

Treatment for Acute Hepatitis B infection ?

If you have an acute infection , meaning it is short lived & can go away on its own & you may not need any treatment .

Treatment for Chronic Hepatitis B infection ?

a) Interferon :

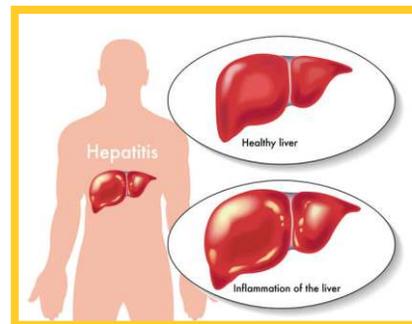
- Are proteins produced naturally by our bodies.
- Inteferon needs to be injected subcutaneously (literally , under the skin)
- The injection need to be given daily upto a year.
- The injection are given either in combination with a nucleoside or nucleotide analogue, or as monotherapy.

b) Nucleoside & nucleotide analogues :

- These medicines are taken orally and act by lowering the virus load in the body.
- Duration of the treatment is not finite , Patients has to take the medicines for 6 months to lifelong.
- If the patient doesn't respond to the therapy initially then there are chances that the virus has developed resistance.

Prevention: Safety tips for those who are positive

1. Do not share needles used to inject drugs , hormones, steroids & vitamins
2. Do not share towels, razor, nail clippers or toothbrushes
3. Inform your doctor regarding this infection
4. Do not donate blood or organs
5. Cover any open wounds or cuts
6. Use of barriers and condoms will help reduce risk of sexual transmission
7. During pregnancy it is important to test for hepatitis B and C infection due to risk of transmission of infection from mother to baby
8. Make sure tattoo and piercing equipment package is opened up in front of you.



Hepatitis B

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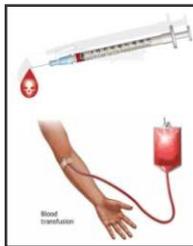
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How do you acquire Hepatitis B? (Causes of Hepatitis B)

Hepatitis B is a virus passed from person to person by

1. Blood to blood contact, i.e. needles or other medical equipment which is contaminated with infected blood, infected blood being spilt onto a wound & most imp Blood transfusion.
2. Having sex with an infected person .
3. 10 – 70 % women who are hepatitis B positive transmit the virus to their children .



Pregnant mother to child

Mother : Virus Status

HBsAg	HBeAg	Risk of transmission to neonate
+	+	90%
+	-	20%

4. A human bite from an infected person .
5. Household contacts: sharing toothbrushes or razors .
6. Tattooing, ear piercing .
7. Hemodialysis machine .

What are the symptoms ?

Hepatitis B is a silent infection. Sometimes, in acute stage person may have the following symptoms:

1. A short mild flu-like illness
2. Feeling ill and tired
3. Vomiting, diarrhoea and Weight loss
4. Jaundice (yellow skin and eyes) and
5. Pale stools and dark urine.

Why have a test?

1. If you are a carrier you can take steps to avoid passing it on to other people .
2. If you are pregnant and a carrier of Hepatitis B, your baby can be protected by a vaccination soon after birth.
3. If hepatitis B is left untreated, it can cause cirrhosis and liver cancer.

How is Hepatitis B diagnosed?

1. Blood Test that includes :
 - LFT (Liver function test)
 - Hepatitis B Surface antigen (HBsAg)
 - Anti – core IgM (IgManti - HBC)
 - Hepatitis B Surface Antibody (HBsAb or anti – HBs)
 - Hepatitis B Envelope Antigen (HBeAg)
 - Hepatitis B Envelope Antibody (Anti-HBe or HBeAb):
 - HBV DNA (qualitative + quantitative)
2. Ultrasound of the liver .
3. Liver Biopsy : it is removal of small piece of tissue from the liver using a special needle. The tissue is examined under a microscope to look for inflammation or liver damage .
4. Fibroscan which can be done instead of liver biopsy to assess the degree of damage to liver.



Is there a vaccine?

- Yes, vaccination is the best protection against catching Hepatitis B.
- Anyone who is thought to be at high risk from catching Hepatitis B can have the vaccination.
- This might include husbands, wives, sexual partners and new born babies of people who are infected with or carry the Hepatitis B virus.
- The Hepatitis B vaccination consists of three injections and you must have all three doses for long lasting protection against the virus .(0, 1, 6 months).



Treatment to prevent Hepatitis B infection after exposure ?

- If you know you have been exposed to the hepatitis B virus, call your doctor immediately.
- Receiving an injection of Hepatitis B immune globulin within 24 hrs of coming in contact with the virus may help protect you from developing hepatitis B .

