



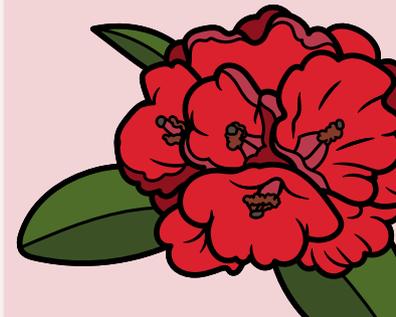
HEPATITIS B

Understanding Hepatitis B and Promoting Testing and Diagnosis In Asian American Communities

*A guide for community health workers,
health educators, health care providers
and other professionals*



**There are other forms of
hepatitis, but this
presentation will focus on
hepatitis B**



This Presentation Will Cover

Hepatitis B Basic Information

- Overview of hepatitis B and liver cancer
 - Transmission and prevention
 - Testing, care, and treatment

Tips for educating your community

- Common misconceptions
 - How to dispel stigma
 - Helpful resources

A man with short, graying hair and a light blue polo shirt is shown in profile, looking upwards and to the right. The background is a dark, solid color. In the upper right corner, there is a yellow rectangular box with a black border and two teal dots in the top corners. Inside this box, the text "Why is hepatitis B relevant to me?" is written in a bold, black, sans-serif font.

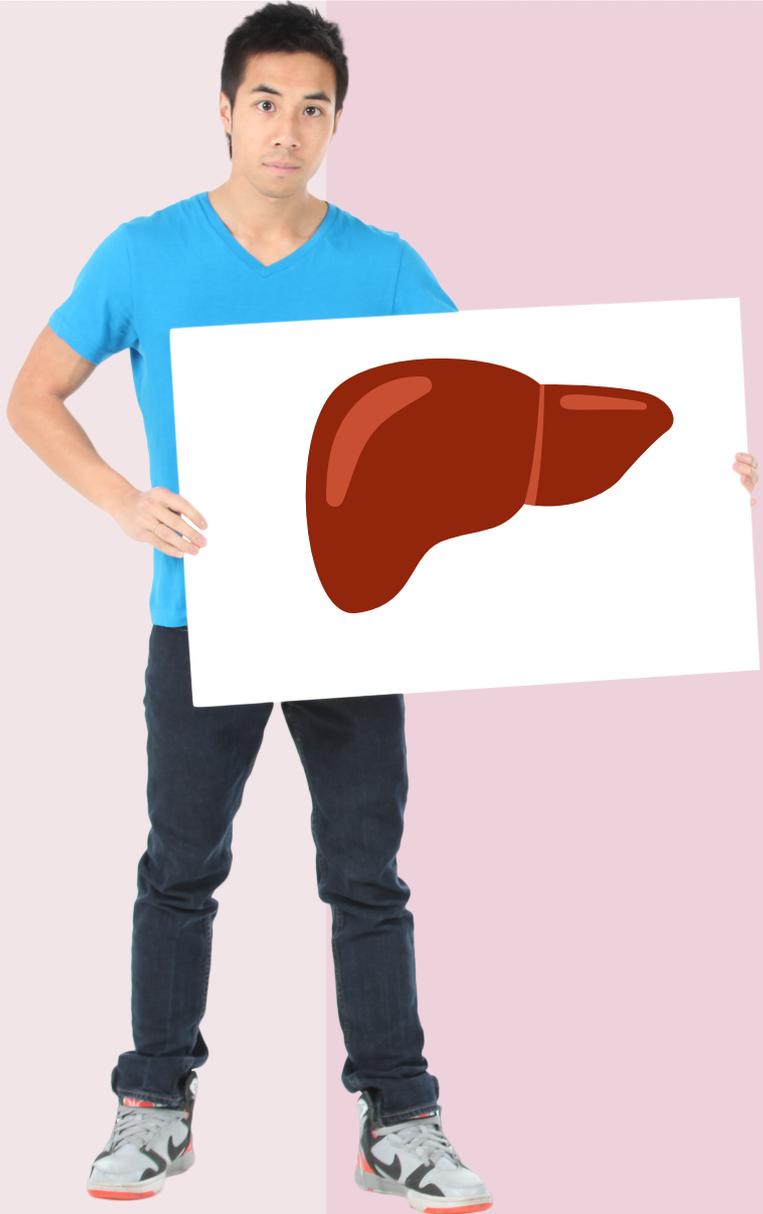
**Why is hepatitis B
relevant to me?**

Because:

- *Hepatitis B is one of the most common viral infections in the world.*
- *Hepatitis B is common worldwide. It is also common in many parts of Asia and the Pacific Islands.*
- *While Asian Americans make up 6% of the US population, they account for more than 60% of Americans living with hepatitis B.*



What is hepatitis B?



