




Liver Cancer Awareness Toolkit for Senior Haitian Communities

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


*All graphics per section can go into one post or can be posted individually

BACK TO BASICS –

	<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> <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>#LiverCancer #LearntheLink #hepB #HBV</p>
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<p>IF LEFT UNMANAGED, HEP B CAN LEAD TO</p> <p>L, I, V, E, R, C, A, N, C, E, R,</p>	
 <p>LIVER CANCER IS NOT ONLY CAUSED BY HEAVY DRINKING</p>	






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 <p>ANYONE CAN GET HEPATITIS B!</p> <p>MANY ARE AFFECTED BECAUSE OF LACK OF ACCESS TO VACCINES, TESTING, AND TREATMENT IN MANY COUNTRIES.</p>  <p>LIVER CANCER IS THE FOURTH-LEADING CAUSE OF CANCER DEATH IN HAITI AND HEPATITIS B-RELATED DEATHS HAVE BEEN INCREASING SINCE 1990.</p>	
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<p>YOUR LIVER IS IMPORTANT TO YOUR HEALTH</p>  <p>eVeRYTHING THAT YOU eAT, DRINK, BReAThe, OR ABSORB THROUGH YOUR SKIN GOeS THROUGH YOUR LiVeR!</p>		
  <p>LeARN ALL The BASICS OF heP B AT WWW.HEPB.ORG</p>		

MANAGEMENT



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Management of Hep B and Liver Cancer



If left unmanaged, hepatitis B can cause serious liver disease and liver cancer.

HEPATITIS B IS MANAGEABLE



People can live long and healthy lives with the virus.

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.

If you or someone you love has 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.

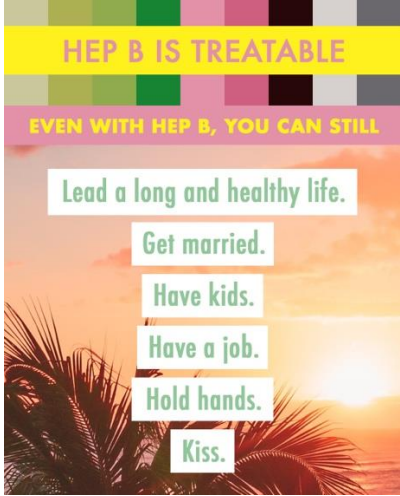
Learn more:

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

#HealthyLiver #hepB #ManagementTips



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 <p>HEP B IS TREATABLE</p> <p>EVEN WITH HEP B, YOU CAN STILL</p> <p>Lead a long and healthy life.</p> <p>Get married.</p> <p>Have kids.</p> <p>Have a job.</p> <p>Hold hands.</p> <p>Kiss.</p>  <p>Hep B is not a punishment or a death sentence.</p>  <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.</p> <p>There <i>are</i> good tested and proven treatments that can help manage it and keep people healthy.</p>	
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<p>Ask your doctor about hep B management and liver cancer testing today!</p>	

PREVENTION

	<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, for children up to 18 years, for all adults ages 19-59, and for adults ages 60+ at high risk for hepatitis B.</p> <p>Learn more: https://www.hepb.org/prevention-anddiagnosis/vaccination/</p> <p>#GetVaxed4HepB</p>
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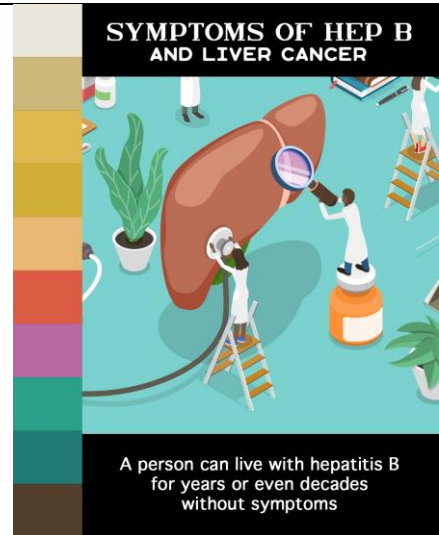
<p>DID YOU KNOW? There is a vaccine that protects against hepatitis B.</p>  <p>It should be given to all babies at birth, especially babies born to moms living with hepatitis B.</p>		
<p>The vaccine can also protect against liver cancer.</p> 		



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SYMPTOMS

	<p>Hepatitis B is a “silent epidemic” because most people do not have symptoms when they are newly infected or living with the virus. However, when symptoms do occur, it usually means there has been a lot of damage to the liver.</p> <p>Learn more about common #hepb symptoms here: https://www.hepb.org/what-is-hepatitisb/what-is-hepb/symptoms/</p> <p>#GetTested4HepB</p>
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ONCE SYMPTOMS START TO APPEAR, IT USUALLY MEANS THAT SIGNIFICANT LIVER DAMAGE HAS ALREADY OCCURRED.

A person can also not know right away if they have liver cancer which means tumors might get bigger and cause more damage without their knowledge.