What are the symptoms?

1. Abdominal pain, loss of appetite
2. Nausea, vomiting, fever
3. Jaundice (yellowing of the skin & eyes) & Dark urine



Why have a test ?

If you do have hepatitis C you can get treated. Effective treatment is available & can successfully clear the virus in more than half of all people treated , on average. The treatment can work in as many as eight out of ten for some types of virus .

How might the virus affect me in the long term ?

Around one in four people who become infected with Hepatitis C will get rid of virus naturally .

However most people who become infected will have it for a long time .

This may affect them in different ways :

- Some people may stay well through out their life .
- About one in five people may develop severe liver damage (cirrhosis) & in some cases cirrhosis may lead to liver cancer or liver failure.

Is treatment available?

Treatment for hepatitis C are improving all the time . A form of drug therapy (interferon, injectgion and ribavirin) is available that can cure the infection in about half of the people treated depending on genotype. Your doctor & specialist will discuss with you whether treatment is appropriate.

SAFETY TIPS

- Do not share needles used to inject drugs , hormones, steroids & vitamins.
- Do not share towels, razor, nail clippers.
- Inform your doctor regarding this infection.
- Do not donate blood or organs.

Hepatitis C

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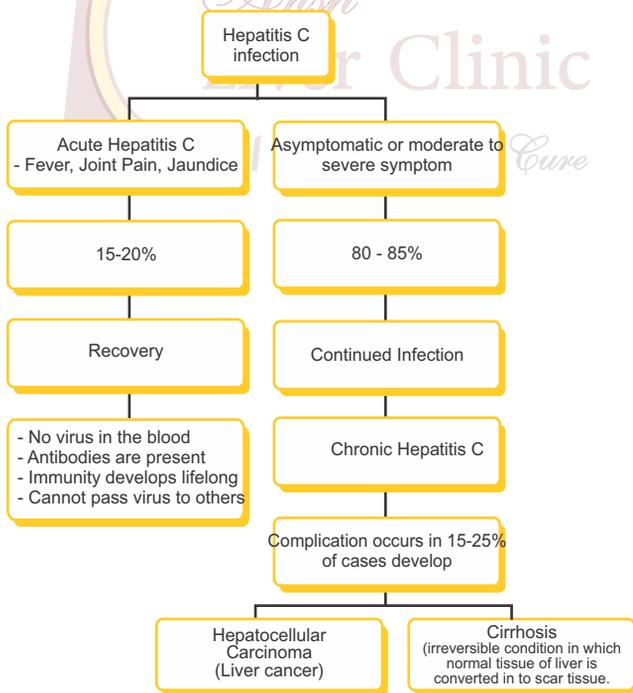
What is Hepatitis C ?

Hepatitis C is a virus that is carried in the blood and can cause serious damage to the liver. There is no vaccine to protect against hepatitis C, but effective treatment is available. There are often no symptoms for many years, so if there's a chance you may have been exposed to hepatitis C, it's important to find out more and get tested and treated.

How common is the infection ?

Hepatitis C infection is spreading fast in India and over one lakh people get infected by the deadly HCV virus every year, according to the Indian National Association for the Study of Liver (INASL) study. Only 20% of patients infected with hepatitis C virus (HCV) clear the virus. The remaining 80% have chronic HCV infection which can lead to severe liver disease, with 20% developing cirrhosis after 20 years. Those with cirrhosis are at risk of liver failure and hepatocellular carcinoma .

What is natural history of the Hepatitis C ?



How is Hepatiits C Diagnosed ?

1. Blood Test

- Hep C antibody test (anti-HCV) : the anti HCV test looks for antibodies to the hepatitis C , that are produced by the body immune system in response to the liver . A positive result shows that a person has been exposed to the virus at some time . This test does not detect whether the virus is still present or whether the persons is infectious
- HCV PCR is the confirmatory test
- Genotyping : There are 6 different genotypes of HCV along with 50 subtypes . The different genotypes do not appear to result in different styles of disease, but they do differ in their response to treatment, genotype 1 is the most resistant, genotype 2 & 3 patients have good response to treatment.



2. Ultrasound of liver

- ### 3. Fibroscan :
- can be used to assess degree of damage to liver instead of liver biopsy.

How do you acquire Hepatitis C ?

(Causes of Hepatiits C)

1. Blood transfusion & blood products
2. Unsterilize razor in the barber's shop
3. Piercing using sterile technique
4. Sharing toothbrush & razor
5. Infected mother passing to her baby during pregnancy
6. Unprotected sex.
7. By sharing equipment for injecting drugs .

