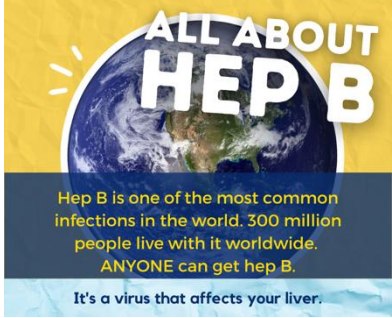
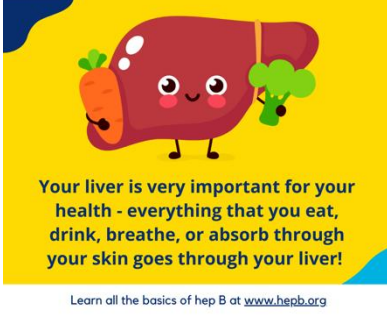
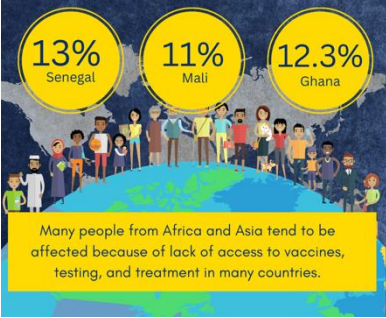




## Liver Cancer Awareness Toolkit for West African Communities

- Back to Basics
- Management
- Prevention
- Symptoms
- Testing
- Transmission

### BACK TO BASICS

		
<p>Hepatitis B is the most common serious liver infection. This virus injures and attacks the liver. About 300 million people around the world are living with #hepatitisB. The good news is that #hepB is completely preventable and manageable!</p> <p>Learn more about #hepB here: <a href="https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/">https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/</a></p> <p>#LiverCancer #LearntheLink #hepB #HBV</p>	<p>Keep in mind everything you eat, drink, breathe, or absorb through your skin is eventually filtered by your liver. So, protect your liver and your health by eating plenty of fruits and veggies!</p> <p>Learn more healthy liver tips here: <a href="https://www.hepb.org/treatment-and-management/adults-with-hepatitisb/healthy-liver-tips/">https://www.hepb.org/treatment-and-management/adults-with-hepatitisb/healthy-liver-tips/</a></p> <p>#LiverCancer #LearntheLink #hepB #HBV</p>	<p>Hepatitis B is a global public health threat and the world's most common serious liver infection. It is up to 100 times more infectious than the HIV/AIDS virus. It also is the primary cause of liver cancer, which is the second-leading cause of cancer deaths in the world.</p> <p>Take a look at some more #hepB facts and figures here: <a href="https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/facts-and-figures/">https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/facts-and-figures/</a></p> <p>#LiverCancer #LearntheLink #hepB #HBV</p>



## Liver Cancer Awareness Toolkit for West African Communities



Learn all the basics of hep B at [www.hepb.org](http://www.hepb.org)

What Is #HepatitisB? Hepatitis B is the most common serious liver infection in the world. It is caused by the hepatitis B virus that attacks and injures the liver. Importantly, #HepB can be treated, prevented, and managed.

Learn more on our website: <https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/>

#LiverCancer  
#LearntheLink #hepB #HBV

### MANAGEMENT



#### MANAGEMENT OF HEP B & LIVER CANCER

If left unmanaged, hepatitis B can cause serious liver disease and liver cancer.