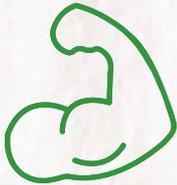
Hepatitis B is a virus that can cause serious liver disease and liver cancer

Keeping your liver healthy is important because it has many jobs in the body:



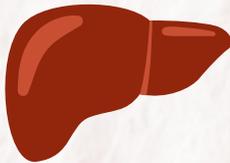
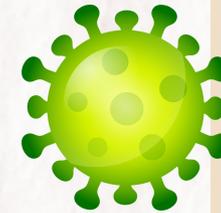
Digests food

Regulates energy



Builds muscle

Breaks down toxins



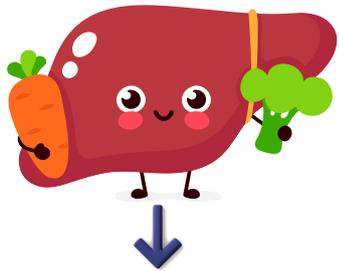
Fights infections

Processes medicine

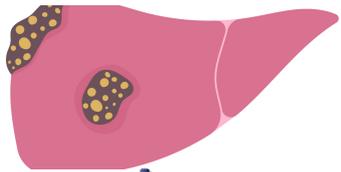


Stores vitamins

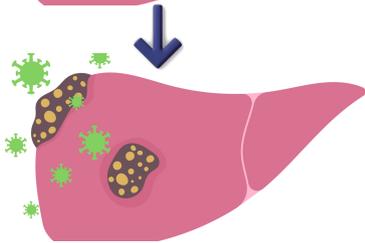
Hepatitis B can lead to liver damage and liver cancer over time



Healthy Liver



Mild Inflammation can lead to "*Fibrosis"



A lot of inflammation can lead to a scarred liver "*Cirrhosis"



Long term infection with hepatitis B can lead to liver cancer

**Fibrosis: a little bit of scarring of the liver tissue; *Cirrhosis: a lot of scarring of the liver tissue*

People cannot live without their liver!



The good news:

When managed by a doctor, hepatitis B is a virus that people can live with for a long time.

By taking care of their health, people can live a normal lifespan, and lead a healthy and productive life.

