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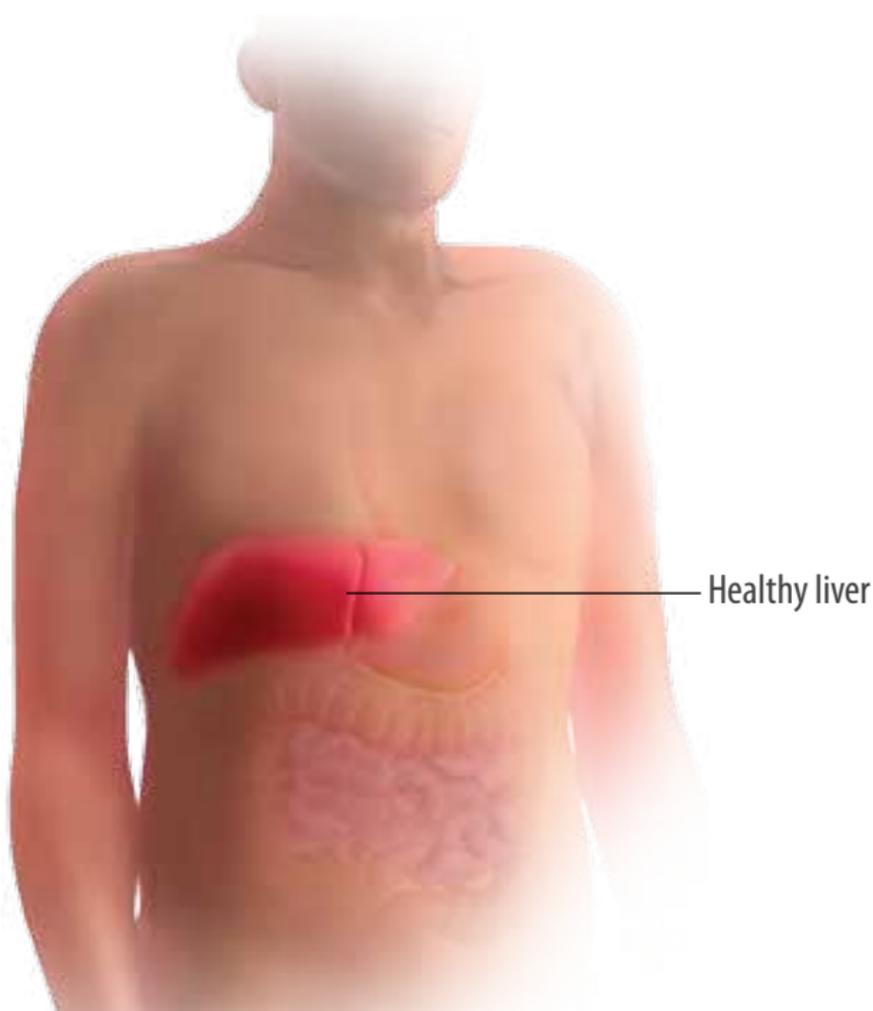
UNDERSTANDING
CHRONIC HEPATITIS B



Understanding Your Liver

The liver sits under the ribs on the right side of the body and weighs about 3 pounds. The liver is a key organ. It:

- Helps remove waste and harmful chemicals from your blood
- Helps fight infection
- Makes substances that help digest food
- Stores nutrients, vitamins, and hormones
- Stores sugar to be used as energy



Hepatitis B is a Common Liver Infection

- About 350 million people worldwide have chronic hepatitis B
- In the United States, approximately 2 million people have chronic hepatitis B
- Most people in the United States who have chronic hepatitis B were born in areas where the virus is common, such as:
 - Asia
 - Africa
 - Eastern Europe
 - Latin America
 - Caribbean
 - Middle East

Hepatitis B: countries or areas at risk



High
 Intermediate
 Low

Map adapted from the U.S. Centers for Disease Control and Prevention, 2008.

Understanding How Hepatitis B is Spread

The only way to get hepatitis B is to come in contact with an infected person's blood or body fluids, such as semen or vaginal fluid.

You **CAN** get hepatitis B by:

- Being born to a mother with hepatitis B
- Coming in contact with infected blood after an injury, bite, or scratch that breaks the skin
- Having sex with an infected person
- Getting a tattoo or body piercing with unsanitized tools that were used on an infected person

You **CANNOT** get hepatitis B by:

- Drinking water or eating food contaminated by the virus. However, another type of hepatitis, called hepatitis A, can be spread this way
- Touching or kissing an infected person
- Sharing eating utensils with an infected person

Who is at Risk?

risk

Talk to your doctor about getting tested for chronic hepatitis B if:

- You were born in any of the areas shown in medium or dark blue on the map on page 3
- You were born in the United States, were not vaccinated as an infant, and have parents who were born in any of the areas shown in medium or dark blue on the map on page 3
- You live with a person who has chronic hepatitis B
- You have sexual relations with a person who has chronic hepatitis B
- You have ever injected drugs
- You have multiple sexual partners

Understanding Chronic Hepatitis B

- Hepatitis B, which is caused by the hepatitis B virus, is the world's most common liver infection
- When a person is first infected with the virus, it is called an acute infection
- A person's body may fight off the infection
- However, if a person has had hepatitis B for more than 6 months, he or she has "chronic" hepatitis B

Acute hepatitis B infection

The body fights off the infection

Chronic hepatitis B

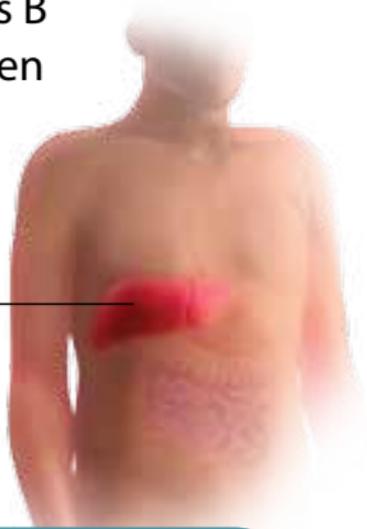
Hepatitis B is a serious illness. Talk to your doctor today about your risk for hepatitis B.