People living with chronic #hepatitisB should expect to live a long and healthy life. There are decisions you can make to



#### HEPATITIS B CAN BE:

##### ACUTE

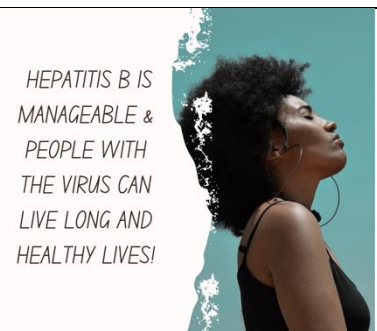
VIRUS CLEARS ON ITS OWN WITHIN SIX MONTHS - THIS OFTEN HAPPENS WHEN ADULTS GET THE VIRUS

##### CHRONIC

VIRUS DOES NOT CLEAR ON ITS OWN AND LASTS FOR LIFE - THIS OFTEN HAPPENS WHEN BABIES AND CHILDREN GET THE VIRUS

Learn all the basics of hep B at [www.hepb.org](http://www.hepb.org)

If you test positive for the hepatitis B virus for longer than six months, this indicates that you have a chronic hepatitis B infection. You should make an

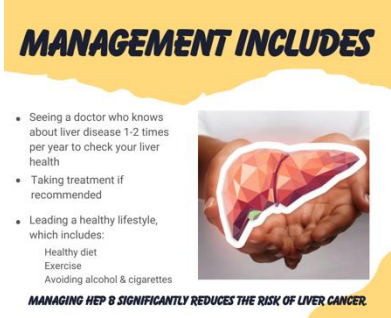

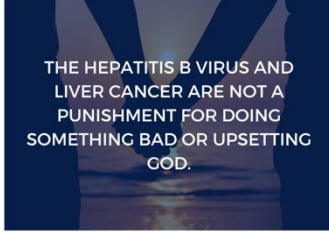


HEPATITIS B IS MANAGEABLE & PEOPLE WITH THE VIRUS CAN LIVE LONG AND HEALTHY LIVES!

If you tested positive for #hepatitisB, the first step to managing your health is to visit your doctor. Typically, it's best to make an appointment with a

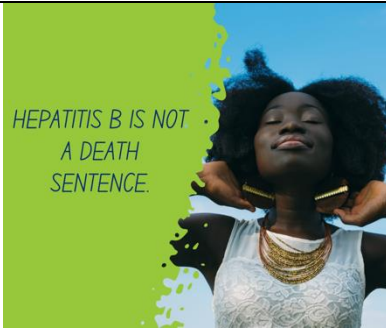


## Liver Cancer Awareness Toolkit for West African Communities

<p>protect your liver and your health.</p> <p>Check out these healthy liver tips here:  <a href="https://www.hepb.org/treatment-andmanagement/adults-with-hepatitisb/healthy-liver-tips/">https://www.hepb.org/treatment-andmanagement/adults-with-hepatitisb/healthy-liver-tips/</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>	<p>appointment with your doctor to monitor your condition. Learn more about the next steps on our website:  <a href="https://www.hepb.org/treatment-andmanagement/adults-with-hepatitis-b/">https://www.hepb.org/treatment-andmanagement/adults-with-hepatitis-b/</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>	<p>hepatologist or gastroenterologist familiar with hepatitis B.</p> <p>For more tips, visit our website:  <a href="https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/">https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>
 <p><b>MANAGEMENT INCLUDES</b></p> <ul style="list-style-type: none"> <li>Seeing a doctor who knows about liver disease 1-2 times per year to check your liver health</li> <li>Taking treatment if recommended</li> <li>Leading a healthy lifestyle, which includes:             <ul style="list-style-type: none"> <li>Healthy diet</li> <li>Exercise</li> <li>Avoiding alcohol &amp; cigarettes</li> </ul> </li> </ul> <p><i>MANAGING HEP B SIGNIFICANTLY REDUCES THE RISK OF LIVER CANCER.</i></p> <p>If you tested positive for #hepatitisB, the first step to managing your health is to visit your doctor.</p> <p>To prepare for your visit, take a look at this to-do-list on our website:  <a href="https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/visiting-your-doctor/">https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/visiting-your-doctor/</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>	 <p><b>HEPATITIS B CAN BE TREATABLE &amp; DOES NOT HAVE TO TAKE OVER YOUR LIFE</b></p> <p><b>YOU CAN STILL:</b></p> <ul style="list-style-type: none"> <li>Get Married</li> <li>Have Kids</li> <li>Have a Job</li> <li>Hold Hands and Kiss</li> </ul> <p>If you or someone you love has recently been diagnosed with hepatitis B, you are not alone. In fact, nearly 1 in 3 people worldwide will be infected with the hepatitis B virus in their lifetime. If you have questions or concerns, the Hepatitis B Foundation is here to help.</p> <p>Learn more:  <a href="https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/">https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>	 <p><b>THE HEPATITIS B VIRUS AND LIVER CANCER ARE NOT A PUNISHMENT FOR DOING SOMETHING BAD OR UPSETTING GOD.</b></p> <p>Around the world, many people with chronic hepatitis B face discrimination. If you are faced with discrimination due to hepatitis B, please share your experience anonymously and confidentially through our Discrimination Survey:  <a href="https://www.surveymonkey.com/r/hepbdiscrimination">https://www.surveymonkey.com/r/hepbdiscrimination</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>