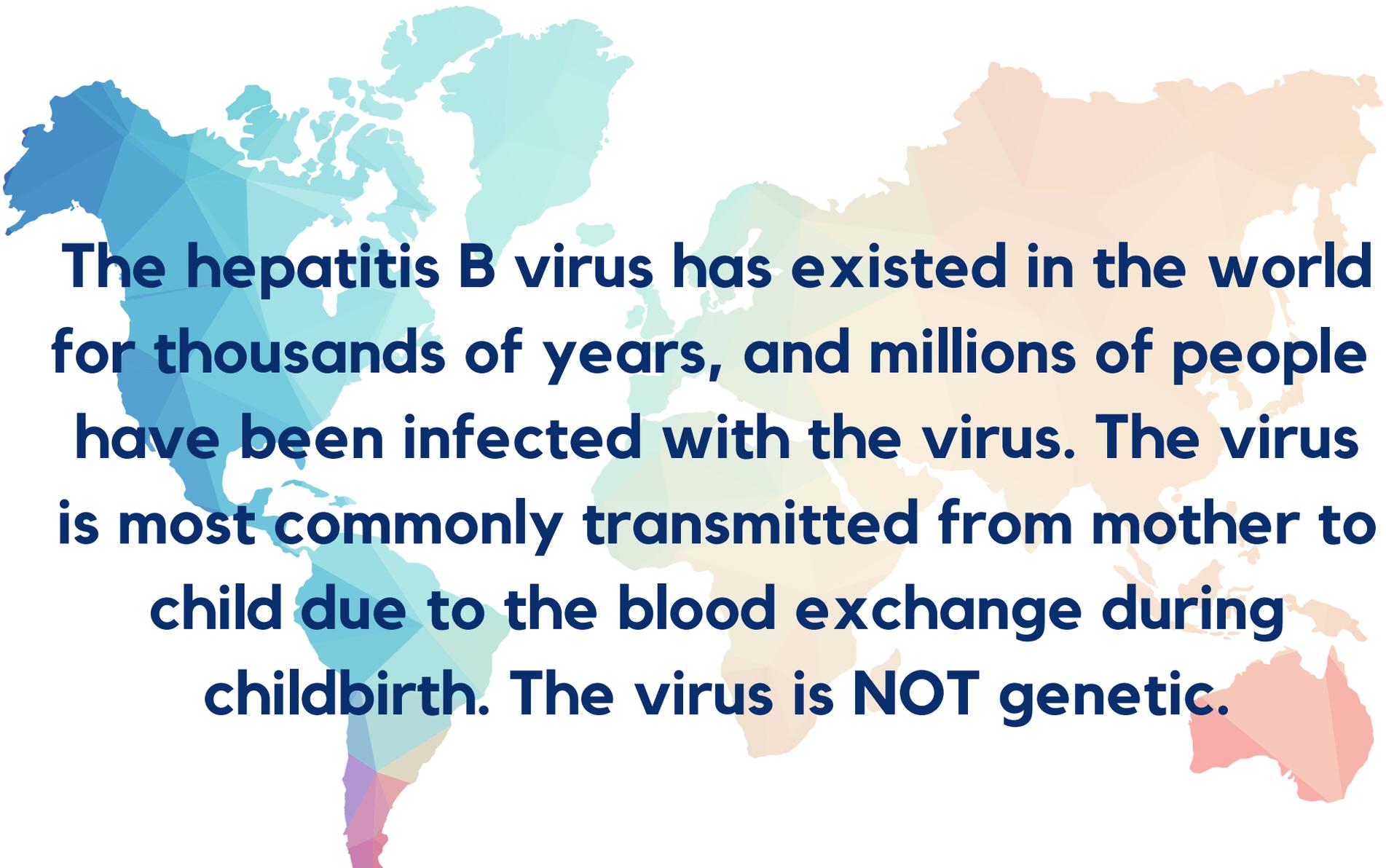
Health educators can help keep their community healthy by learning about hepatitis B and promoting awareness, testing and vaccination.



Worldwide
More than 300 million
people are living with
hepatitis B

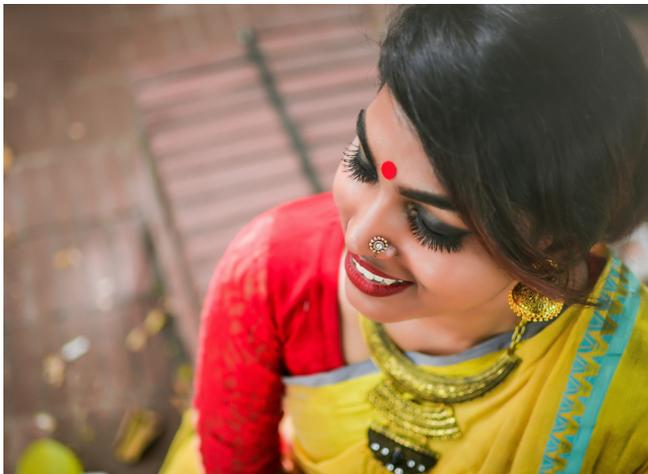
In the United States,
up to 2.4 million people are
living with hepatitis B

Why is hepatitis B common?



