











The ABCDE of Viral Hepatitis

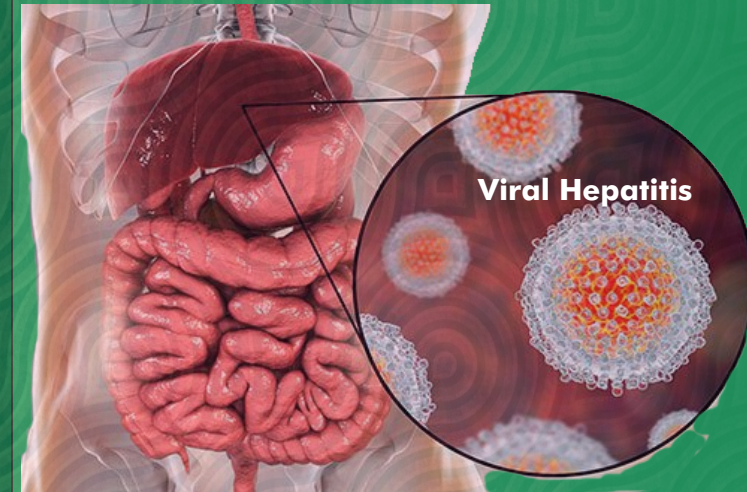
	How it spreads	Prevention
 <p>Hepatitis A Virus HA_v</p>	 <p>From contaminated food and water</p>	<ul style="list-style-type: none"> -Improved hygiene -Vaccination
 <p>Hepatitis B Virus HB_v</p>	 <p>Contact with infected body fluids</p>	<ul style="list-style-type: none"> -Blood screening -Improved hygiene -Vaccination
 <p>Hepatitis C Virus HC_v</p>	 <p>Intravenous drug use Not sterilised medical</p>	<ul style="list-style-type: none"> -Blood screening -Sterile needles for drug injections -Sanitary healthcare settings
 <p>Hepatitis D Virus HD_v</p>	 <p>spread through contact with infected blood and through unsafe injections or transfusions.</p>	<ul style="list-style-type: none"> -Blood screening -Sterile needles for drug injections
 <p>Hepatitis E Virus HE_v</p>	 <p>spread through blood-to-blood contact, unsafe sex and during childbirth</p>	<ul style="list-style-type: none"> -Improved hygiene -Food sanitation -Practice safe sex

What does SOGHIN recommend?

1. Advocacy for health strategies that would reduce the transmission of HBV and HCV such as; Safe injection practices, Safe sex practices (abstinence /use of condoms).
2. Universal HBV vaccination.
3. Discouragement of traditional practices such as female circumcision and scarification markings.
4. Encourage subsidy from the government/relevant bodies for procurement of the antiviral drugs and evaluation of patients, bearing in mind the high cost of management. This will promote early treatment of infected individuals with reduction of the high mortality and morbidity rates associated with chronic viral hepatitis.
5. Early detection of liver cancer through liver cancer surveillance in infected individuals.
6. Access to portable water is advocated especially in rural regions.
7. Encourage funding of research in our environment in viral hepatitis.



Frequently Asked Questions Regarding Viral Hepatitis



SOCIETY FOR GASTROENTEROLOGY AND HEPATOLOGY IN NIGERIA (SOGHIN), CROSS RIVER STATE CHAPTER

&

FOUNDATION FOR HEALTHCARE INNOVATION AND DEVELOPMENT (FHIND), NIGERIA.

What is viral hepatitis?

It is the inflammation of the liver from hepatitis A, B C, D and E viral infections.

What is the burden of the HBV and HCV infection?

- 257million people are currently infected with HBV globally.
- Only 22million cases have been diagnosed with only 8% of these patients receiving treatment globally.
- Over 20 million Nigerians are infected with HBV, with the prevalence rate being 11%.
- 130–170 million people are chronically infected with HCV globally.
- Over 3 million Nigerians are living with HCV with an overall prevalence of 2.2%.

What are the routes of transmission of Hepatitis B and C?

- Vertical transmission (mother to child transmission)
- Horizontal transmission (child to child transmission)
- Sexual route
- Transfusion of contaminated blood /blood products
- Sharing sharps (razor blades, clippers, needles)
- Traditional/native scarification markings
- Female genital mutilation/circumcision
- Tattooing

Who is at risk of acquiring Hepatitis B and C infection?

- Healthcare workers,
- Sickle cell patients,
- Haemodialysis patients,
- Populations with high burden of disease such as Nigeria (Africa, Asia, Latin America),
- Commercial sex workers,
- Homosexuals
- Intravenous drug users

How is Hepatitis A and E transmitted?

Hepatitis A and E are transmitted through contamination of food and water with human faeces.

How does one know if he/she has hepatitis?

Voluntary testing is advocated with or without symptoms of viral hepatitis (which include, yellow eyes, dark urine, pale stools, swollen stomach/legs, fatigue).

Does viral hepatitis cause chronic liver

disease? Hepatitis A and E causes a self-limiting viral infection that resolves within 6 months, while Hepatitis B,C and D can go on to cause chronic liver disease (liver cirrhosis, liver failure and liver cancer).

What are the complications of chronic hepatitis B and C infection?

- Liver cirrhosis/ liver failure (bleeding, fluid retention, kidney failure, psychiatric manifestations)
- Liver cancer

Can viral hepatitis be cured?

Currently there is no cure for HBV, but the infection can be suppressed with life-long treatment. However HCV can be 'cured' once a sustained virologic response (i.e. undetectable viral load) is achieved post treatment.

Can viral hepatitis be prevented?

- Health awareness/campaign's to educate individuals on how to prevent the spread of the disease i.e. avoidance of risk factors.
- Interruption of transmission: by universal HBV vaccination of at risk individuals as well as treatment (aimed towards viral suppression) using Nucleoside/ Nucleotide analogues (Tenofovir), Interferon based therapy, Directly Acting Anti-viral agents.
- Washing ones hand after using the restroom /before preparation of meals as well as boiling water.