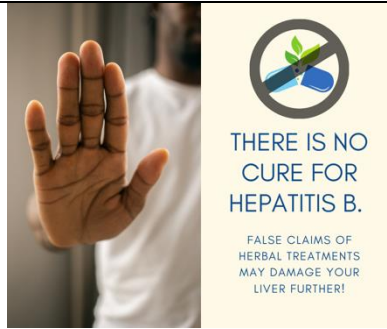
## Liver Cancer Awareness Toolkit for West African Communities



If you tested positive for #hepatitisB, make decisions that will protect your liver and health.

Check out these healthy liver tips here:  
<https://www.hepb.org/treatment-andmanagement/adults-with-hepatitisb/healthy-liver-tips/>

#HealthyLiver #hepB  
#ManagementTips



Fact Check: Herbal remedies do not cure #hepatitisB. Although there is no cure, there are approved drugs for both adults and children that control the hepatitis B virus, which helps reduce the risk of developing more serious liver disease.

Learn about treatment options here:  
<https://www.hepb.org/treatment-andmanagement/adults-with-hepatitis-b/>

#HealthyLiver #hepB  
#ManagementTips



If you are living with #hepatitisB, you can be treated. Current treatments are generally found to be most effective in those who show signs of active liver disease. Talk to your health care provider to see if you are a candidate for an approved drug.

Learn about treatment options for #hepB on our website:  
<https://www.hepb.org/treatment-andmanagement/adults-with-hepatitis-b/>

#HealthyLiver #hepB  
#ManagementTips




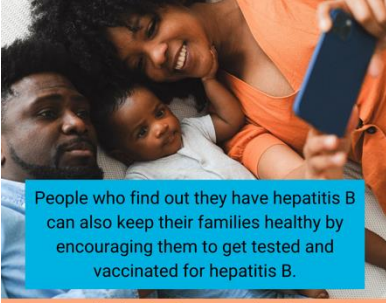

If you're living with hepatitis B, talk to your doctor about management as well as testing for liver cancer. Regular screening for liver cancer and early detection are the most



## Liver Cancer Awareness Toolkit for West African Communities


<p>effective ways to improve treatment success.</p> <p>Read more about treatment and management here:  <a href="https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/">https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/</a></p> <p>#HealthyLiver #hepB  #ManagementTips</p>		
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### PREVENTION

