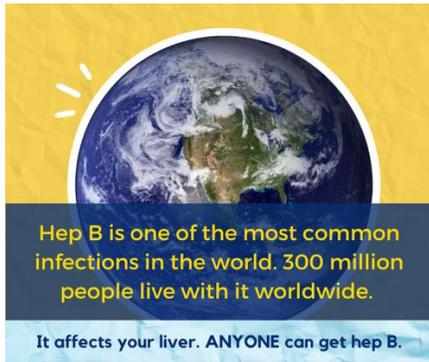




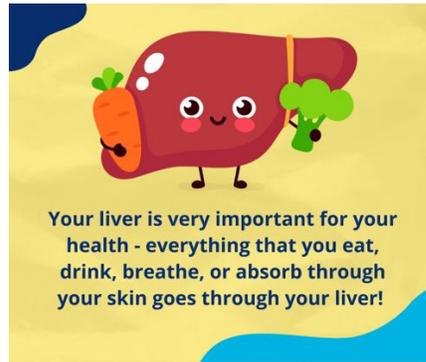
## Liver Cancer Awareness Toolkit for Nigerian Communities

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

### BACK TO BASICS

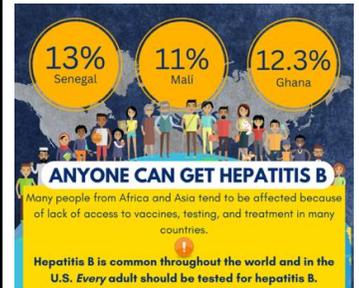


Hepatitis B is the most common serious liver infection. This virus injures and attacks the liver. About 300 million people around the world are living with #hepatitisB. The good news is that hep B is completely preventable and manageable! Learn more about #hepB here: <https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/>



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!

Learn more healthy liver tips here: <https://www.hepb.org/treatment-and-management/adults-with-hepatitisb/healthy-liver-tips/>



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 main cause of liver cancer, which is the second-leading cause of cancer deaths in the world. Take a look at some more #hepB facts and figures here: <https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/facts-and-figures/>



## Liver Cancer Awareness Toolkit for Nigerian Communities



Hep B is a virus that affects your liver and can increase a person's risk for liver cancer.

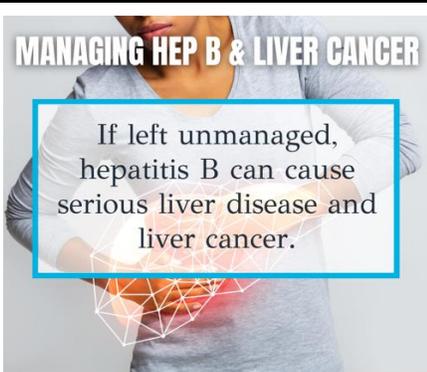
The most common risk factor for liver cancer globally is chronic infection with the hepatitis B virus. Individuals living with chronic #hepatitisB have a 25% to 40% lifetime risk of developing liver cancer. Early screening and detection saves lives! Learn more: <https://www.hepb.org/research-andprograms/liver/screening-for-liver-cancer/>



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/>

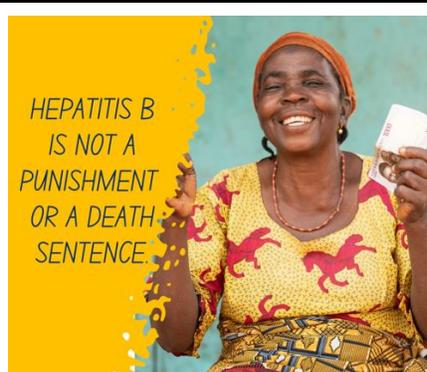
### MANAGEMENT



#### MANAGING 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 IS NOT A PUNISHMENT OR A DEATH SENTENCE.

Around the world, many people with chronic hepatitis B face discrimination. The stigma that persists is based on ignorance and it

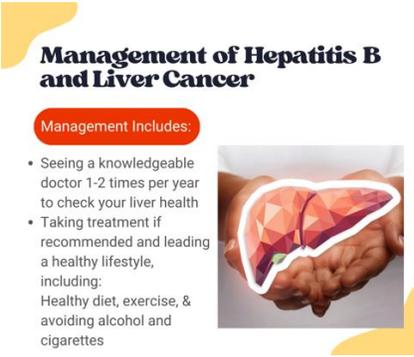
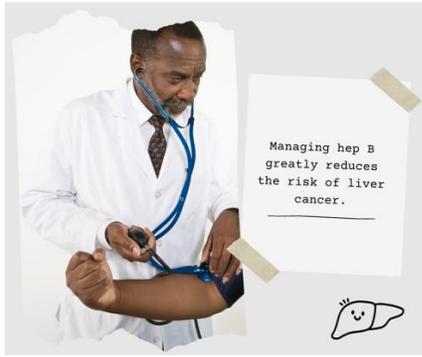


HEPATITIS B IS MANAGEABLE & PEOPLE WITH THE VIRUS CAN LIVE LONG AND HEALTHY LIVES!