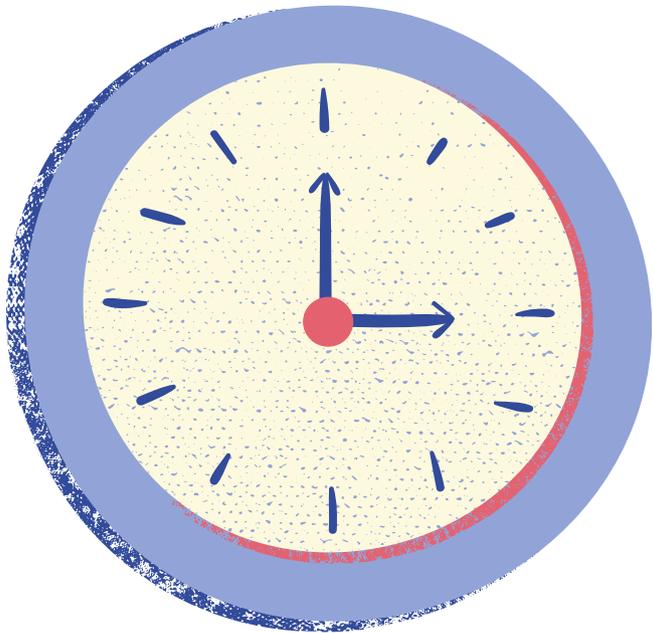
The hepatitis B virus has existed in the world for thousands of years, and millions of people have been infected with the virus. The virus is most commonly transmitted from mother to child due to the blood exchange during childbirth. The virus is NOT genetic.

Most people with hepatitis B do not know they are infected



There are 2 types of hepatitis B infection

Acute



Short-term infection

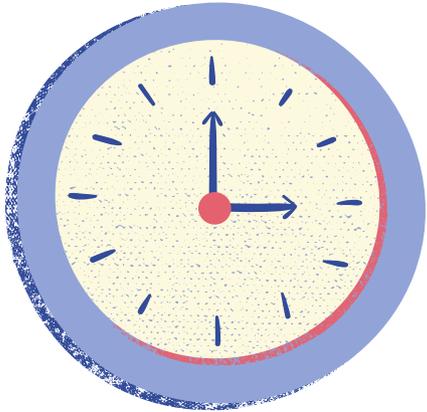
Chronic



Lifelong infection

The age when someone becomes infected determines what kind of infection they will have

Acute



- *Less Common*
- *Usually occurs when getting infected as an adult*
- *Usually clears from body within six months*

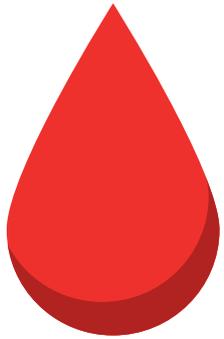
Chronic



- *More common*
- *Usually occurs by getting infected during childhood*
- *Usually lasts for life*

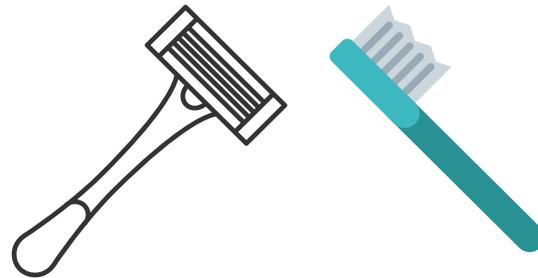
Someone can get hepatitis B through:

Blood



Direct blood to blood contact with an infected person

Household contact



Sharing hygiene equipment (razors, toothbrushes, earrings)

Mother to child transmission



Blood exchange during birth (perinatal transmission)

Perinatal Transmission



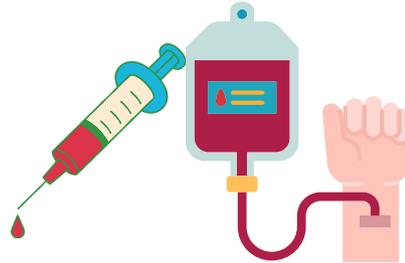
Perinatal transmission is the most common way that people get infected. This can be prevented through a safe and effective vaccine. All pregnant people should be tested for hepatitis B, and those infected might need treatment during pregnancy. All babies born in the world should begin the hepatitis B vaccine starting at birth. This "birth dose" is necessary for all babies born to infected moms.