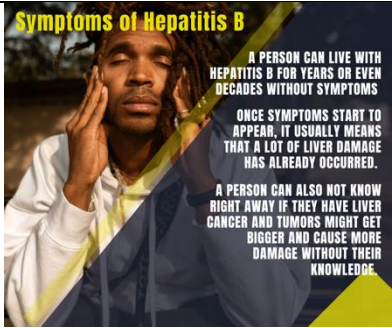
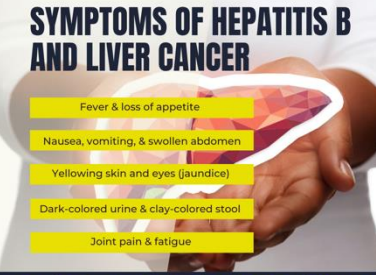
 <p>There is a vaccine that protects against hepatitis B. It should be given to all babies at birth, especially babies born to moms living with hepatitis B.</p> <p>It takes only a few shots to protect yourself and your loved ones against #hepatitisB for a lifetime. The hepatitis B vaccine is a safe and effective vaccine that is recommended for all infants at birth, for children up to 18 years, for all adults ages 19-59, and for adults ages 60+ at high risk for hepatitis B.</p> <p>Learn more:  <a href="https://www.hepb.org/prevention-and-diagnosis/vaccination/">https://www.hepb.org/prevention-and-diagnosis/vaccination/</a></p> <p>#GetVaxed4HepB</p>	 <p>People who find out they have hepatitis B can also keep their families healthy by encouraging them to get tested and vaccinated for hepatitis B.</p> <p>Protect yourself and your loved ones - get vaccinated for hep B today!</p> <p>If you were diagnosed with hepatitis B, the most effective way to keep your loved ones healthy is by encouraging them to get tested and vaccinated for hepatitis B.</p> <p>Learn more about the safe and effective vaccine here:  <a href="https://www.hepb.org/prevention-and-diagnosis/vaccination/">https://www.hepb.org/prevention-and-diagnosis/vaccination/</a></p> <p>#GetVaxed4HepB</p>	 <p>The hepatitis B vaccine is also known as the first “anti-cancer” vaccine because it prevents hepatitis B, the leading cause of liver cancer worldwide.</p> <p>Learn about #hepB vaccine recommendations here:  <a href="https://www.hepb.org/prevention-and-diagnosis/vaccination/">https://www.hepb.org/prevention-and-diagnosis/vaccination/</a></p> <p>#GetVaxed4HepB</p>
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## Liver Cancer Awareness Toolkit for West African Communities

<p><b>Protect yourself and your loved ones - get vaccinated for hep B today!</b></p>  <p>The best way to prevent you and your loved ones from getting hepatitis B is to get the safe and effective vaccine.</p> <p>To learn more about the vaccine, click here:  <a href="https://www.hepb.org/prevention-anddiagnosis/vaccination/">https://www.hepb.org/prevention-anddiagnosis/vaccination/</a></p> <p>#GetVaxed4HepB</p>		
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### SYMPTOMS

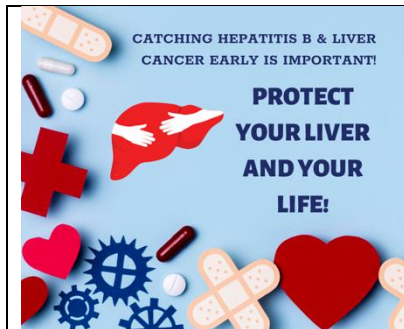
 <p><b>Symptoms of Hepatitis B</b></p> <p>A PERSON CAN LIVE WITH HEPATITIS B FOR YEARS OR EVEN DECADES WITHOUT SYMPTOMS</p> <p>ONCE SYMPTOMS START TO APPEAR, IT USUALLY MEANS THAT A LOT OF LIVER DAMAGE HAS ALREADY OCCURRED.</p> <p>A PERSON CAN ALSO NOT KNOW RIGHT AWAY IF THEY HAVE LIVER CANCER AND TUMORS MIGHT GET BIGGER AND CAUSE MORE DAMAGE WITHOUT THEIR KNOWLEDGE.</p> <p>Hepatitis B is a "silent epidemic" because most people do not have symptoms when they are newly infected or living with the virus. Thus, they can unknowingly spread the virus to others and continue the silent spread of hepatitis B. Testing is the only way to know for sure if you have the virus.</p> <p>#GetTested4HepB</p>	 <p><b>SYMPTOMS OF HEPATITIS B AND LIVER CANCER</b></p> <ul style="list-style-type: none"> <li>Fever &amp; loss of appetite</li> <li>Nausea, vomiting, &amp; swollen abdomen</li> <li>Yellowing skin and eyes (jaundice)</li> <li>Dark-colored urine &amp; clay-colored stool</li> <li>Joint pain &amp; fatigue</li> </ul> <p><b>Don't wait until you have symptoms. Get tested for hepatitis B today!</b></p> <p>Hepatitis B is called a "silent infection" because most people do not have any symptoms when they are first infected. Testing is the only way to know for sure if you are living with the virus.</p> <p>Learn more about common #hepB symptoms here:</p>	
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## Liver Cancer Awareness Toolkit for West African Communities

