

YOUR LIVER IS A LIFELINE.

DON'T LET HEPATITIS CUT IT SHORT



WORLD HEPATITIS DAY

The theme for World Hepatitis Day 2025 is
"Hepatitis: Let's Break It Down"

This theme emphasizes the need to dismantle barriers that hinder hepatitis elimination, such as financial, social, and systemic obstacles, including stigma.

GET THE FACTS

- Hepatitis is the world's deadliest virus, after COVID-19.
- There are over 2 million new cases of hepatitis every year.
- More than 300 million people are living with hepatitis.
- Hepatitis is the leading cause of liver cancer.
- We have everything we need to eliminate hepatitis by 2030

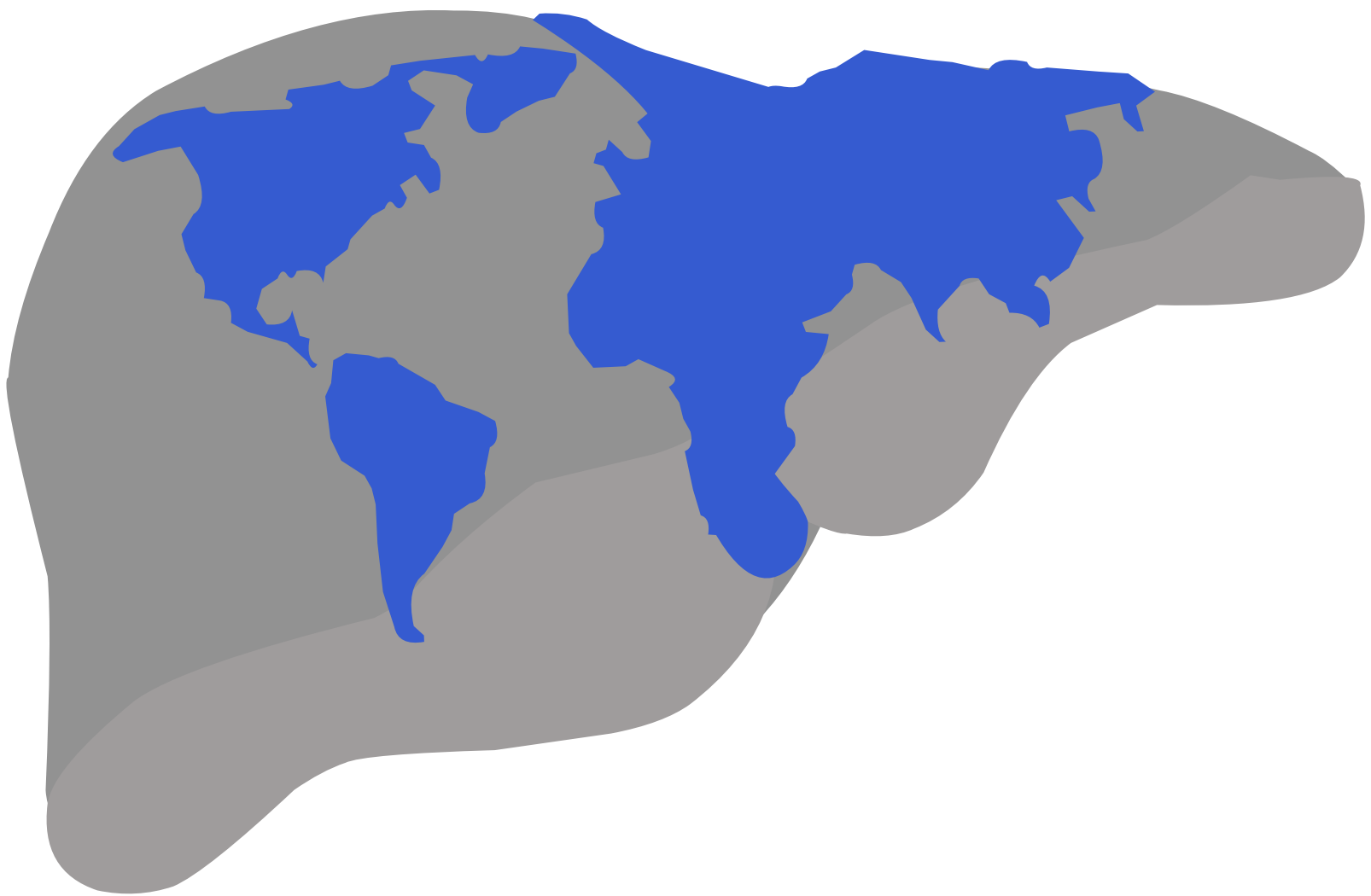
KEEPING YOUR LIVER HEALTHY

In addition to watching your weight, keeping blood pressure, cholesterol and blood sugar (conditions that contribute to metabolic syndrome) in line can promote a healthy liver. Here are some guidelines to do just that, along with a few for good measure:

- Eat a balanced and healthy diet (avoid processed foods and excess sugars)
- Maintain a healthy weight
- Regular exercise (consider low impact — walking, swimming, yoga, and stretching)
- Avoid toxins
- Don't share personal hygiene items
- Wash your hands regularly
- Follow directions when taking medications
- Control alcohol intake

The best way to fight liver disease is to avoid it. Help keep your liver healthy and happy with a balanced diet full of nutrients that promote optimum wellness.

Chronic hepatitis infections can lead to severe health issues, including cirrhosis, liver cancer, and liver failure.

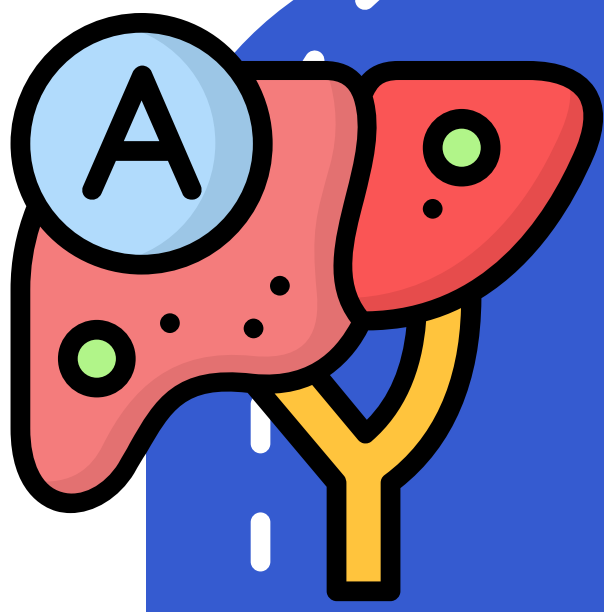


"According to WHO"

Approximately 325 million people worldwide live with **chronic hepatitis**.

Over **1.3 million deaths** occur annually due to hepatitis-related complications.

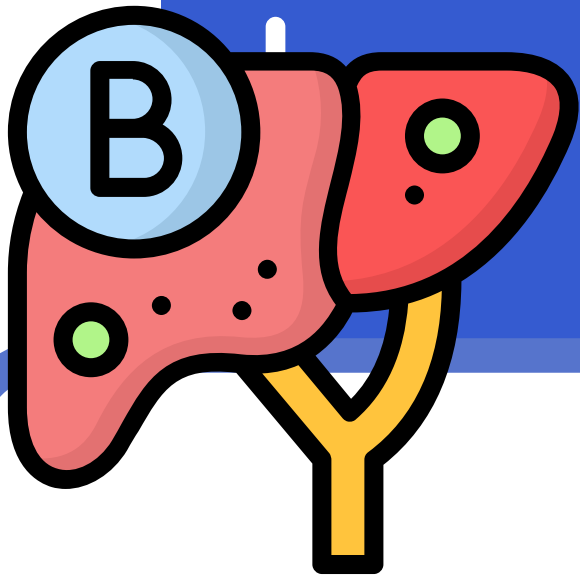
Five main strains of the hepatitis virus – **A, B, C, D, and E** – are responsible for the majority of cases. Hepatitis B and C are the most common, accounting for over **90% of hepatitis-related deaths**.



Hepatitis A:

Primarily transmitted through contaminated food and water, this typically causes acute illness with symptoms like fatigue, nausea, and jaundice.

A vaccine is available for effective prevention.

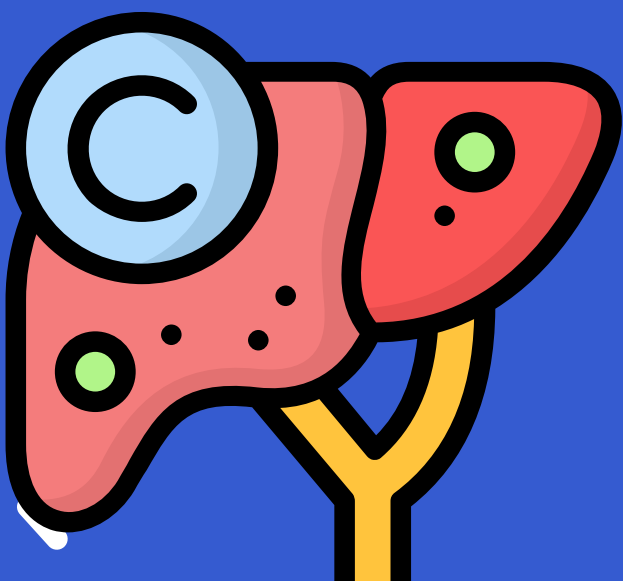


Hepatitis B:

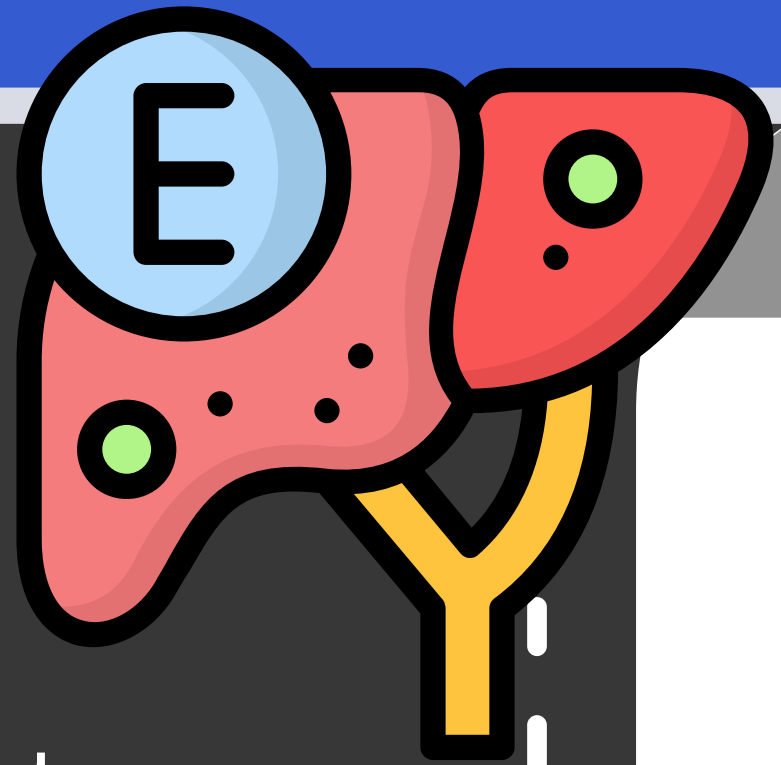
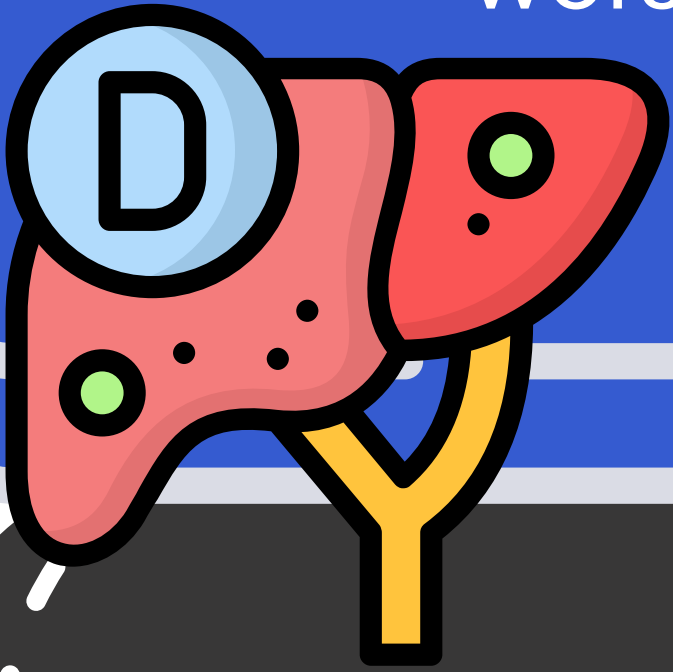
Spreads through bodily fluids like blood and semen. Chronic infection can lead to liver damage. Vaccination offers excellent protection.

Hepatitis C: Often transmitted through contaminated needles and unsafe medical practices.

It can progress to severe liver disease without early diagnosis and treatment. Highly effective antiviral medications are now available to cure hepatitis C.



Hepatitis D: Requires the presence of hepatitis B for co-infection and worsens the course of B.



