specifically attack the liver and cause “viral hepatitis.” But only the hepatitis B and C viruses can result in a “chronic” (or lifelong) infection that increases the risk of a person developing cirrhosis, liver failure or liver cancer.</p> <p>Learn more: https://www.hepb.org/what-is-hepatitis-b/the-abcs-of-viral-hepatitis/</p> <p>#LiverCancer #hepatitisB #LearntheLink</p>	<p>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.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/</p> <p>#LiverCancer #hepatitisB #LearntheLink</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, and if left unmanaged can lead to more serious liver disease, including liver cancer. 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> <p>#LiverCancer #hepatitisB #LearntheLink</p>
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MANAGEMENT

 <p>If left unmanaged, hepatitis B can cause serious liver disease and liver cancer.</p> <p>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.</p> <p>Check out these healthy liver tips here: https://www.hepb.org/treatment-and-management/adults-</p>	 <p>TREATMENT IS RECOMMENDED FOR SOME PEOPLE LIVING WITH HEPATITIS B <small>THIS DEPENDS ON HOW MUCH OF THE VIRUS IS IN YOUR BLOOD</small></p> <p>YOUR DOCTOR IS THE BEST PERSON TO ASK ABOUT WHETHER TREATMENT IS RIGHT FOR YOU.</p> <p><small>You can find more info about all available hep B treatments at: https://www.hepb.org/treatment-and-management/treatment/</small></p> <p><small>Info about liver cancer treatment can be found at: https://www.hepb.org/research-and-programs/liver/treating-liver-cancer/treatment-options/</small></p> <p>If you or someone you love has recently been diagnosed with #hepatitisB, 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.</p> <p>Learn more:</p>	 <p>ASK YOUR DOCTOR ABOUT HEP B MANAGEMENT AND LIVER CANCER TESTING TODAY!</p> <p>Find out more about hepatitis B: www.hepb.org</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</p>
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<p>with-hepatitis-b/healthy-liver-tips/</p> <p>#HealthyLiver #hepB #ManagementTips</p>	<p>https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/</p> <p>#HealthyLiver #hepB #ManagementTips</p>	<p>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>#HealthyLiver #hepB #ManagementTips</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 and help reduce the risk of developing more serious liver disease.</p> <p>Learn about treatment options here: https://www.hepb.org/research-and-programs/liver/talking-to-your-health-care-team/</p> <p>#HealthyLiver #hepB #ManagementTips</p>	<p>Around the world, many people with chronic #hepatitisB face discrimination.</p> <p>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</p> <p>#HealthyLiver #hepB #ManagementTips</p>	<p>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/</p> <p>#HealthyLiver #hepB #ManagementTips</p>

PREVENTION



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There is a vaccine that protects against hepatitis B. It should be given to all babies at birth, especially babies born to moms living with hepatitis B.

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, for children up to 18 years, for all adults ages 19-59, and for adults age 60+ at high risk for hepatitis B.

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

#GetVaxed4HepB



People who find out they have hepatitis B can also keep their families healthy by encouraging them to get tested for and vaccinated against hepatitis B

The best way to ensure that your family and loved ones are protected against hepatitis B is to encourage them to get tested and vaccinated against #hepB.

Learn more about the safe and effective hepatitis B vaccination here:

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

#GetVaxed4HepB



If you test negative for hepatitis B and are found to not be protected, it is recommended that you receive the vaccine to make sure you are protected.
After you receive the vaccine, it is a good idea to get tested again to make sure you are immune 1-2 months later.
If you are immune then (and 90% of people are) you don't have to worry about getting screened again!

Every person may be at some risk for a hepatitis B infection during their lifetime, so all people should consider getting the hepatitis B vaccine. After just a few shots, you and your loved ones are protected from the virus for a lifetime!

Learn more about #hepB vaccine recommendations here:

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

#GetVaxed4HepB



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.


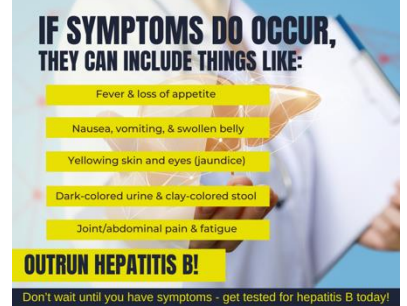
Learn about #hepB vaccine recommendations here:



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https://www.hepb.org/prevention-and-diagnosis/vaccination/		
#GetVaxed4HepB		

SYMPTOMS

 <p>Symptoms of Hepatitis B</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>If left unmanaged, hepatitis B can cause serious liver disease and liver cancer.</p>	 <p>IF SYMPTOMS DO OCCUR, THEY CAN INCLUDE THINGS LIKE:</p> <ul style="list-style-type: none"> Fever & loss of appetite Nausea, vomiting, & swollen belly Yellowing skin and eyes (jaundice) Dark-colored urine & clay-colored stool Joint/abdominal pain & fatigue <p>OUTRUN HEPATITIS B!</p> <p>Don't wait until you have symptoms - get tested for hepatitis B today!</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.</p> <p>Testing is the only way to know for sure if you have the virus.</p> <p>#GetTested4HepB</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.</p> <p>Learn more about common #hepB symptoms here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/symptoms/</p> <p>#GetTested4HepB</p>	

TESTING



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Early detection of both hepatitis B and liver cancer is very important.

THIS CAN PROTECT YOUR LIVER AND EVEN SAVE YOUR LIFE.

People living with chronic hepatitis B infections should be regularly screened for liver cancer to allow for early detection.

