



ANYONE CAN HAVE Hep B! RISK FACTORS include:

IMMIGRATING FROM “HBV-ENDEMIC” COUNTRIES

- ◆ Some parts of the world have had HBV for thousands of years (parts of Asia, S. Africa, S. & E. Europe, Pacific, etc.).
- ◆ HBV was potentially spread during mass-vaccinations (shared needles or syringes) and other health campaigns.
- ◆ Blades or needles used in traditional practices such as circumcision, acupuncture and phlebotomy can transmit.

SEMEN, VAGINAL, & ANAL FLUIDS (as well as BLOOD)

- ◆ HBV is spread through semen, vaginal, & anal fluids.
- ◆ Protect your partner(s)! HBV vaccine takes approx. 6 weeks to take effect. Meanwhile, use condoms!

BIRTH TO HEPATITIS B POSITIVE MOTHER

- ◆ These babies are at high risk of chronic HBV.

RECREATIONAL DRUG USE (IVDU & INTRANASAL)

- ◆ Even one-time use many decades ago is a risk factor.
- ◆ Shared straws, pipes, syringes, or needles can transmit.

MEDICAL SYSTEM EXPOSURES

- ◆ Blood & blood products (pre-1971 in Canada).
- ◆ Exposure to improperly sterilized dental tools or medical equipment such as in dialysis, probe, or surgery.

RISKY OCCUPATIONS

- ◆ Healthcare workers, war vets, athletes are at risk.
- ◆ Cuts, scrapes, and needle-stick injuries can transmit.

TATTOOS, PIERCING, MANI-PEDI, WAX, ELECTROLYSIS

- ◆ Insist upon autoclaved or brand-new tools, new wax, new templates, and individually-sealed ink packages.

OTHER RISK FACTORS FOR HEPATITIS B INCLUDE:

- ◆ Sharing razors, nail clippers, or toothbrushes



HepCBC Hepatitis C Education and Prevention Society
Dealing with Viral Hepatitis since the late 1990s

WEBSITE www.hepcbc.ca/hbv-basics/
(info about tests, vaccination, treatment, translation, support)

FACEBOOK HepCBCFace

EMAIL info@hepcbc.ca

TWITTER @hepcbc

YOUTUBE hepcbc

CANADIAN CHARITY #86800-4979-RR0001

CONTACT HepCBC

VICTORIA MAIN OFFICE

Room 20 – 1139 Yates St., Victoria, BC V8V 3N2
OFFICE PHONE: 604-288-2578 OR 250-595-3892 (press 4, 1)
OFFICE HOURS: Check website for current hours.

VANCOUVER OUTREACH OFFICE

Room 206A, 938 Howe Street, Vancouver, BC V6Z 1N9
OFFICE PHONE: 604-259-0500 OR 250-595-3892 (press 4, 2)
OFFICE HOURS: Check website for current hours.

TOLL-FREE PEER SUPPORT

Confidential Email or Phone conversation with trained
Hep B (or Hep C)-experienced volunteers:

+1-844-268-2118

EMAIL SUPPORT: info@hepcbc.ca

CHINESE Info & Support: 604-330-0096

YOU CANNOT GET HBV BY

Hugging or Kissing, Sneezing or Coughing, through
Food or Beverages; not even through Breast Milk
(unless nipples cracked & bleeding)

Publishing made possible through the generosity of our
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Hepatitis B? GET TESTED!

Get your **PARENTS** tested!

Get your **GRANDPARENTS** tested!

* *Hepatitis B Virus (HBV) can KILL.*

* *There is a VACCINE but NO CURE yet.*

* *EXCELLENT TREATMENT is available.*



HEPATITIS B IS A DEADLY DISEASE

Hepatitis B is a serious and still incurable liver disease caused by the hepatitis B virus (HBV), spread through blood & bodily fluids, and from mother to unborn child. **WORLDWIDE**, 240 million people are **CHRONICALLY INFECTED** with HBV ("CHRONIC" means the disease continues indefinitely). **HBV is endemic in the aboriginal communities of Alaska & Canada's northern territories.**

While hepatitis B is disappearing among newer generations as vaccination becomes more common, those who develop chronic hepatitis B will experience liver-related complications which can include cirrhosis, liver cancer, other cancers, and liver failure.

HEPATITIS B affects MOSTLY ELDERS, and UN-VACCINATED YOUNGER PEOPLE engaged in HIGH-RISK ACTIVITIES

BAD NEWS: Chronic HBV (incurable disease slowly damaging the body) is a rising cause of death among Canada's elders, especially those from aboriginal or immigrant (from endemic countries) backgrounds. **ALSO: Among IVDU and sexually active couples - both heterosexuals and men who have sex with men (MSM) - HBV is often an unrecognized risk.**

GOOD NEWS: Treatment of chronic HBV can, in many cases, prevent further damage to organs and body systems, slowly reverse damage to liver, prevent liver cancer, and lower the chance of transmission. Harm reduction strategies plus vaccination of loved ones can prevent transmission to sexual partners, babies, and among IVDU and MSM.

SYMPTOMS: There are often **NO SYMPTOMS** until liver damage reaches advanced stages. **POSSIBLE SYMPTOMS** can include nausea, fatigue, confusion, irritability, inability to concentrate, weakness, poor appetite, yellow skin or eyes, dark urine, abdominal pain and swelling, edema, or blood in vomit or stool.



YOU CAN HAVE HEP B AND NOT KNOW IT

"Untreated chronic hepatitis B will cause premature death from liver failure and liver cancer in up to 20% of those with the disease."*

*Canadian Liver Foundation, 2016

MOST CASES OF HEPATITIS B DO NOT BECOME CHRONIC!

Only 5% of newly-infected adults will develop chronic HBV disease. On the other hand, 90% of those infected as an infant or young child go on to develop chronic hepatitis B. The younger the age at infection, the higher the risk.

If one's body does not clear HBV after 6 months, chronic HBV develops. Most can look forward to a long life if HBV is cared for. The disease typically progresses slowly, often silently (no symptoms) though the risk of liver cancer is heightened. It can take several decades for cirrhosis or liver cancer to develop. Routine monitoring is important!

CHRONIC HEP B TREATMENT

Treatment is usually an oral anti-viral, covered in most cases by Pharmacare. Those on treatment need careful monitoring. If a physician determines the patient does not need treatment at this time, regular monitoring is still required as conditions can change unexpectedly. In addition, every 6 months, all chronic HBV patients should be screened for liver cancer by ultrasound. A healthy diet and active lifestyle, free of alcohol and liver-damaging drugs, is an essential part of staying well with chronic HBV. **Please see a physician or visit a public health clinic if you think you may have hepatitis B!**

Note to anyone co-infected with hepatitis C & B: Hepatitis C treatment may re-activate hepatitis B virus.

For more information & what to do next:

www.liver.ca, www.actionhepatitiscanada.ca, www.bccdc.ca
ALSO SEE: www.hepcbc.ca/hbv-basics/ (info about tests, vaccination, treatment, translation, and support)