



PLATINUM
HEALTH

World Hepatitis Day 28 July 2024

World Hepatitis Day is annually held on July 28 to promote awareness of hepatitis, a disease that affects the liver.

Hepatitis is commonly the result of a viral infection, but there are other possible causes of hepatitis. These include autoimmune hepatitis and hepatitis that occurs as a result of medications, drugs, toxins, and alcohol. Autoimmune hepatitis is a disease that occurs when your body makes antibodies against your liver tissue.

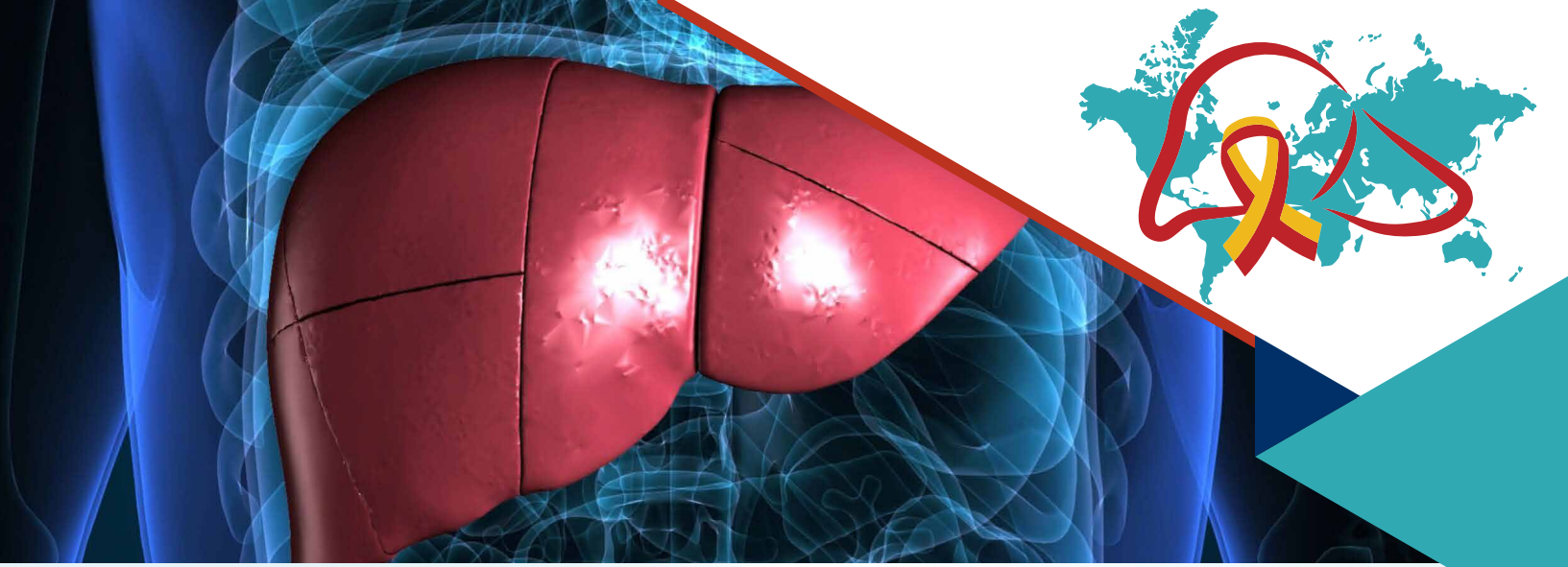
Hepatitis can be:

- Acute (short-lived)
- Chronic (lasting at least 6 months)

Most cases of acute hepatitis caused by a virus (acute viral hepatitis) resolve on their own, but some progress to chronic hepatitis.

The five main viral classifications of hepatitis are hepatitis A, B, C, D and E. A different virus is responsible for each type of viral hepatitis.

- Hepatitis A is the result of an infection with the hepatitis A virus (HAV). This type of hepatitis is an acute, short-term disease.
- The hepatitis B virus (HBV) causes hepatitis B. This is often an ongoing, chronic condition.
- Hepatitis C comes from the hepatitis C virus (HCV).
- Hepatitis D is a rare form of hepatitis that only occurs in conjunction with hepatitis B infection.
- The hepatitis D virus (HDV) causes liver inflammation like other strains, but a person cannot contract HDV without an existing hepatitis B infection.
- Hepatitis E is a waterborne disease that results from exposure to the hepatitis E virus (HEV). Hepatitis E is mainly found in areas with poor sanitation and typically results from ingesting fecal matter that contaminates the water supply.



Causes of hepatitis

Type of hepatitis	Common route of transmission
hepatitis A	exposure to HAV in food or water
hepatitis B	contact with HBV in body fluids, such as blood, vaginal secretions, or semen
hepatitis C	contact with HCV in body fluids, such as blood, vaginal secretions, or semen
hepatitis D	contact with blood containing HDV
hepatitis E	exposure to HEV in food or water

Common symptoms of hepatitis

If you are living with a chronic form of hepatitis, like hepatitis B and C, you may not show symptoms until the damage affects liver function. By contrast, people with acute hepatitis may present with symptoms shortly after contracting a hepatitis virus. Acute viral hepatitis can cause anything from a minor flu-like illness to fatal **liver failure**. Sometimes there are no symptoms. The severity of symptoms and speed of recovery vary considerably, depending on the particular virus and on the person's response to the infection.



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Common symptoms of infectious hepatitis include:

- Fatigue
- Flu-like symptoms
- Dark urine
- Pale stool
- Abdominal pain
- Loss of appetite
- Unexplained weight loss
- Yellow skin and eyes, which may be signs of jaundice

How hepatitis is diagnosed

- History and physical examination
- Liver function tests
- Other blood tests to detect the cause of infection and liver damage
- Ultrasound
- Liver biopsy

How hepatitis is treated

Treatment options will vary by the type of hepatitis you have and whether the infection is acute or chronic.



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To prevent hepatitis, you can:

- **Get vaccinated** for hepatitis A and B, especially if you are travelling to countries where these infections are common. A vaccine for hepatitis E is currently available only in China. No vaccines against hepatitis C or D virus are available. However, vaccination against hepatitis B virus also reduces the risk of infection with hepatitis D virus. Hepatitis vaccines are given by injection into muscle.
- **Wash your hands** thoroughly before preparing or eating food, after using the washroom, and after contact with bodily fluids.
- **Use safe food practices**, such as peeling your own raw fruits and vegetables, and avoiding ice cubes in drinks.
- **Follow safe sexual practices**, such as using condoms and avoiding multiple partners.
- **Never share needles or syringes** and avoid contact with blood or other potentially infected materials.

Source:

Healthline (www.healthline.com/health/hepatitis)



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