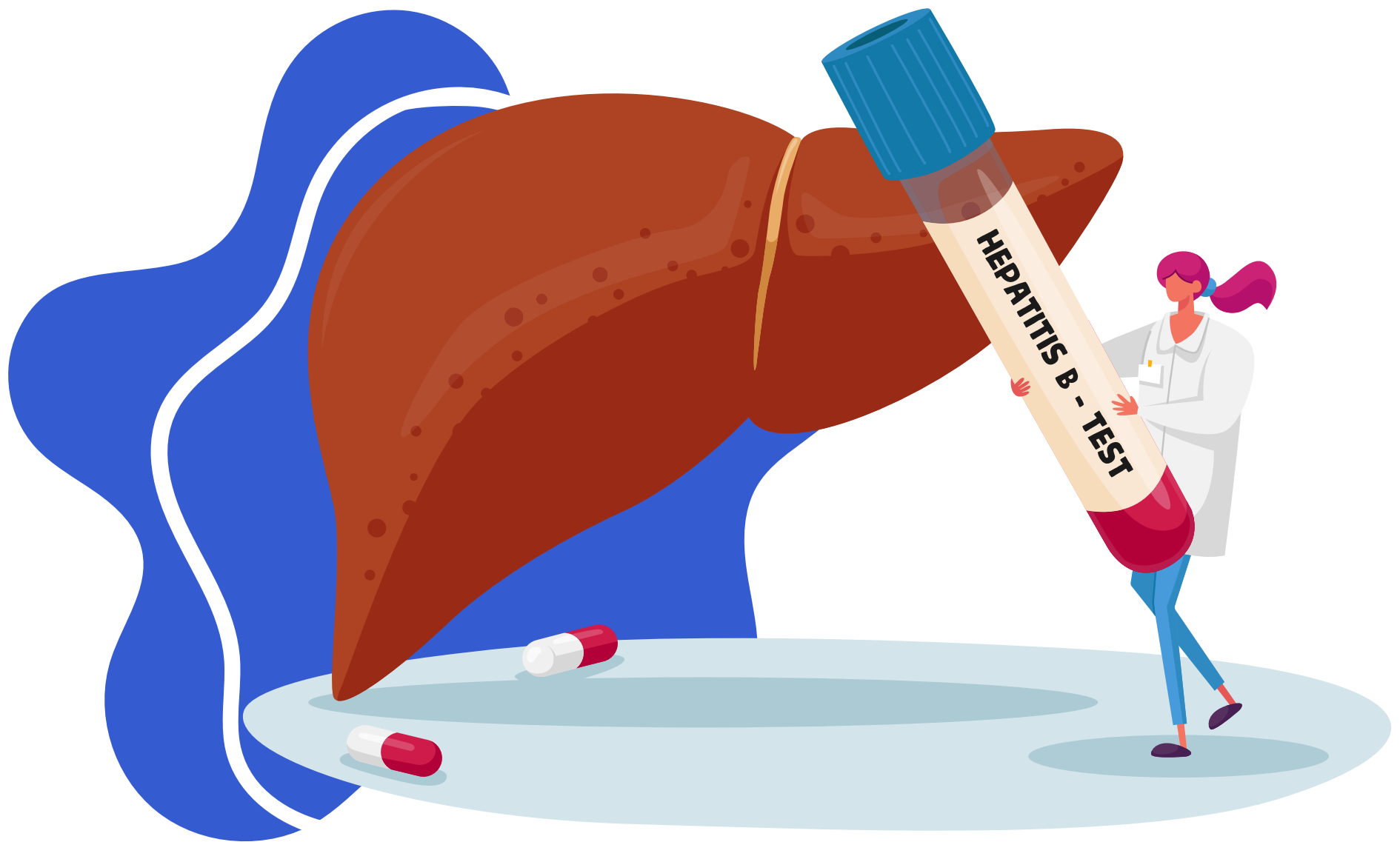
Hepatitis E:

Primarily transmitted through contaminated water and can cause acute illness, particularly severe in pregnant women. A vaccine exists for certain high-risk groups.



SYMPTOMS

Varies depending on the type of hepatitis and the stage of infection, but common symptoms include fatigue, jaundice (yellowing of the skin and eyes), and abdominal pain, loss of appetite, nausea, and vomiting.



DIAGNOSIS

Blood tests to detect viral antigens, antibodies, or liver enzymes that indicate liver inflammation. Imaging tests like ultrasound may also be used to assess liver damage.