You May Not Feel Sick

People with chronic hepatitis B often have no symptoms. Even though they feel healthy, the virus may be slowly damaging their liver.

Healthy liver

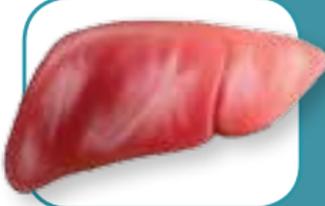


Liver damage from hepatitis B can include:



Inflammation

(redness and swelling of the liver)



Fibrosis (scarring of the liver)



Cirrhosis (severe scarring that may affect the way your liver functions)



Liver cancer

take action

Get Tested. Take Action.

Most people with chronic hepatitis B do not know they are infected. If you (or someone you know) are at risk, get tested.



A simple blood test can tell if you have chronic hepatitis B.

If...

Then...

You have received the vaccine and developed antibodies against the virus

You **ARE** protected against the virus

You have never been infected with hepatitis B

You **ARE NOT** protected against the virus

You were infected with hepatitis B but your body fought it off

You **ARE** protected against the virus

You were infected with hepatitis B but your body did not fight it off

You **HAVE** chronic hepatitis B

The hepatitis B vaccine is given in a 3-shot series:



You should...

Talk to your family and friends about getting screened



Get vaccinated



Talk to your family and friends about getting screened



Talk to your doctor about managing chronic hepatitis B



Treatment is Available for Chronic Hepatitis B

Your doctor will decide if and when you need to treat your chronic hepatitis B virus. Some patients do not need treatment right away.

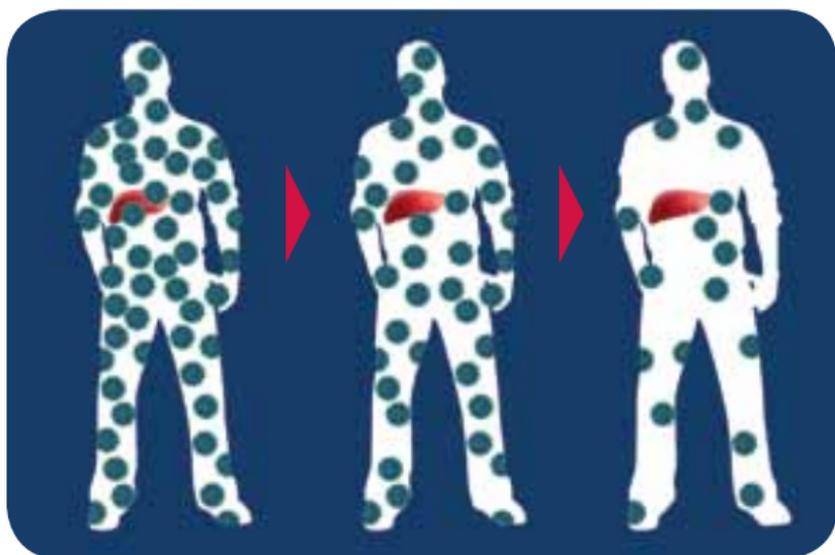
Diagnosed with chronic hepatitis B

Monitor the virus

Treat the virus

When your doctor does decide to treat your hepatitis, you may receive medicine called an antiviral. Antivirals are pills you take, usually once a day.

Antivirals may help to lower the amount of virus in your blood.



Tips for People with Chronic Hepatitis B

To keep myself and others healthy, I will:

- See my doctor regularly, every 3–6 months
- Avoid drinking alcohol
- Tell my doctor about all medicines, vitamins, and herbal supplements I am taking. Some of these may be harmful to my liver
- Encourage my family and sexual partners to get tested for the virus. If they do not have the virus, I will encourage them to get vaccinated
- Cover all open cuts or scratches
- Make sure I do not get infected blood on anything. If I do, I will clean it with bleach
- I **will not** share toothbrushes or razors
- I **will not** donate blood or sperm

Living with Chronic Hepatitis B

When they are diagnosed with chronic hepatitis B, many people may feel sad, angry, or scared. All of these emotions are normal. But there are steps you can take to accept your diagnosis.

- If you are having trouble dealing with your emotions, talk to your family, friends, or a trained counselor about how you feel
- Look for a support group, either in your area or online. Talking to others who have chronic hepatitis B can help you see that you are not alone



You don't have to face chronic hepatitis B alone. Your doctor, family, and friends are there to support you.

Talk with Your Family and Friends About Chronic Hepatitis B

Below are some tips to help you prepare to talk with your family and friends.

- ✓ Find a time and place where you and the other person will not be distracted
- ✓ Do research. Understand the virus, how it is treated, and what having it means to you
- ✓ Practice what you'll say. Try something like: "I have chronic hepatitis B. It is a common virus. My doctor said my loved ones should get tested to see if they have the virus."
- ✓ Be prepared to answer the other person's questions

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B SMART

- **Get tested.** A simple blood test will tell you if you have chronic hepatitis B
- **Get vaccinated** if the test shows you do not have the virus
- **Talk with your doctor about managing chronic hepatitis B** if you do have the virus

Chronic hepatitis B might not show any symptoms. You may be sick and not know it, yet the virus may be damaging your liver.

To learn more about chronic hepatitis B, visit: <http://www.HepBSmart.com>



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