	<a href="https://www.hepb.org/what-is-hepatitisb/what-is-hepb/symptoms/">https://www.hepb.org/what-is-hepatitisb/what-is-hepb/symptoms/</a> <b>#GetTested4HepB</b>	
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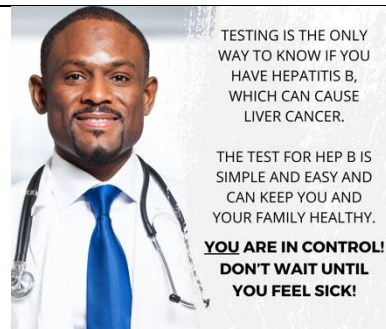
### TESTING



People living with chronic hepatitis B infections should be regularly screened for liver cancer to allow for early detection. Discover more about the significance of screening here:

<https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/>

#hepatitisB #HealthyLiver  
#GetTested4HepB



Hepatitis B testing is available from many sources throughout the United States. Our Hep B United partners provide testing in cities throughout the U.S.

Visit <https://hepbunited.org/localcampaigns> to learn more about local coalitions near you and upcoming screenings.

#hepatitisB #HealthyLiver  
#GetTested4HepB



It is very important that people know their hepatitis B status in order to prevent passing the virus on to others. During pregnancy, if your doctor is aware that you have hepatitis B, he or she can ensure #hepB transmission to your baby is prevented by taking the right steps.

Learn more: <https://www.hepb.org/treatment-andmanagement/pregnancy-and-hbv/>

#hepatitisB #HealthyLiver  
#GetTested4HepB



## Liver Cancer Awareness Toolkit for West African Communities

**GET TESTED FOR HEPATITIS B TODAY!**

VACCINE AND TESTING RESOURCES AVAILABLE AT:

- Doctor's Office ✓
- Health Clinics ✓

VACCINE RESOURCES ALSO AVAILABLE AT:

- Health Departments ✓
- Pharmacy ✓

There is a simple hepatitis B blood test that your doctor or health clinic can order called the "Hepatitis B Panel."

Visit our website to browse commonly asked questions about #HepatitisB testing: <https://www.hepb.org/preventionand-diagnosis/diagnosis/commonly-askedquestions/>

#hepatitisB #HealthyLiver #GetTested4HepB

FIND A TESTING LOCATION AT:

[HTTPS://GETTESTED.CDC.GOV](https://gettested.cdc.gov)

**GET TESTED FOR HEP B TODAY!**

Hepatitis B is diagnosed with a simple blood test that can be done at your doctor's office or local health clinic.

The U.S. Centers for Disease Control and Prevention offers a list of testing Centers: <https://gettested.cdc.gov/>

#hepatitisB #HealthyLiver #GetTested4HepB

### TRANSMISSION

Hepatitis B is most commonly passed from mother to child during childbirth when pregnant women don't know they are living with the virus.

Babies do not have immune systems that are strong enough to fight the virus, so they will often develop a chronic lifelong infection.

Even though hepatitis B can be transmitted during childbirth, it is not a genetic disease that runs in families.

Babies born to a mother with hepatitis B have a greater than 90% chance of developing chronic hepatitis B if they are not properly treated at birth.