Someone also can get hepatitis B through:

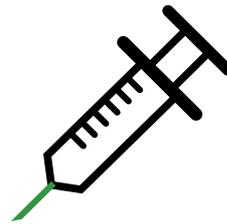
Intimate contact



**Unsterile
healthcare
exposures**



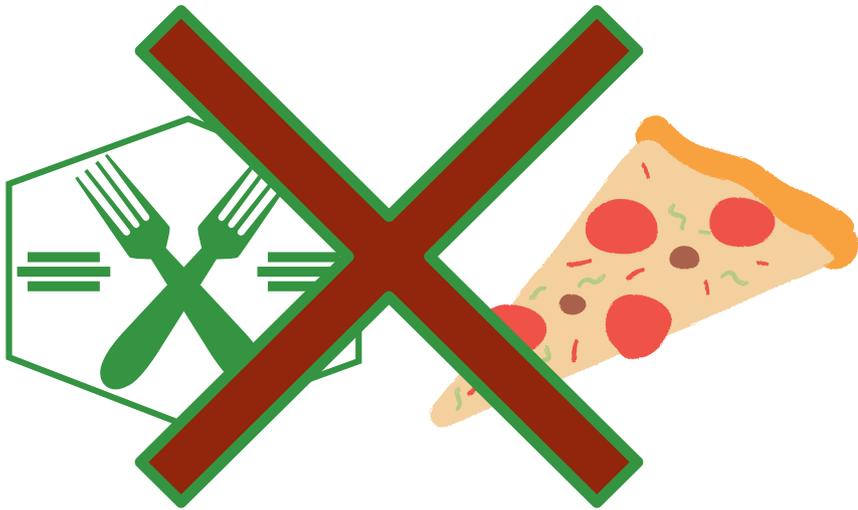
**Tattoos, piercings,
barbers, scarification,
circumcision practices**



Sharing needles

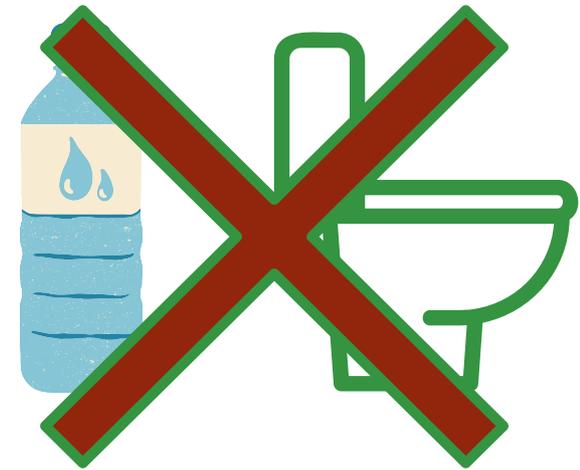
Hepatitis B is **NOT** spread through:

Food



Sharing meals with someone who is infected

Water



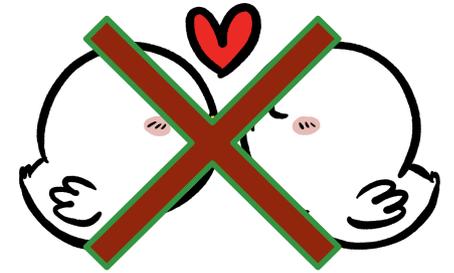
Drinking from a cup of someone who is infected or sharing a bathroom

Hepatitis B is **NOT** spread through:

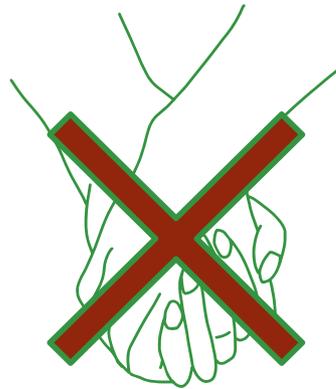
Sneezing or coughing



Kissing



Holding hands



Breastfeeding



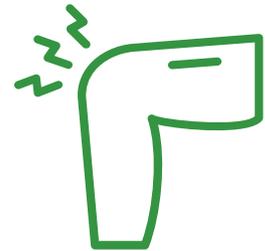
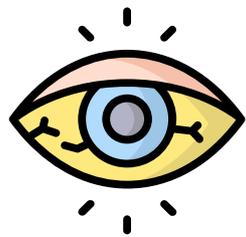
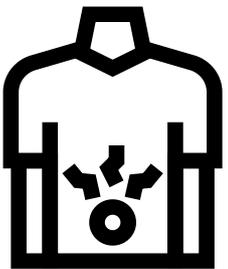
Hugging



Less than 10% of people infected with chronic hepatitis B have symptoms



If symptoms occur with chronic hepatitis B , they can be a sign of advanced liver disease:



Yellow skin or eyes, abdominal pain, joint pain, vomiting, feeling tired, dark urine or clay colored stool



Although hepatitis B is common in Asia, most people don't know they are infected.

