










## Liver Cancer Awareness Toolkit for Korean Communities

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

### BACK TO BASICS


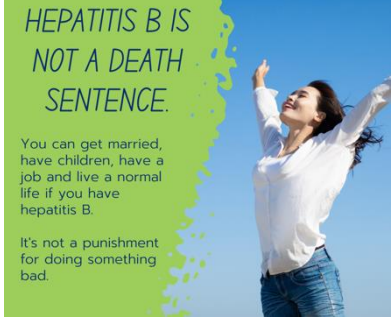

 <p>The liver is very important for your health - everything that you eat, drink, breathe, or absorb through your skin goes through your liver!</p> 	 <p>Hep B is a virus that affects your liver and can increase a person's risk for liver cancer.</p>	 <p>Hepatitis B is not only a Western disease. More than 7% of people living in Korea are affected by hepatitis B.</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-hepatitis-b/healthy-liver-tips/">https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/healthy-liver-tips/</a></p> <p>#LiverCancer #hepatitisB #LearntheLink</p>	<p>The most common risk factor for liver cancer globally is chronic infection with the hepatitis B virus. Individuals chronically infected with #hepatitisB have a 25% to 40% lifetime risk of developing liver cancer.</p> <p>Early screening and detection save lives! Learn more:  <a href="https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/">https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/</a></p> <p>#LiverCancer #LearntheLink</p>	<p>Hepatitis B is the most common serious liver infection. This virus injures and attacks the liver. In Korea, more than three million people are affected by #hepatitisB. The good news is that #hepB is 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</p>
<p><b>ANYONE CAN GET HEPATITIS B.</b></p> <p>MANY PEOPLE FROM AFRICA AND ASIA TEND TO BE AFFECTED BECAUSE OF THE LACK OF ACCESS TO VACCINES, TESTING, AND TREATMENT IN MANY COUNTRIES.</p>  <p>Learn all the basics of hep B at <a href="http://www.hepb.org">www.hepb.org</a></p>	 <p>Hep B is one of the most common infections in the world. 300 million people live with it worldwide</p>	 <p><b>DID YOU KNOW?</b></p> <p><b>HEP B IS ONE OF THE MOST COMMON INFECTIONS IN THE WORLD</b></p> <p>300 million people live with it worldwide.</p>



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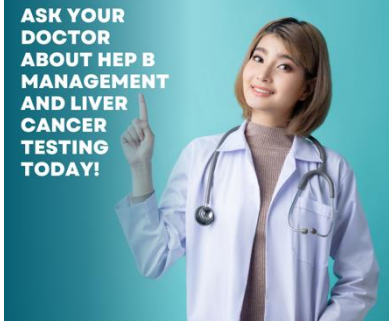

<p>Hepatitis B is a global public health threat and the world's most common serious liver infection. It is up to 100 times more infectious than the HIV/AIDS virus. It also is the primary cause of liver cancer, which is the second-leading cause of cancer deaths in the world.</p> <p>Take a look at some 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 #hepatitisB #LearntheLink</p>	<p>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.</p> <p>Learn more on our website: <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 #hepatitisB #LearntheLink</p>	<p>300 million people worldwide are living with #hepatitisB and it is the most common serious liver infection. However, it is preventable.</p> <p>To learn about prevention tips, click here: <a href="https://www.hepb.org/prevention-and-diagnosis/prevention-tips/">https://www.hepb.org/prevention-and-diagnosis/prevention-tips/</a></p> <p>#LiverCancer #LearntheLink</p>
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## MANAGEMENT

 <p><b>RECENTLY DIAGNOSED WITH HEPATITIS B?</b></p> <p>MANAGING HEP B GREATLY REDUCES YOUR RISK OF LIVER CANCER.</p> <p><b>FIRST STEPS</b></p> <ul style="list-style-type: none"><li>• Understand your diagnosis</li><li>• Encourage close contacts to get tested and vaccinated</li><li>• Find a physician</li><li>• Educate yourself</li></ul>	 <p><b>HEPATITIS B IS NOT A DEATH SENTENCE.</b></p> <p>You can get married, have children, have a job and live a normal life if you have hepatitis B.</p> <p>It's not a punishment for doing something bad.</p>	 <p><b>Hepatitis B is Manageable</b></p> <p>People can live long and healthy lives with the virus.</p> <p>Management includes:</p> <ul style="list-style-type: none"><li>• Seeing a knowledgeable doctor 2-4 times per year to check your liver health</li><li>• Taking treatment if recommended</li><li>• Leading a healthy lifestyle, including: Healthy diet, exercise, &amp; avoiding alcohol and cigarettes</li></ul>
<p>If you or someone you love has recently been diagnosed with #hepatitisB, 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>Around the world, many people living with chronic #hepatitisB face discrimination.</p> <p>If you are faced with discrimination due to hepatitis B, please share your experience anonymously and confidentially through our Discrimination Survey:</p>	<p>If you tested positive for #hepatitisB, the first step for managing your health is to visit your doctor. To prepare for your visit, take a look at the 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>