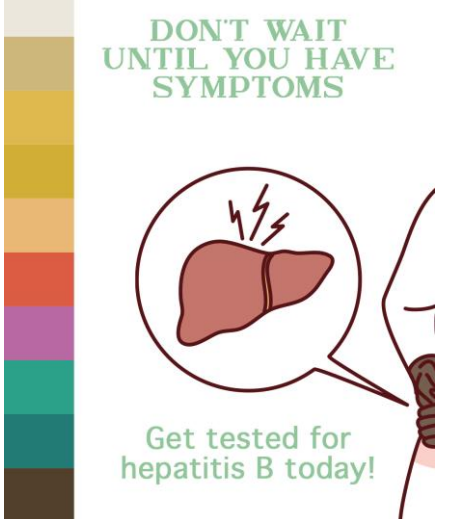


SYMPTOMS CAN INCLUDE

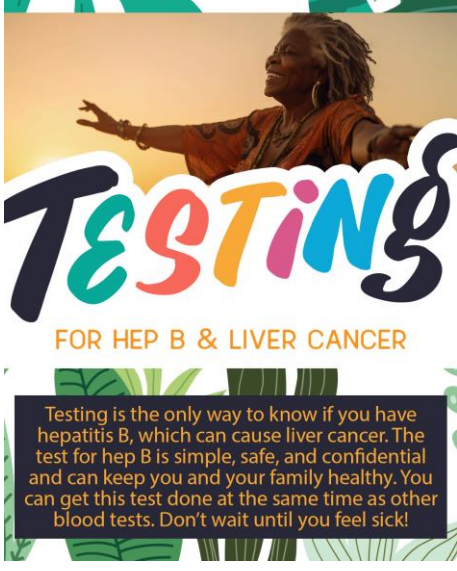
- Yellowing skin and eyes (jaundice)
- Abdominal pain
 - Fatigue
- Joint soreness
- Dark urine and clay-colored stool



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 <p>DON'T WAIT UNTIL YOU HAVE SYMPTOMS</p> <p>Get tested for hepatitis B today!</p>	
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TESTING

 <p>TESTING</p> <p>FOR HEP B & LIVER CANCER</p> <p>Testing is the only way to know if you have hepatitis B, which can cause liver cancer. The test for hep B is simple, safe, and confidential and can keep you and your family healthy. You can get this test done at the same time as other blood tests. Don't wait until you feel sick!</p>	<p>It is very important that people know their hepatitis B status in order to prevent passing the virus on to others. 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.</p> <p>Visit https://hepbunited.org/localcampaigns to learn more about local coalitions near you and upcoming screenings.</p> <p>#GetTested4HepB</p>
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 <p>TESTING IS THE ONLY WAY TO KNOW IF YOU HAVE HEPATITIS B, WHICH CAN CAUSE LIVER CANCER.</p> <p>TESTING AND VACCINATION FOR HEPATITIS B ARE BOTH ROUTINE PARTS OF HEALTHCARE.</p> <p>THE TEST FOR HEP B IS EASY AND CAN KEEP YOU AND YOUR FAMILY HEALTHY. <i>DON'T WAIT UNTIL YOU FEEL SICK!</i></p>  <p>IT MAY BE SCARY BUT LEARNING YOUR STATUS IS EMPOWERING</p> <p>YOU ARE IN CONTROL. YOU HAVE THE POWER TO ADDRESS AND <u>STAND UP</u> TO HEP B & LIVER CANCER!</p>	
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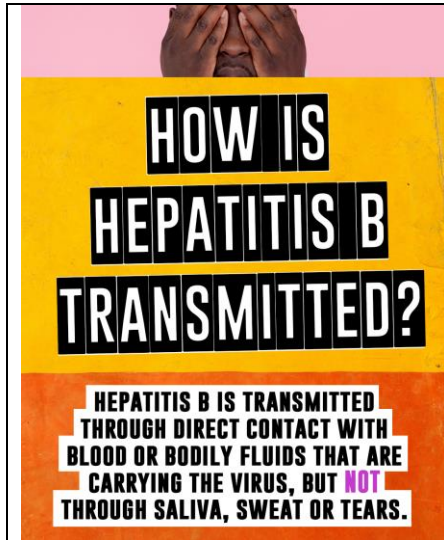
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 <p>GETTING TESTED FOR HEP B AND LIVER CANCER NOT ONLY BENEFITS YOU, BUT ALSO YOUR FAMILY AND UNBORN CHILDREN.</p>		
<p>TESTS ARE AVAILABLE AT A DOCTOR'S OFFICE OR HEALTH CLINIC. YOU CAN GET VACCINES HERE TOO OR AT YOUR HEALTH DEPARTMENT OR PHARMACY.</p> <p>GET TESTED TODAY!</p>		

TRANSMISSION



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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 about PEP here:

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

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

#hepatitisB



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<p>TRANSMISSION CAN ALSO BE UNRELATED TO SEXUAL ACTIVITY OR DRUG USE.</p> <p>HEPATITIS B IS MOST COMMONLY CONTRACTED FROM MOTHER TO CHILD DURING CHILDBIRTH WHEN PREGNANT WOMEN DON'T KNOW THEY ARE LIVING WITH THE VIRUS.</p>  <p>BABIES DO NOT HAVE IMMUNE SYSTEMS THAT ARE STRONG ENOUGH TO FIGHT THE VIRUS, SO THEY WILL FREQUENTLY DEVELOP A CHRONIC LIFELONG INFECTION.</p>		
<p>HEPATITIS B IS NOT SHARED THROUGH:</p> <ul style="list-style-type: none">SHARING MEALS OR UTENSILSEATING FOOD PREPARED BY SOMEONE WHO IS LIVING WITH HEP BSNEEZING OR COUGHINGHOLDING HANDSHUGGINGKISSINGBREASTFEEDINGWATER <p>SHARING A CUP OR TOILET WITH SOMEONE WHO IS LIVING WITH HEP B</p> <p>LEARN ALL THE BASICS OF HEP B AT WWW.HEPB.ORG</p> 		