

Hepatitis Health Education

Q1: What is hepatitis?

Hepatitis is an inflammatory response of the liver caused by viruses, drugs, chronic alcohol, liver cell degeneration, necrosis, white blood cell infiltration, etc. Viral hepatitis is the most common form of hepatitis. Hepatitis B virus causes inflammation of the liver cells, resulting in liver damage, while hepatitis C is a more difficult hepatitis to diagnose. If left untreated, the liver is prone to fibrosis and increases the risk of cirrhosis and liver cancer.

Symptom:

Most chronic hepatitis is asymptomatic. A small number of people may experience mild right upper abdominal pain, loss of appetite, general weakness, fatigue, nausea, vomiting, jaundice, and tea-colored urine. Chronic carriers are often asymptomatic or only experience easy fatigue and lethargy.

Q2: Why do you get hepatitis?

Hepatitis B and C are mainly infected by blood and body fluid.

Route of infection:

- Vertical infection: If the mother is a hepatitis B carrier, vertical infection between mother and child may occur when the fetus comes into contact with the mother's blood or secretions through the birth canal.
- Horizontal infection: Infection can be caused by contact with blood and body secretions carrying the hepatitis B virus through skin and mucosal wounds, such as needles, syringes, acupuncture, tattooing or eyebrow tattooing devices, or through blood transfusion, hemodialysis, unsafe sex, etc. Sharing personal items such as toothbrushes and razors can also lead to infection.
- Hepatitis A is primarily a fecal-oral infection. The hepatitis A virus is present in the stool of hepatitis A patients and is contaminated in food or water. When a person without resistance eats or drinks water or food contaminated with these viruses, he/she will be infected with hepatitis A.

Q3: How to control and prevent hepatitis?

1. Get enough rest, sleep well, avoid staying up late and overwork.
2. Pay attention to the cleanliness and segregation of utensils, use serving chopsticks or spoon.
3. Strictly prohibit smoking and drinking.
4. Don't transfer blood to others, do not share toothbrushes, razors, needles and other appliances with others.
5. Avoid multiple sexual partners, do safe sex behavior.

6. Take medication according to the doctor's instructions, do not self-medicate to avoid increasing the burden on the liver.
7. Get vaccinated for hepatitis B. Any questions related to hepatitis prevention and treatment, we recommend consulting the hepatobiliary and gastroenterology department.

Q4: Dietary Precautions?

1. Eat a fresh, light, natural, balanced and high-fiber diet.
2. Avoid eating stimulating foods, such as coffee and Coke
3. Avoid eating foods containing preservatives, such as sausages, bacon, canned food, etc.
4. Avoid raw, fried, pickled and smoked foods.

Q5: Regular health check-ups

- Hepatitis B carriers can evolve into chronic hepatitis, cirrhosis and even liver cancer, which can endanger health and life. Blood tests and abdominal ultrasound can be used to find out if you have liver disease, and you should go to the hospital every six months for regular checkups to prevent it.
- **The average recovery rate for hepatitis C can be as high as 80%** (treatment is currently covered by health insurance). In addition to active treatment, it is still important to maintain a regular routine, not to stay up late, and to avoid taking drugs from unknown sources or drinking and smoking to avoid increasing the burden on the liver.