If you are pregnant while living with #hepB, learn which steps

**HEPATITIS B IS TRANSMITTED THROUGH DIRECT CONTACT WITH BLOOD OR BODILY FLUIDS THAT HAVE THE VIRUS IN THEM**

BUT NOT THROUGH SALIVA, SWEAT OR TEARS.

The hepatitis B virus is transmitted through blood and bodily fluids. If you are unvaccinated or unsure of your hepatitis B status, and are exposed to the hepatitis B virus through direct contact with infected blood, a timely

**IN ADDITION TO CHILDBIRTH, HEPATITIS B IS PASSED ON BY:**



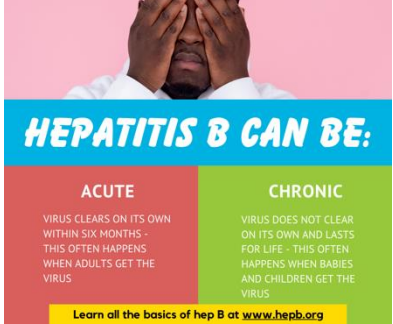

- SHARING NEEDLES
- UNSTERILE HEALTHCARE PRACTICES
- SHARING SHARP HOUSEHOLD HYGIENE ITEMS (RAZORS, TOOTHBRUSHES, ETC)
- PROCEDURES LIKE TATTOOS, PIERCINGS, SCARIFICATION
- UNPROTECTED INTIMATE CONTACT

The hepatitis B virus is transmitted through blood and bodily fluids. All sexual partners, family and close household members living with a chronically infected person should be tested and vaccinated for #hepB.





## Liver Cancer Awareness Toolkit for West African Communities

<p>to take on our website:  <a href="https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/">https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/</a></p> <p>#hepatitisB</p>	<p>“postexposure prophylaxis” (PEP) can prevent an infection.</p> <p>Learn more here:  <a href="https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/">https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/</a></p> <p>#hepatitisB</p>	<p>Learn more:  <a href="https://www.hepb.org/prevention-and-diagnosis/transmission/">https://www.hepb.org/prevention-and-diagnosis/transmission/</a></p> <p>#hepatitisB</p>
 <p>Hepatitis B can be transmitted through various means, not just sexual activity or drug use. Learn more about transmission and prevention here:  <a href="https://www.hepb.org/prevention-and-diagnosis/transmission/">https://www.hepb.org/prevention-and-diagnosis/transmission/</a></p> <p>#hepatitisB</p>	 <p>Hepatitis B is NOT transmitted casually. It cannot be spread through toilet seats, doorknobs, sneezing, coughing, hugging, or eating meals with someone who is living with hepatitis B.</p> <p>Learn more:  <a href="https://www.hepb.org/prevention-and-diagnosis/transmission/">https://www.hepb.org/prevention-and-diagnosis/transmission/</a></p> <p>#hepatitisB</p>	 <p>If you test positive for the hepatitis B virus for longer than six months, this indicates that you have a chronic hepatitis B infection. You should make an appointment with your doctor to monitor your condition.</p> <p>Learn more about the next steps on our website:  <a href="https://www.hepb.org/treatment-andmanagement/adults-with-hepatitis-b/">https://www.hepb.org/treatment-andmanagement/adults-with-hepatitis-b/</a></p> <p>#hepatitisB</p>
 <p>Hepatitis B is the most common risk factor for liver cancer</p>		



## Liver Cancer Awareness Toolkit for West African Communities

<p>globally. It's important to understand the truth behind misconceptions, and that not everyone who is diagnosed with hepatitis B and liver cancer drinks alcohol.</p> <p>Learn more about hepatitis B transmission here: <a href="https://www.hepb.org/prevention-and-diagnosis/transmission/">https://www.hepb.org/prevention-and-diagnosis/transmission/</a></p> <p>#hepatitisB</p>		
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