

HEPATITIS B



INTRODUCTION

Uganda is highly endemic with 10% national prevalence of hepatitis B infection, rates varying across the country from 4% in the southwest and 25% in the Northeast according to reports.

Ministry of Health has launched vaccination of more than 15 million people against Hepatitis-B.

The big question is:
**Have you been
vaccinated?**



Worldwide, 240 million people have been infected with hepatitis B and about 780,000 people die every year due to the consequences of hepatitis B. Hepatitis B prevalence is highest in sub-Saharan Africa and East Asia. Most people in these regions become infected with the hepatitis B virus during childhood (WHO Hepatitis B Fact Sheet).

Step 1 – Check your
Hepatitis B status.

Step 2 – Get Vaccinated
or Seek Treatment



TESTING FOR HEPATITIS B

Test	Abbreviation	What it shows
Hepatitis B surface antigen	HBsAg	Shows that the person is infected with hepatitis B. It can be detected during acute and chronic infection.
Hepatitis B surface antibody	HBsAb or Anti-HBs	Shows that the person has developed immunity to hepatitis B. It can be detected in people who have recovered from hepatitis B or been vaccinated against hepatitis B.
Hepatitis B e antigen	HBeAg	Shows that hepatitis B virus is multiplying.
Hepatitis B e antibody	HBeAb or Anti-HBe	Shows that the person's immune system has responded against hepatitis B and the virus is not actively replicating.
Hepatitis B core antibody	HBcAb or Anti-HBc	Shows that a person has been infected with hepatitis B but does not provide any protection against infection.
Hepatitis B virus DNA	HBV DNA	Measures the amount of hepatitis B virus in the bloodstream and indicates how actively the virus is multiplying.