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<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><a href="https://www.surveymonkey.com/r/hepbdiscrimination">https://www.surveymonkey.com/r/hepbdiscrimination</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>	<p>#HealthyLiver #hepB          #ManagementTips</p>
 <p>If left unmanaged, hepatitis B can cause serious liver disease and liver cancer.</p> <p>People living with chronic #hepatitisB should expect to live a long and healthy life. There are decisions you can make to protect your liver and your health.</p> <p>Check out these healthy liver tips here:  <a href="https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/healthy-liver-tips/">https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/healthy-liver-tips/</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>	 <p>ASK YOUR DOCTOR ABOUT HEP B MANAGEMENT AND LIVER CANCER TESTING TODAY!</p> <p>If you tested positive for #hepatitisB, the first step to managing your health is to visit your doctor. During a physical exam, your health care provider will ask about your symptoms and any risk factors that you may have for liver cancer. [exclude for Twitter: They will also check your belly or abdomen and your skin and eyes to look for signs of jaundice.]</p> <p>Learn how to prepare for your appointment here:  <a href="https://www.hepb.org/research-and-programs/liver/talking-to-your-health-careteam/">https://www.hepb.org/research-and-programs/liver/talking-to-your-health-careteam/</a></p> <p>#HealthyLiver #hepB          #ManagementTips</p>	 <p>Claims that there are herbal remedies that can “cure” hepatitis B are false. These can even end up damaging your liver.</p> <p>There is no cure for hepatitis B at this time, but there are good tested and proven treatments that can help manage it and keep people healthy.</p> <p>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.</p> <p>Learn about treatment options here:  <a href="https://www.hepb.org/treatment-and-management/treatment/">https://www.hepb.org/treatment-and-management/treatment/</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 age 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>THE VACCINE CAN ALSO HELP TO PREVENT LIVER CANCER.</p>  <p><b>PROTECT YOURSELF AND YOUR LOVED ONES GET VACCINATED FOR HEP B TODAY!</b></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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### 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</p>	 <p><b>IF SYMPTOMS DO OCCUR, THEY CAN INCLUDE THINGS LIKE:</b></p> <ul style="list-style-type: none"> <li>Fever &amp; loss of appetite</li> <li>Nausea, vomiting, &amp; swollen belly</li> <li>Yellowing skin and eyes (jaundice)</li> <li>Dark-colored urine &amp; clay-colored stool</li> <li>Joint/abdominal pain &amp; fatigue</li> </ul> <p>Don't wait until you have symptoms. Get tested for hepatitis B today!</p> <p>Hepatitis B is called a "silent infection" because most people</p>	
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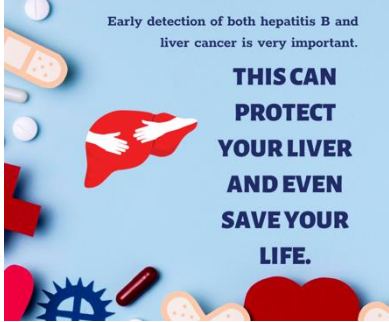






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<p>have symptoms when they are newly infected or living with the virus. Thus, they can unknowingly pass the virus to others and continue the silent spread of hepatitis B.</p> <p>Testing is the only way to know for sure if you have the virus.</p> <p>#GetTested4HepB</p>	<p>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: <a href="https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/symptoms/">https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/symptoms/</a></p> <p>#GetTested4HepB</p>	
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### TESTING



 <p>People living with chronic hepatitis B infections should be regularly screened for liver cancer to allow for early detection.</p> <p>Discover more about the significance of screening here: <a href="https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/">https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/</a></p> <p>#hepatitisB #HealthyLiver #GetTested4HepB</p>	 <p>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.</p> <p>Visit <a href="https://hepbunited.org/localcampaigns">https://hepbunited.org/localcampaigns</a> to learn more about local coalitions near you and upcoming screenings.</p> <p>#GetTested4HepB</p> <p>#hepatitisB #HealthyLiver #GetTested4HepB</p>	 <p>There is a simple hepatitis B blood test that your doctor or health clinic can order called the "Hepatitis B Panel."</p> <p>Visit our website to browse commonly asked questions about #HepatitisB testing: <a href="https://www.hepb.org/prevention-and-diagnosis/diagnosis/">https://www.hepb.org/prevention-and-diagnosis/diagnosis/</a></p> <p>#hepatitisB #GetTested4HepB</p>
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 <p>Testing will not only benefit you but also your family and children you may have in the future. Get tested for #hepatitisB today!</p> <p>Learn more:  <a href="https://www.hepb.org/prevention-and-diagnosis/diagnosis/">https://www.hepb.org/prevention-and-diagnosis/diagnosis/</a></p> <p>#GetTested4HepB</p>	 <p>Hepatitis B is diagnosed with a simple blood test that can be done at your doctor's office or local health clinic.</p> <p>The U.S. Centers for Disease Control and Prevention offers a list of testing Centers:  <a href="https://gettested.cdc.gov/">https://gettested.cdc.gov/</a></p> <p>#hepatitisB #GetTested4HepB</p>	
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### TRANSMISSION

 <p>Babies born to a mother with hepatitis B have a greater than 90% chance of developing chronic hepatitis B if they are not properly vaccinated at birth.</p> <p>If you are pregnant while living with #hepB, learn which steps to take on our website:</p>	 <table border="0"> <tr> <td>Sharing meals, bowls, or utensils</td> <td>Breastfeeding</td> </tr> <tr> <td>Eating food prepared by someone who is living with hep B</td> <td>Water (or sharing a cup or toilet with someone who is living with hep B)</td> </tr> <tr> <td>Sneezing or coughing</td> <td>Animals are NOT involved in the transmission of hepatitis B.</td> </tr> <tr> <td>Holding hands</td> <td></td> </tr> <tr> <td>Hugging or kissing</td> <td></td> </tr> </table> <p>Learn all the basics of hep B at <a href="http://www.hepb.org">www.hepb.org</a></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>	Sharing meals, bowls, or utensils	Breastfeeding	Eating food prepared by someone who is living with hep B	Water (or sharing a cup or toilet with someone who is living with hep B)	Sneezing or coughing	Animals are NOT involved in the transmission of hepatitis B.	Holding hands		Hugging or kissing		
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<p><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>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>	
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