People can be afraid to get tested and may face cultural, religious and structural obstacles to accessing healthcare.

Not knowing about an infection is a health risk.

Without regular healthcare and possibly treatment, a person with hepatitis B faces an increased risk of dying early or unknowingly infecting others.

The test for hepatitis B is a simple blood test

*A simple blood test can be done
in a doctor's office*



*It is quick and easy and the results
will be available in a few days*

CDC Universal Adult Hepatitis B Screening/Testing Recommendations

- CDC recommends that all adults in the U.S. aged ≥ 18 years be tested for hepatitis B at least once.
- All pregnant people should be tested during each pregnancy.
- CDC recommends additional risk-based testing for the following: persons incarcerated/formerly incarcerated; persons with a history of sexually transmitted infections or multiple sex partners; and persons with hepatitis C virus infection.
- Anyone who requests HBV testing should receive it, regardless of disclosure of risk. This will minimize the stigma associated with testing and will get more people diagnosed!

CDC Universal Adult Hepatitis B Vaccination Recommendations

- CDC recommends hepatitis B vaccination for all adults aged 19–59 years, and any adult ≥ 60 years with 1 or more risk factors.
- Adults aged ≥ 60 years without known risk factors for hepatitis B may also receive hepatitis B vaccine.
- Infants and all other persons aged < 19 years in the U.S. are recommended to receive the hepatitis B vaccine.

After someone is tested

If someone is susceptible:

- They should get vaccinated against hepatitis B.



If someone is infected:

- They should see a doctor for additional testing.
- Ask all household members and intimate partners to get tested.

People who have chronic hepatitis B can stay healthy by

1

Seeing a doctor 1-2 times a year

- Ideally a doctor experienced in managing hepatitis B.
- Taking antiviral medication if the doctor recommends it.



2

Leading a healthy lifestyle

- Eating a nutritious diet.
- Staying physically active.
- Avoiding alcohol and cigarettes, as these contain toxins that can harm the liver.



There is no cure yet for chronic hepatitis B

You may have heard about "cures" for hepatitis B. Currently, there is no cure for hepatitis B. Scientists are working hard to find a cure.



There are treatments for hepatitis B

The good news is that

There are treatments, called antivirals, that can effectively control the virus and prevent liver damage and liver cancer. These treatments can save lives!



Why should people get tested for hepatitis B?

Hepatitis B can be managed and treated



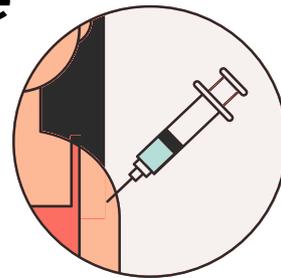
Most people do not have symptoms

Someone should not wait until they feel sick



CDC recommends that every adult in the U.S. get tested for hepatitis B

There is a safe and effective vaccine that can protect loved ones who don't have hepatitis B



Getting tested now can allow someone to stay healthy for themselves and their loved ones



Be aware



There can be stigma and fear associated with hepatitis B



Let's learn about how to overcome this barrier through education, and promoting testing and vaccination in your community.

Misconception # 1: Symptoms

*I don't have any
symptoms.*

*Could I still have hepatitis
B?*



YES!

*Most people with
hepatitis B do not
have any symptoms*



Fact #1

Most people with hepatitis B do not have any symptoms:

REMEMBER!

People may be used to treating illnesses only when they have symptoms. People may not have a sense of urgency to get tested.

TIPS

- Let community members know that people with hepatitis B often have no symptoms, even though their liver could be damaged.
- Remind people they have the power to improve their health now, to prevent serious liver problems in the future.
- The hepatitis B test is a simple blood test. It is the only way to know if someone is infected.

Misconception # 2: Transmission

I haven't done have
anything risky to get hep
B.

Could I still have it?



YES!

*Most people get
hepatitis B as babies
or children.*



Fact #2

Most people with hepatitis B were infected at birth or early childhood:

REMEMBER!

