Most people with hepatitis do not have any symptoms. But some people notice they:

- have no energy
- don't want to exercise
- don't want to eat
- have trouble concentrating.

Here are some simple things that can help if you have symptoms:

- Do some gentle exercise every day
- Plan ahead do more when you have more energy
- · Eat smaller meals
- Rest when you feel very tired instead of trying to sleep
- Have a warm bath or read before you go to sleep
- Don't exercise or drink coffee or tea before bed
- Don't nap during the day.



Follow us on WeChat by scanning the below QR code.





# The Hepatitis Foundation of New Zealand

Phone: 0800 33 20 10 PO Box 647, Whakatāne, New Zealand

www.hepatitisfoundation.org.nz

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Hepatitis

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# Looking after yourself with hepatitis

There are many ways to look after your liver



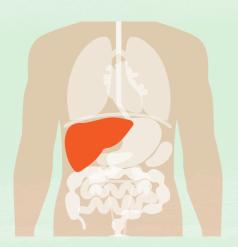
Know it. Test it. Treat it.

### LOOKING AFTER YOURSELF WITH HEPATITIS

Hepatitis is a virus in the blood that affects the liver.

It can make you very sick and it can give you liver cancer.

There are ways to look after your liver.



## HOW TO LOOK AFTER YOUR LIVER

### Cut back on alcohol

Heavy drinking is hard on your liver.

Drinking less alcohol is the most important change you can make.

### Cut back on cannabis

Heavy cannabis use can scar your liver.

### **Avoid fatty foods**

Fatty foods clog your liver and stop it working.







### **KEEP HEALTHY**

Here are some ways:

- keep your weight down
- eat less foods and drinks that have a lot of fat or sugar
- · eat more fruit and vegetables
- keep fit
- get checked for diabetes, and if you have it follow your doctor's advice.



### **HEPATITIS PROGRAMME**

The Hepatitis Foundation of New Zealand runs a longterm monitoring programme for people living with hepatitis B. We will organise your blood tests and help monitor your liver health.

If you live with hepatitis C your monitoring is now managed by your GP. However, if you need someone to talk to you can call our helpline on 0800 33 20 10.

You must have regular blood tests



Call the Hepatitis helpline on 0800 33 20 10 if you have any worries or questions.