



**Help Stop a
Silent Epidemic
in the
West African
Community**

Get the facts on
hepatitis B



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Get the facts on hepatitis B

What is hepatitis B (hep B)?

Hepatitis B is a serious and deadly liver infection



Most common liver infection in the world



1 in 10 African-born people in the US have hep B

Hep B is NOT Hep C or HIV

You need your liver to:

- **Process** food and drink
- **Fight** off infection
- **Remove** toxins from blood



You cannot survive without a functioning liver!

How can hep B affect you?

Hep B can cause serious liver problems over time

Cirrhosis
(Severe scarring)



Liver cancer



Scarring and cancer can
impair liver function

If you have hep B, you can't ignore it



2 in 3

people with hep B
don't know they have it



1 in 3

develop cirrhosis and
liver cancer if left untreated

#1

cause of cancer death
among men in Africa

Ways you CAN get hep B

Hep B can ONLY spread through contact with
**infected blood or
bodily fluids**

How does hep B spread?

- ▶ **Born in West Africa and**
Your mother had hep B when you were born
 - You were not vaccinated as a child



- ▶ **Sharing hygiene equipment**
(eg, razors, toothbrushes, nail clippers, etc)



- ▶ **Unsterile** tattoos, piercings, needles, and circumcision and midwifery practices
- ▶ **Exchanging bodily fluids** during sex

Ways you CANNOT get hep B

- ▶ **Touching, hugging, or kissing**
- ▶ **Sneezing or coughing around others**
- ▶ **Sharing cups or utensils**
- ▶ **Sharing food, water, or air**
- ▶ **Breastfeeding**



Knowing how hep B spreads can help prevent you and your family from getting infected



Montefiore Einstein Starfish Program

Parable: Starfish on the Beach

An old man walked along a beach covered with hundreds of starfish that had washed ashore.



He passed a boy who was throwing the starfish back into the waves. The old man stopped and asked what the boy was doing.

The boy explained that he wanted to help the starfish.

The old man responded that there were far too many starfish on the beach to make a difference.

The boy picked up another starfish and said, "It makes a difference to this one."

Contact Information



Dr. Nnaemeka Bosah



Dr. Emmanuel Emeasoba



Fatima Omarufilo,
Patient Navigator

Montefiore Medical Center
111 East 210th Street, Rosenthal 2
Bronx, NY 10467
Phone number: 347-899-5446

**Reach out to the Starfish Program
or contact your doctor or local
health center or clinic to get
screened. Take charge of your
health and help protect your
community.**

What can I do?

Take charge and talk to your doctor

If you don't know if you have hep B...

- ✓ **Get tested**
A simple blood test can show if you have hep B

If you DON'T have hep B...

- ✓ **Get vaccinated**
It is safe and effective

If you DO have hep B...

- ✓ **Talk to your doctor about treatment options**
Hep B can be managed if treated early

Help protect your community

- ✓ **Encourage others to get tested**
- ✓ **Learn and share the right facts about hep B to help prevent it from spreading**

For more information visit hepb.com

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