

Caring for your family:

-Preventing hepatitis B

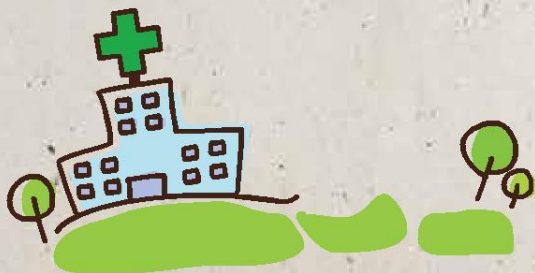
Vaccination is the best way for your family, and those close to you to be protected against hepatitis B. Remember that hepatitis B is often found in several people in the same family. It is important that your family members are tested to find out if they have hepatitis B. If they do not have hepatitis B, free vaccination is available for them.

- Clean up blood, cover open sores.
- Do not share razors, toothbrushes, nail clippers or earrings.
- Use condoms when having sex.

Living with chronic hepatitis B What does it mean for you?

Some people want to tell friends and family they have chronic hepatitis B. Other people may feel shame and worry. They do not want to talk about hepatitis B. It can be helpful to talk to people who understand you. Take time to decide who you can trust.

It is important to think about telling the people in your house and your sexual partners so they can be tested and get a vaccination. It may be helpful to talk about this with your nurse or doctor



Where to get help

•GPs

Hospital liver clinics (most large hospitals have specialised liver clinics - speak with your GP)

•Community Health Centres

•Marrickville hepatitis B Clinic

Every Wednesday 1pm—3pm,

For bookings: 02 9562 0500

•Croydon hepatitis B Clinic

Every Thursday 11am—1pm

For bookings: 02-9378 1100

•Translating and Interpreting Service (TIS)

More information

www.mhahs.org.au (information in Korean available)

www.kamsdoctors.com.au (information in Korean available)

www.liverkorea.org (Korean website)

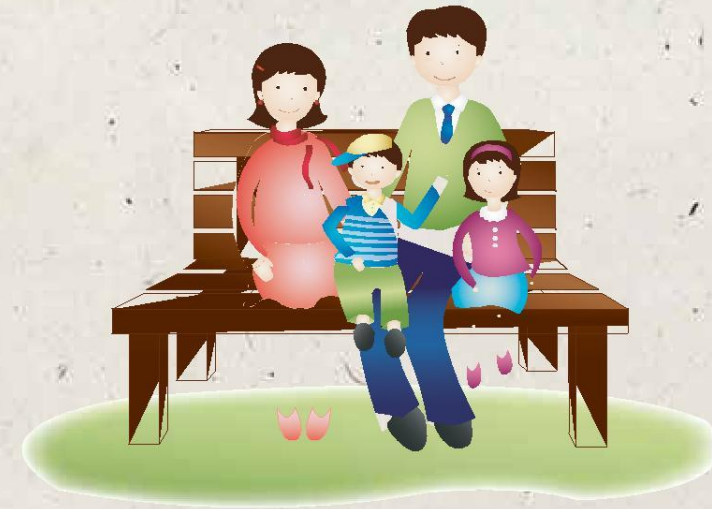
www.hepbhelp.org.au

www.hep.org.au

www.hepatitisaustralia.com

- Korean guide for newly diagnosed Chronic Hepatitis B patients

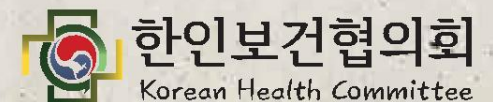
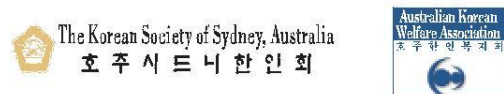
Hepatitis B positive: What you need to know



This brochure is produced for hepatitis B positive patients by Korean Health Committee with funding from GlaxoSmithKline.

Contact koreanhealth@hotmail.com

Website kamsdoctors.com.au/koreanhealth



How hepatitis B affects you?

Hepatitis B virus can cause liver scarring through inflammation. When the liver becomes severely scarred (cirrhotic), the liver may not be able to work to keep you healthy. Most people with hepatitis B do not feel sick until the disease is very advanced. People may start to feel sick, tired, have pain or fever when the liver is very inflamed and scarred.

The majority of people with hepatitis B were infected as a baby or young child, and have the virus for life. This is called 'chronic' hepatitis B which can spread through blood and bodily fluids including having sex.

People from Asia including Korea have high rates of hepatitis B. The virus can remain 'asleep' and cause no real health problems for a long time. Most people will have a normal life, needing check ups only, but the virus can 'wake up' in some people and make them very sick. Of every four people who have chronic hepatitis B one will get liver scarring (known as cirrhosis), liver cancer or liver failure. For those who are at risk of this, treatment is available. A check-up at the doctor every 6 months will help to prevent this.

Check-ups

The hepatitis B virus changes over time, and check-ups every 6 months are very important and tell the doctor about any damage in your liver. This usually means having a blood test and maybe an ultrasound or scan.

The test results will tell the doctor if you need to start taking medicine. Most people with chronic hepatitis B do not need to take tablets as the virus is 'sleeping' and is not causing damage to the liver. The doctor may ask you to see a special hepatitis doctor.



Treatment and medicine



Most people do not need treatment. However, there are a number of treatments available for hepatitis B including an injection (Pegylated interferon) or oral tablets. Medication is required if the virus 'wakes up' and starts to damage your liver, or you have severe liver damage already (cirrhosis). These treatments cannot cure hepatitis B, there is no such treatment available. However, they are very effective in reducing the risk of further harm from progressive scarring and liver cancer as well as reversing some of the damage. These medicines

work by reducing the amount of virus in your body, and need to be taken long term, with regular monitoring. Missing doses or stopping treatment can be dangerous. Tell your doctor if you take any natural medicines such as herbs or traditional remedies, as some of them can affect your liver or stop your medications from working properly. The doctor can advise you on what herbs or traditional medicines you should avoid. Medications that are needed to treat other conditions are often safe in people with hepatitis B, just remember to get advice from your doctor.

Stay Healthy and Well

- Eat a variety of foods. Eat more fruit, vegetables, rice, nuts, fish and tofu.
- Stay a healthy body weight.
- Exercise and keep active. Try walking with family and friends. Try football, dancing or tai chi.
- Get vaccination for hepatitis A.
- Avoid drinking alcohol or smoking.
- Limit intake of take-away food, chips, processed meat, cakes or sweets.

Having a Baby

Women with hepatitis B can have normal pregnancies and have healthy babies. Hepatitis B testing is done for all pregnant women as part of routine care. All new born babies in Australia are vaccinated



for hepatitis B. The first dose of vaccine is given at birth, followed by three more doses as part of the routine childhood immunisation. Hepatitis B vaccines are very safe and effective.

Pregnant women with hepatitis B will be offered extra tests, and in some cases medicines may be used to reduce the chance of the baby being infected at birth. Babies will also be given an additional injection at birth.

These measures are in place to minimise the chance of baby getting hepatitis B and is highly effective. Check up for the baby is also needed. Breastfeeding is safe.