Early detection is key

It is important for you and your family to get tested for HBV because hepatitis B is one of the greatest health threats for Asians.

» Get Tested

Ask your doctor for these blood tests:

Hepatitis B surface antigen (HBsAg):
Tells if you have chronic hepatitis B (also known as being a hepatitis B carrier).

Hepatitis B surface antibody (anti-HBs):
Tells if you are protected against HBV.

Only the HBsAg blood test can tell if you have chronic hepatitis B.

» Get Vaccinated

If both your HBsAg and anti-HBs blood tests are negative, then you are not protected and should get vaccinated. Make sure your baby also gets vaccinated at birth.

The hepatitis B vaccine is a 3 shot series given over 6 months that can protect you for life.

The vaccine is so effective at preventing HBV and liver cancer that it is called **"the first anti-cancer vaccine"** by the World Health Organization.

Unite against HBV.

The **Jade Ribbon** is folded like the Chinese character for people "人" to symbolize the united voices of those fighting hepatitis B and liver cancer worldwide.

For more information visit http://liver.stanford.edu

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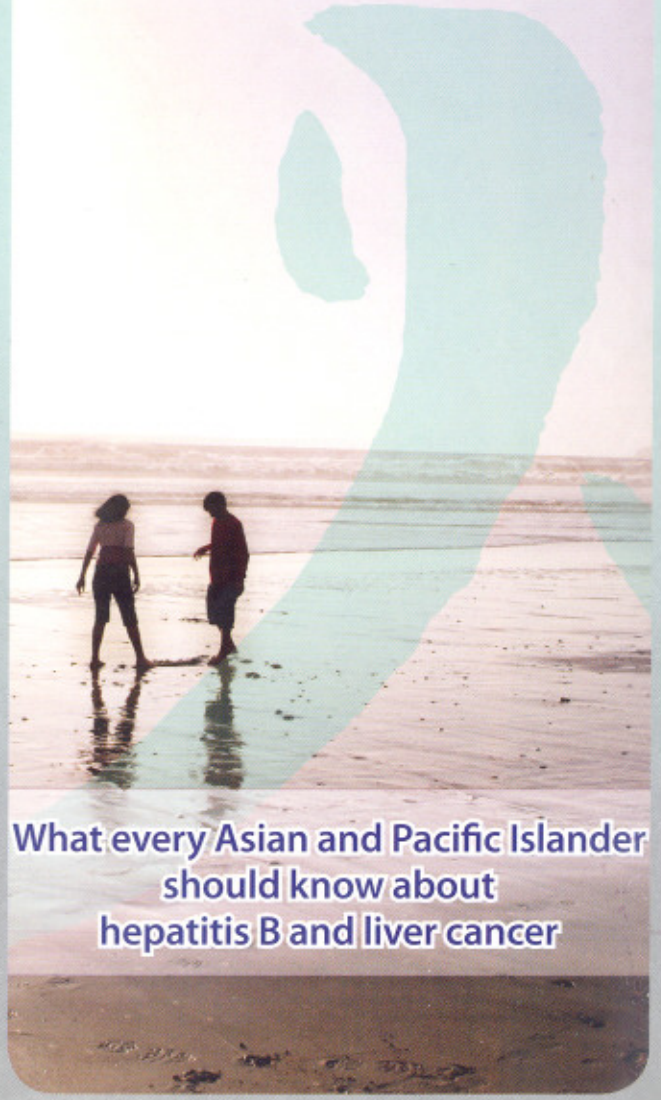
KNOW HBV



What every Asian and Pacific Islander should know about hepatitis B and liver cancer

Breaking the silence about HBV

- Hepatitis B virus (HBV) is the most common serious infection of the liver, and can lead to premature death from liver cancer or liver failure.
- 1 in 10 Asian and Pacific Islanders is living with chronic (life-long) hepatitis B.
- Most don't even know that they're infected.
- 1 in 4 people with chronic hepatitis B will die from liver cancer or liver failure, but this can be avoided with appropriate monitoring and treatment.

Even if you feel healthy, you may already be infected

Hepatitis B is dangerous because there are often no symptoms. Even liver blood tests may be normal. By the time symptoms such as abdominal pain or jaundice (dark urine and yellow discoloration of the skin or eyes) appear, it is often too late for treatment to be effective.

Transmitted just like HIV

1. A mother-to-child infection

For Asians, HBV is commonly transmitted from a chronically infected mother to her child at birth.

2. A blood-borne infection

HBV can be transmitted through infected blood. This includes:

- wound-to-wound contact
- sharing razors or toothbrushes
- reusing needles for tattoos, piercings, or injecting drugs
- reusing medical needles or syringes

3. A sexually transmitted infection

HBV can be transmitted through unprotected sex with an infected person.

HBV is NOT transmitted through food and water

There are many myths about how you get hepatitis B.

HBV is ***NOT*** spread through:

- sharing food or water
- sharing eating utensils or drinking glasses
- casual contact
- coughing or sneezing
- hugging or kissing
- breastfeeding

There is no reason to distance yourself from those infected with HBV.

If you have chronic hepatitis B, you should not be excluded from work, school, or other daily activities.

What you should do if you have HBV

» Get Screened

Even though you may feel healthy, regular screening is important. Ask your doctor for the following tests:

Every	Test	Screens for
6 months	ALT blood test	liver damage
	AFP blood test	liver cancer
1 year*	ultrasound	liver cancer

* If you have cirrhosis or a family history of liver cancer, increase the frequency of your ultrasound exam to every 6 months.

If detected at an early stage, liver cancer can be successfully treated.

» Not everyone who tests positive for HBV needs treatment

But if your ALT level is elevated, indicating liver damage, antiviral medication may be appropriate. Even though there is no cure for hepatitis B, appropriate treatment can reduce the risk of liver cancer and liver failure. Ask your doctor about FDA approved treatments.

If you are starting any cancer chemotherapy, you should be on HBV treatment to protect against potential flare-up of the hepatitis B infection and the risk of liver failure.

» Get the hepatitis A vaccine
» Avoid drinking alcohol
» Protect your loved ones

Make sure your family and partner are tested for HBV and vaccinated if they are not protected.

If you are pregnant, make sure your newborn receives the first shot of the hepatitis B vaccine **and** the hepatitis B immunoglobulin (HBIG) shot at birth. Then complete the hepatitis B vaccine series on schedule. This will be more than 95% effective in protecting your newborn from infection.