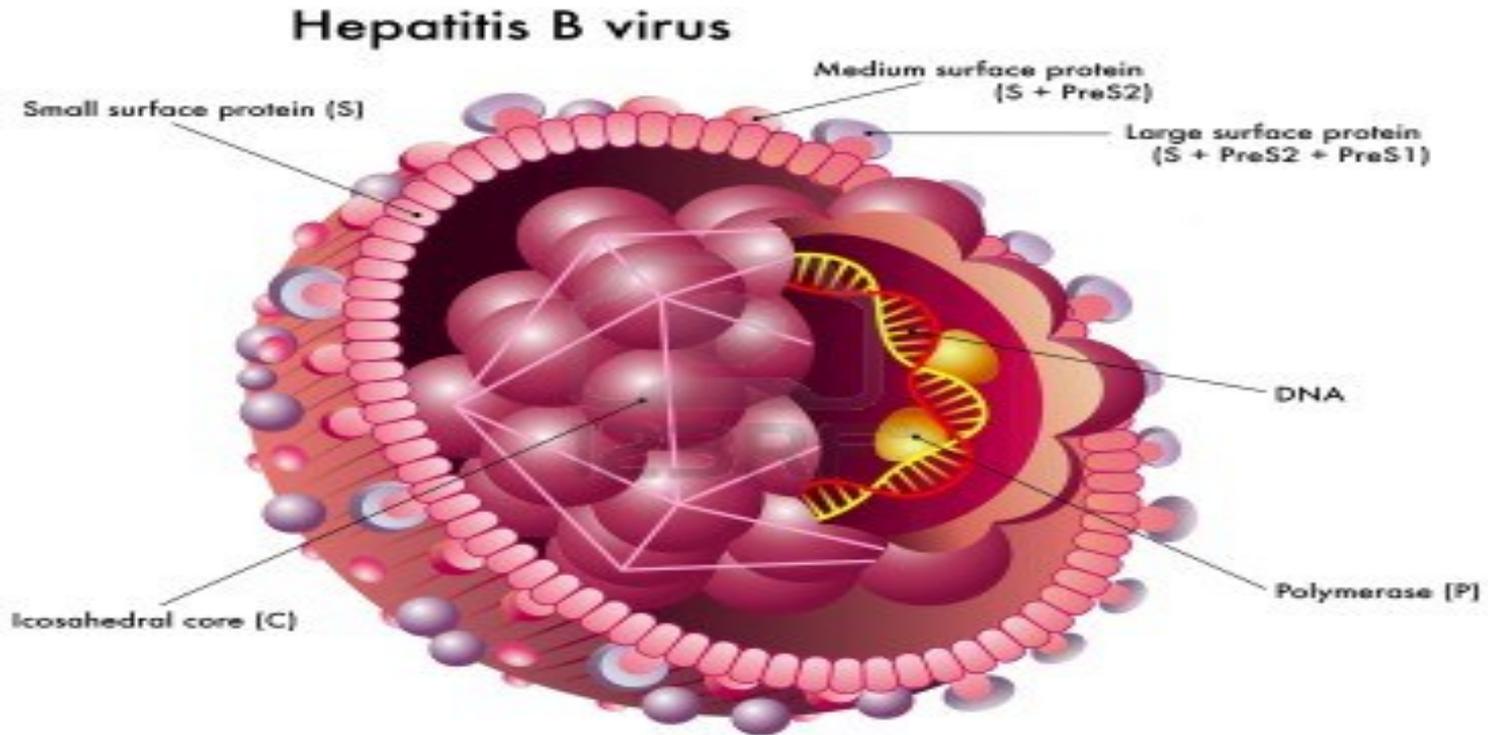


TRANSMISSION OF HEPATITIS B

- Hepatitis B is found in blood and in body fluids, including semen and vaginal fluids.
- The most common ways hepatitis B is spread include:
 - ✓ mother-to-baby, though it is to be noted that the Australian vaccination program has significantly reduced this risk through the administration of the vaccine within 12 hours of birth.
 - ✓ sexual contact
 - ✓ sharing of injecting equipment
 - ✓ needlestick injuries in a health care setting
 - ✓ reuse of unsterilized or inadequately sterilized needles
 - ✓ child-to-child transmission through contact such as biting
 - ✓ sharing personal items such as razors, toothbrushes, or hair and nail clippers
 - ✓ Hepatitis B is NOT spread by contaminated food or water, and cannot be spread through casual or social contact such as kissing, sneezing or coughing, hugging, or eating food prepared by a person with hepatitis B.



HEPATITIS B IS A VIRUS



SYMPTOMS ACUTE HEPATITIS B

- Symptoms resulting from acute hepatitis B infection among adults are common, with jaundice occurring approximately 12 weeks after initial infection.
- The symptoms of acute hepatitis B include:
 - loss of appetite
 - nausea and vomiting
 - tiredness
 - abdominal pain
 - muscle and joint pain
 - jaundice (yellowish eyes and skin, dark urine and pale-coloured faeces/poo).
- Many people with acute hepatitis B have no symptoms and never realise they had the infection. A very small percentage of people with acute hepatitis B become very sick in a short period of time. This happens if there is massive damage to the liver and it stops working. This is called 'fulminant hepatitis'. (Lin, K.W. & Kirchner, T.J. 2004)



SYMPTOMS OF CHRONIC HEPATITIS B INFECTION.

- Most people with chronic hepatitis B do not have any symptoms of infection which means they may feel healthy and not be aware they are infected. However, other people may experience symptoms which are similar to those experienced with other forms of viral hepatitis. These can include:
 - tiredness, depression and irritability
 - pain in the liver (upper, right side of abdomen)
 - nausea and vomiting
 - loss of appetite
 - joint aches and pains.
 - People with chronic hepatitis B have a significantly increased risk of developing liver cancer.



TREATMENT

- Hepatitis B treatment is suitable for people who are classified as being in a stage of hepatitis B infection, which is characterised by:
 - ✓ Increased virus activity and liver inflammation demonstrated by elevated liver enzymes (ALT)
 - ✓ Inflammation and activity in the liver as seen in the results of a liver biopsy
 - ✓ high levels of hepatitis B virus (HBV DNA) in the blood.
- Access to treatment is dependent on a person meeting these criteria.
- Treatment aims are to stop the hepatitis B virus from multiplying, or to reduce the rate of multiplication as much as possible..
- During treatment, the patient's blood tests are monitored very carefully to look for signs of antiviral resistance. If there are signs of resistance such as elevated liver enzymes and high levels of hepatitis B virus in the blood, the antiviral tablets will be changed.



PREVENTION

- consider being vaccinated
- practice safer sex (use a condom)
- wash hands after touching blood or body fluids
- wear disposable gloves if giving someone first aid, or cleaning up blood or body fluids
- avoid sharing toothbrushes, razors, needles, syringes, personal hygiene items and grooming aids or any object that may encounter blood or body fluids
- use new and sterile injecting equipment for each injection
- cover all cuts and open sores with a bandaid or bandage
- wipe up any blood spills and then clean the area with household bleach
- throw away personal items such as tissues, menstrual pads, tampons and bandages in a sealed plastic bag.
- People who have been exposed to the hepatitis B virus and who have not been vaccinated should receive hepatitis B immunoglobulin (HBIG) within 72 hours of exposure, and a dose of hepatitis B vaccine as soon as possible or within 7 days of the exposure from their general practitioner or local emergency department.



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VACCINATION.

- Children born after the 1st of May 2000 receive hepatitis B vaccine shortly after birth while they are in hospital and further doses at 2, 4 and 6 months of age.
- In order to obtain maximum protection against hepatitis B, adults should receive three doses of the vaccine at zero, 1 and 6 months intervals.
- A post-vaccination blood test, to assess if the vaccine course has been effective in producing protection against hepatitis B infection, is recommended four weeks after the third dose of the hepatitis B vaccine for people who were at high risk and some would say all adults!



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THANK YOU



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