Some people may associate hepatitis B with unhealthy or risky behaviors. But the virus can infect anyone. Most people are infected as babies, and many people do not know how they got the virus.

TIPS

- Reinforce the most common way hepatitis B is transmitted; which is through blood contact at birth or during early childhood.
- Remind people that hepatitis B is one of the most common infections - this may be helpful in normalizing testing.

Misconception # 3: Medical Care

Are there treatments
for hepatitis B?



YES!

Treatments are
available that can help
people stay healthy



Fact #3

Treatments are available that can help people stay healthy:

REMEMBER!

People may be worried that a hepatitis B diagnosis will change their whole life- but it does not have to!

TIPS

- Most people with hepatitis B live long, healthy and productive lives.
- Hepatitis B usually progresses slowly. The biggest danger is not knowing someone is infected!
- Hepatitis B can be managed overtime by seeing a doctor and taking antiviral treatment if needed.



Be aware



There can be stigma and fear associated with hepatitis B



Let's learn about how to overcome this barrier through education.

Dispelling Stigma: Misinformation

Stigma can come from
misinformation

Misinformation can create assumptions on how someone may have gotten the virus.

People may assume that people have contracted the virus through:

- *Immoral behavior*
- *Drug Use*
- *Genetics or weak family genes*
- *Dirty living conditions*



Dispelling Stigma: Misinformation

To overcome misinformation,
emphasize the facts!

*People most commonly get
Hepatitis from:*

- *Blood exchange during childbirth*
- *Contact with blood during early childhood*

*Anyone can get the virus regardless
of their cultural and religious values.*



Dispelling Stigma: Fear

Stigma can also come from fear.

- *Being seen getting tested*
- *Managing a hepatitis B infection*
 - *Cost*
 - *Seeing a family doctor regularly*
 - *Family burden*
- *Social stigma*
 - *Isolation from family and friends*
 - *Community judgement*



Dispelling Stigma: Fear

To overcome fear, talk about options, available resources.

- *Resources are available to help people living with hepatitis B. It might help to hear from others on how they manage their infection and live successful lives with the virus. www.hepbstories.org can help!*
- *The more correct information the community knows, the less stigma will exist around hepatitis B.*



You play an important role in your community and you have the power to promote awareness and testing for hepatitis B

