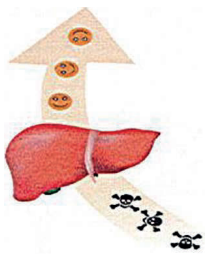


Why is your liver so important?



Filters waste products



Helps with blood clotting



Helps fight infection



- Stores sugar, iron and vitamins, giving your body energy



Aids digestion

The liver:

- Processes virtually everything you eat, drink, breathe in and rub onto your skin
- Can repair itself
- Is the largest organ in your body
- Has 500 different functions
- Weighs over 1kg

Prevalence

400 million people worldwide have chronic (lifelong) hepatitis B (CHB).



Of these, 1.2 million will die from serious liver disease.

In New Zealand about 100,000 people have chronic hepatitis B.



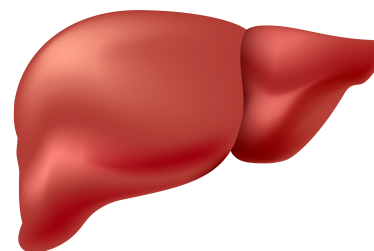
Of these, 15-20 percent will develop serious liver disease.

What is hepatitis B?



Hepatitis B is a virus that causes inflammation of the liver. It is spread through blood and infected bodily fluids

It enters the blood and infects the liver. It can lead to serious liver disease



How to look after your liver



Ensure you have regular blood tests



Avoid alcohol, or limit to one standard drink a day



Do not use cannabis. It is associated with more fibrosis (liver disease)

Reduce or stop cigarette and e-cigarette use



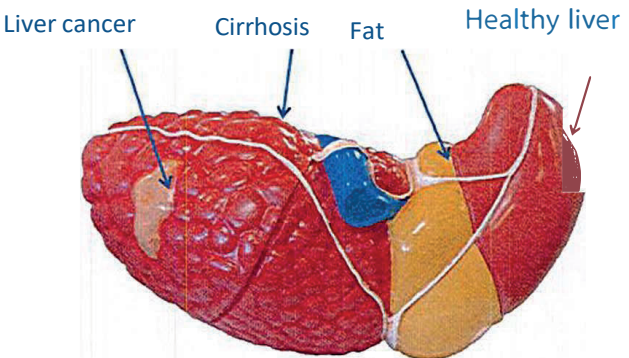
Discuss herbal/alternative medicine use with your doctor/ pharmacist, as some may affect your liver.

Avoid fatty/sugary drinks and foods. They contribute to fatty liver syndrome and liver disease. Keep within a healthy weight range.



Drinking kava should also be avoided as it is associated with causing liver damage.

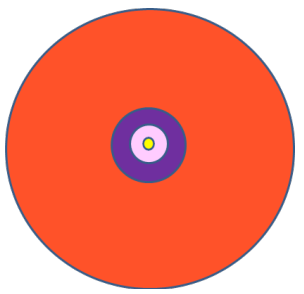
Stages of liver disease



Hepatitis B increases your overall risk of developing cancer.

The effects of alcohol on your liver

Alcohol increases your chance of getting cirrhosis



- Non-drinker
- Hepatitis B non-drinker
- Drinker
- Hepatitis B drinker

How to avoid spreading the virus



Cover open sores and cuts



Clean any spilt blood with household bleach



Avoid sharing razors or toothbrushes



Avoid sharing unsterilised equipment for drug taking, tattooing or piercing



Practice safe sex unless your partner has been immunised

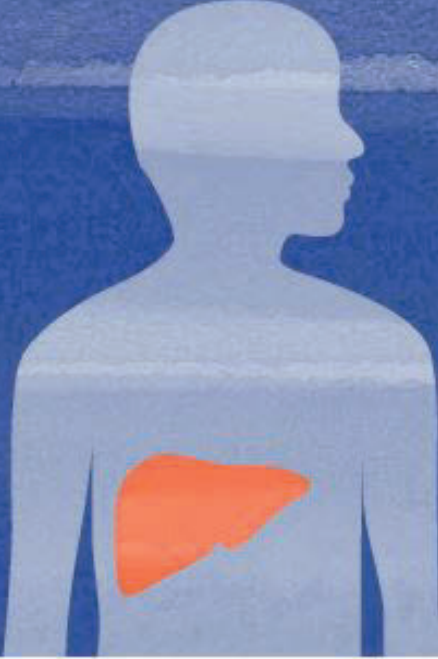
Hepatitis B cannot be spread through sneezing, coughing, shaking hands, hugs or sharing cooking, eating, and drinking utensils.

Your hepatitis B test result is personal. You don't have to tell anyone, however, you are required to take precautions to prevent transmission of hepatitis B to others.

We recommend you encourage all family members to be tested for hepatitis B.

If you have a close family member who has been diagnosed with hepatitis B-related primary liver cancer (HCC), you will need six-monthly ultrasounds, as you may have a higher risk of liver cancer.

You have been diagnosed with hepatitis B



Know it. Test it. Treat it.