Discover more about the significance of screening here: <https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/>

#hepatitisB #HealthyLiver #GetTested4HepB

TESTING IS THE ONLY WAY TO KNOW IF YOU HAVE HEPATITIS B, WHICH CAN CAUSE LIVER CANCER.

The test for hep B is simple and easy and can keep you and your family healthy.

It takes less than five minutes and you should have the results in 2-3 days.

Don't wait until you feel sick to get tested!

Hepatitis B testing is available from many sources throughout the United States. Our Hep B United [@hepbunited] partners provide testing in cities throughout the U.S.

Visit <https://hepbunited.org/localcampaigns> to learn more about local coalitions near you and upcoming screenings.

#GetTested4HepB

#hepatitisB #HealthyLiver #GetTested4HepB

TESTING OFFERS THE CHANCE TO BE AROUND LONGER FOR YOUR FAMILY AND COMMUNITY MEMBERS WHO LOVE YOU, AND FOR FUTURE GENERATIONS.

HELPING YOURSELF IS HELPING OTHERS. THE TEST ISN'T JUST FOR YOU!

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/>

#GetTested4HepB

TESTS ARE AVAILABLE AT A DOCTOR'S OFFICE OR HEALTH CLINIC.

You can get vaccines here too or at your health department or pharmacy.

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:

Interpreting Hepatitis B Blood Test Results

HBsAg - HBsAb - HBcAb Not Immune - Not Protected	Has not been infected, but still at risk for possible hep B infection.	Vaccine is needed.
HBsAg - HBsAb - HBcAb *Immune Controlled - Protected	Surface antibodies present due to natural infection. Has recovered from a prior hep B infection. Cannot infect others.	No vaccine is needed.
HBsAg - HBsAb - HBcAb Immune - Protected	Has been vaccinated. Does not have the virus and has never been infected.	No vaccine is needed.
HBsAg - HBsAb - HBcAb Infected	Positive HBsAg indicates hep B virus is present. Virus can spread to others. Find a doctor who is knowledgeable about hep B for further evaluation.	More Testing Needed.
HBsAg - HBsAb - HBcAb *Could be Infected	Results unclear - possible past or current hep B infection. Find a doctor who is knowledgeable about hep B for further evaluation.	More Testing Needed.

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. You and your health care provider will need to know all three test results in order to fully

YOU ARE IN CONTROL! GET TESTED FOR HEP B TODAY!

FINDING A TESTING LOCATION AT

[HTTPS://GETTESTED.CDC.GOV](https://gettested.cdc.gov)

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 [@CDC] offers a list of testing centers: <https://gettested.cdc.gov/>



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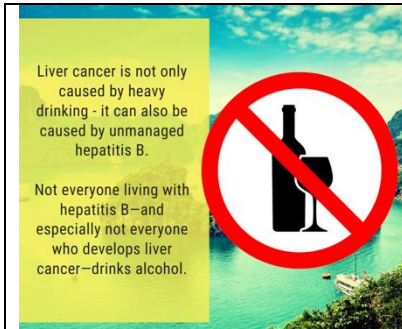
<p>https://www.hepb.org/prevention-and-diagnosis/diagnosis/</p> <p>#hepatitisB #GetTested4HepB</p>	<p>understand whether you are infected, protected or still at risk for a hepatitis B infection.</p> <p>Read more about interpreting the hepatitis B blood test results here: https://www.hepb.org/prevention-and-diagnosis/diagnosis/understanding-your-test-results/</p>	<p>#hepatitisB #GetTested4HepB</p>
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TRANSMISSION

 <p>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.</p> <p>Learn more here: https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/</p> <p>#hepatitisB #HBV</p>	 <p>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.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/transmission/</p> <p>#hepatitisB #HBV</p>	 <p>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.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/transmission/</p> <p>#hepatitisB #HBV</p>
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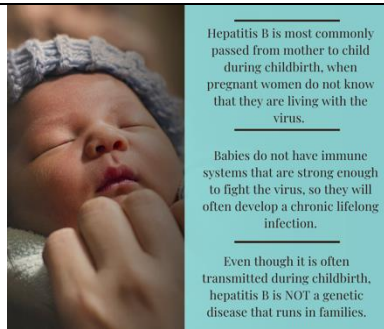
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Hepatitis B is the most common risk factor for liver cancer globally. Early-stage liver cancer often does not cause symptoms, which is why regular screening is so important for early detection.

Learn more here:
<https://www.hepb.org/research-and-programs/liver/symptoms-of-liver-cancer/>

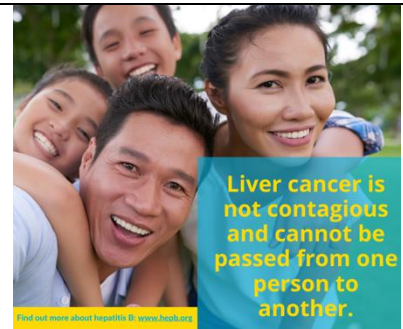
#hepatitisB #HBV



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/>

#hepatitisB #HBV



Unlike hepatitis B, liver cancer is not contagious, meaning liver cancer cannot spread from one person to another. However, those with hepatitis B should be regularly screened for liver cancer.

Read more about screening for liver cancer here:
<https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/who-should-be-screened/>



All sexual partners, family and close household members living with a person chronically infected with hepatitis B should be tested and vaccinated. It is important to remember that hepatitis B is not spread casually! It is not spread by coughing, sneezing, hugging, cooking and sharing food. It is



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<p>spread through direct contact with infected blood and bodily fluids.</p> <p>Learn more about prevention here: https://www.hepb.org/prevention-and-diagnosis/prevention-tips/</p> <p>#hepatitisB</p>		
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