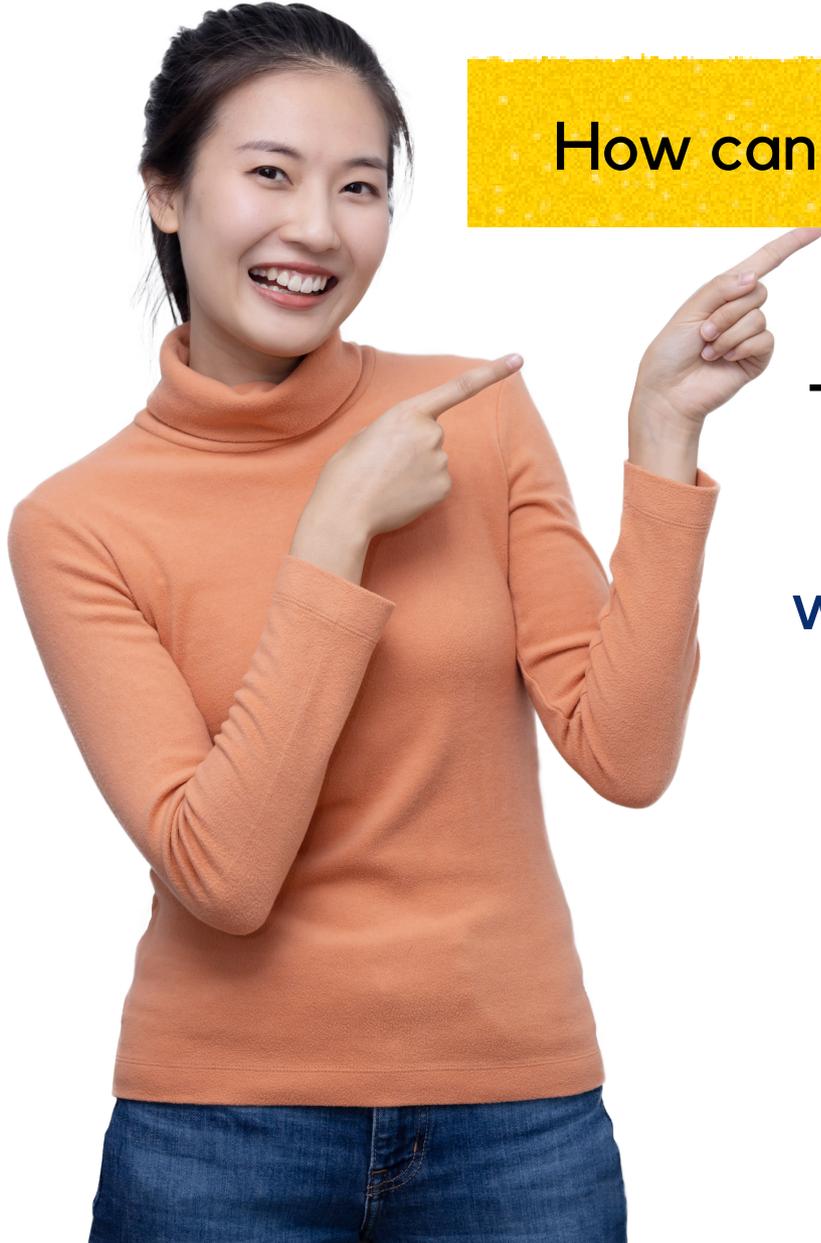
- ***Never invalidate someone's concerns. Encourage community members to become empowered and proactive about their health, so they can stay healthy for themselves and their families.***
- ***If someone tests positive for hepatitis B, there are many resources to help them manage their infection, even if they do not have insurance. We can help too - reach out to us at info@hepb.org.***
- ***A hepatitis B diagnosis is not a death sentence! By living a healthy lifestyle and monitoring the virus with a doctor, people can live normal lifespans, and lead healthy and productive lives.***

You are not alone! There are resources available to help:

How can I locate doctors for testing and care?

The Hepatitis B Foundations' liver specialist directory:
www.hepb.org/physiciandirectory

Federally qualified health center (FQHC) locator:
www.findahealthcenter.hrsa.gov



You are not alone! There are resources available to help:

Where can I find more information on hepatitis B?

- Center for Disease Control and Prevention (CDC)
 - Basic information about hepatitis B, guidelines and downloadable PDFs
 - Printable factsheets, PSA videos, infographics, quizzes and more in multiple languages
 - Free posters

www.cdc.gov/hepatitis/hbv/index.htm

- The Hepatitis B Foundation
 - Phone and email helplines
 - Comprehensive information
 - Printable factsheets in many languages
 - Inspiring videos in many languages

www.hepb.org, www.hepb.stories.org



More resources below:

- [Hepatitis B blood tests fact sheet](#)
- [Prevention and diagnosis](#)
- [Resources and support](#)
- [Glossary of terms related to hepatitis B](#)
- [A hepatitis B vignette](#)
- [The ABC of viral hepatitis](#)
- [Hepatitis B photo flash mob](#)



There are many ways that you can integrate hepatitis B education into your community.

Talk to community members about their health and hepatitis B risk.



Promote a local health fair that is testing for hepatitis B.



Host an education session, health fair or hepatitis B testing event.

Display educational fact sheets, brochures and posters in your office.



Share CDC's and the Hepatitis B Foundation's posts on social media.

Additional Resources on CDC's Recommendations

- [CDC's recommendations on hepatitis B screening](#)
- [CDC's recommendations on hepatitis B vaccination](#)
- [Hepatitis B Foundation's Call to Action on CDC's new recommendations](#)
- [Webinar: Universal Adult Hepatitis B Screening is Here- What does it mean for providers](#)
- [Webinar: Best Practices on HBV Universal Implementation](#)



**Thank you for raising
awareness about hepatitis B!**

This education material is created in part using funds from the Centers for Disease Control and Prevention under award

#5NU51PS005196-02

After viewing this presentation, please complete a short self assessment.

[CLICK HERE](#)

Your feedback can help us provide you with the most useful resources!

For questions or additional support, email: info@hepb.org



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