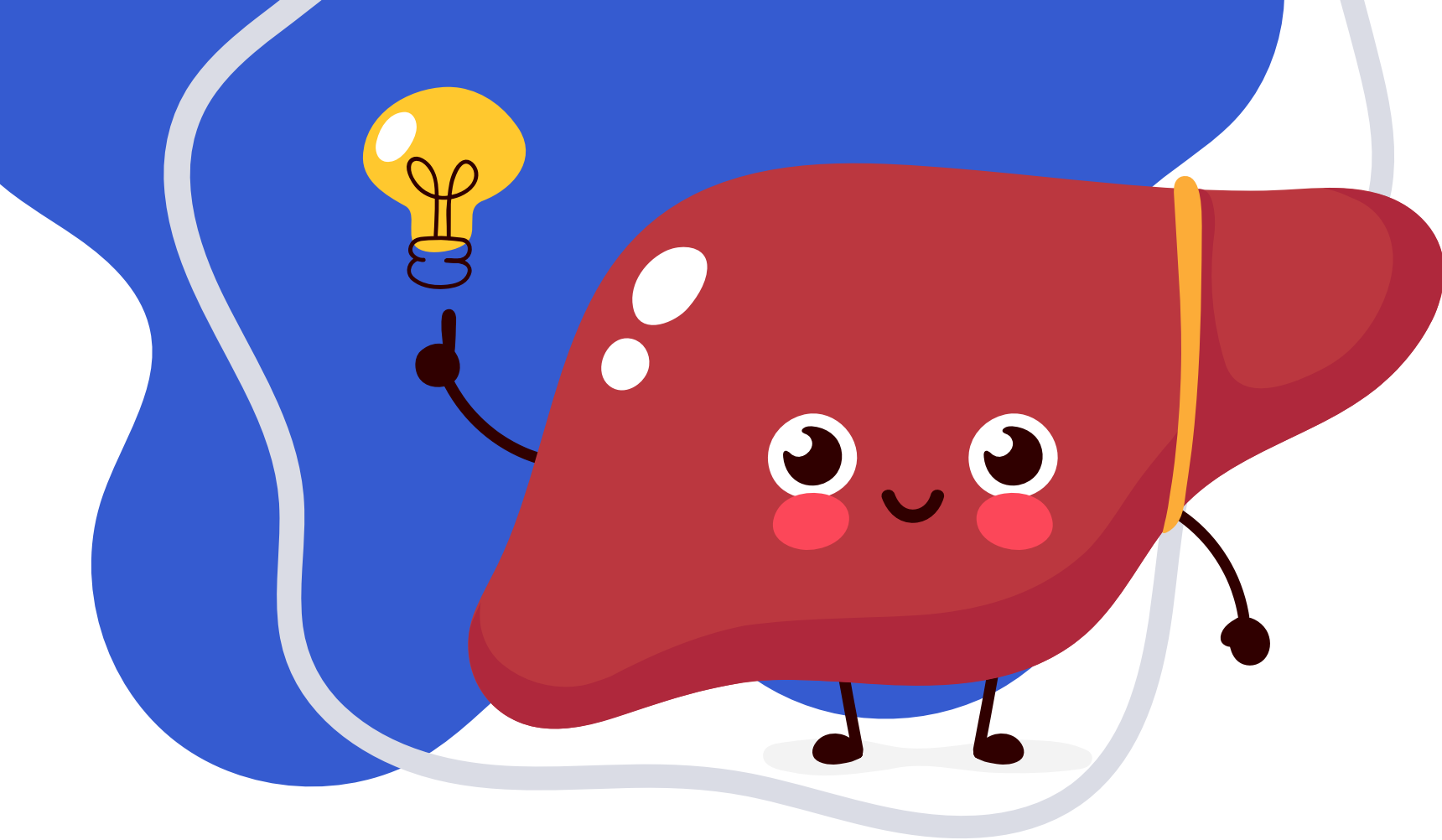
Chronic hepatitis B and C infections can lead to liver cirrhosis (scarring) and liver cancer.

Hepatitis A and E infections are typically acute and do not lead to chronic liver disease.



PREVENTION

- Get vaccinated against hepatitis A and B.
- Practice good hygiene, including regular hand washing with soap and water.
- Avoid sharing needles, razors, toothbrushes, or any items that may come into contact with blood or bodily fluids.
- Use barrier protection, such as condoms, during sexual activity.
- Ensure safe blood transfusions by only accepting blood screened for hepatitis.
- Avoid consuming contaminated food and water, particularly in areas with poor sanitation.



- Get regular screenings if at higher risk, such as those with chronic liver disease or those who have been in close contact with someone with hepatitis.
- Consider post-exposure prophylaxis if exposed to hepatitis B.
- Limit alcohol consumption to reduce liver strain.
- Maintain a healthy diet and exercise regularly to support overall liver health.
- Be cautious with tattoos and piercings; ensure that needles and equipment are sterilized.
- Follow proper procedures and use protective equipment if handling blood or bodily fluids in healthcare settings.



**Don't let Hepatitis go unnoticed.
Be Proactive- Be Safe**

#HepatitisAwareness #TestToday