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 Nigerian Communities

<p>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-hepatitisb/healthy-liver-tips/">https://www.hepb.org/treatment-and-management/adults-with-hepatitisb/healthy-liver-tips/</a></p> <p>#HealthyLiver</p>	<p>impacts millions around the world daily.</p> <p>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>hepatologist or gastroenterologist familiar with hepatitis B. 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>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>If you tested positive for #hepatitisB, the first step to 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>	 <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 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-care-team/">https://www.hepb.org/research-and-programs/liver/talking-to-your-health-care-team/</a></p>



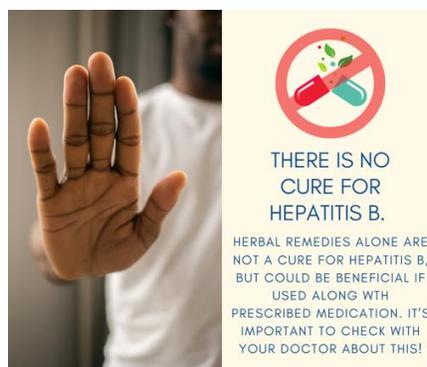
## Liver Cancer Awareness Toolkit for Nigerian Communities



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.

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-and-management/adults-with-hepatitis-b/>



THERE IS NO CURE FOR HEPATITIS B.

HERBAL REMEDIES ALONE ARE NOT A CURE FOR HEPATITIS B, BUT COULD BE BENEFICIAL IF USED ALONG WITH PRESCRIBED MEDICATION. IT'S IMPORTANT TO CHECK WITH YOUR DOCTOR ABOUT THIS!

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-and-management/adults-with-hepatitis-b/>



**ASK YOUR DOCTOR ABOUT HEP B MANAGEMENT AND LIVER CANCER TESTING TODAY!**

FIND OUT MORE ABOUT HEPATITIS B TREATMENT AND MANAGEMENT AT [WWW.HEPB.ORG](http://WWW.HEPB.ORG)

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 effective ways to improve treatment success.

Read more about treatment and management here: <https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/>



**PREVENTION**



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.

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, and for all adults, ages 19-59, and adults ages 60+ at high risk for hepatitis B.

Learn more:  
<https://www.hepb.org/prevention-anddiagnosis/vaccination/>

#GetVaxed4HepB



**PROTECT YOURSELF AND  
YOUR LOVED ONES  
GET VACCINATED  
FOR HEP B TODAY!**

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. Learn about #hepB vaccine recommendations here:  
<https://www.hepb.org/prevention-and-diagnosis/vaccination/>

#GetVaxed4HepB



# Liver Cancer Awareness Toolkit for Nigerian Communities

## SYMPTOMS

**Symptoms of Hepatitis B**

A PERSON CAN LIVE WITH HEPATITIS B FOR YEARS OR EVEN DECADES WITHOUT SYMPTOMS

ONCE SYMPTOMS START TO APPEAR, IT USUALLY MEANS THAT A LOT OF LIVER DAMAGE HAS ALREADY OCCURRED.

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.

Liver cancer is not only caused by heavy drinking - it can also be caused by unmanaged hepatitis B.

Not everyone living with hepatitis B—and especially not everyone who develops liver cancer—drinks alcohol.

**WHEN SYMPTOMS DO OCCUR, THEY CAN INCLUDE THINGS LIKE:**

- Fever & loss of appetite
- Nausea, vomiting, & swollen belly
- Yellowing skin and eyes (jaundice)
- Dark-colored urine & clay-colored stool
- Joint/abdominal pain & fatigue

Don't wait until you have symptoms. Get tested for hepatitis B today!

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. #GetTested4HepB

Hepatitis B is the most common risk factor for liver cancer globally. Early-stage liver cancer often does not cause symptoms, which is why regular screening is so important for early detection. Learn more here: <https://www.hepb.org/research-and-programs/liver/symptoms-of-liver-cancer/>

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. Learn more about common #hepB symptoms here: <https://www.hepb.org/what-is-hepatitisb/what-is-hepb/symptoms/>

## TESTING

CATCHING HEPATITIS B & LIVER CANCER EARLY IS IMPORTANT!

**PROTECT YOUR LIVER AND YOUR LIFE!**

TESTING IS THE ONLY WAY TO KNOW IF YOU HAVE HEPATITIS B, WHICH CAN CAUSE LIVER CANCER.

THE TEST FOR HEP B IS SIMPLE AND EASY AND CAN KEEP YOU AND YOUR FAMILY HEALTHY. DON'T WAIT UNTIL YOU FEEL SICK!

**GET TESTED FOR HEPATITIS B!**

VACCINE AND TESTING RESOURCES AVAILABLE AT:

- Doctor's Office ✓
- Health Clinics ✓

VACCINE RESOURCES ALSO AVAILABLE AT:

- Health Departments ✓
- Pharmacy ✓

People living with chronic hepatitis B infections should be regularly screened for

Hepatitis B testing is available from many sources throughout the United States. Our Hep B

There is a simple hepatitis B blood test that your doctor or

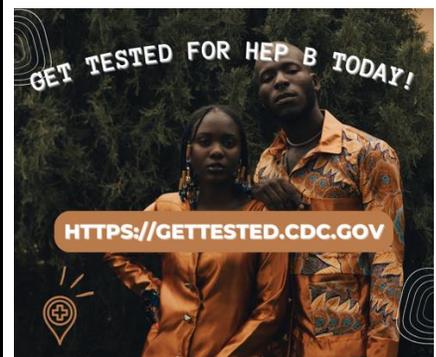


## Liver Cancer Awareness Toolkit for Nigerian Communities

liver cancer to allow for early detection. Discover more about the importance of screening here: <https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/>

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. #GetTested4HepB

health clinic can order called the "Hepatitis B Triple Panel." Visit our website to browse commonly asked questions about #HepatitisB testing: <https://www.hepb.org/prevention-and-diagnosis/diagnosis/commonly-askedquestions/>



Testing will not only benefit you but also your family and children you may have in the future. Get tested for #hepatitisB today! Learn more: <https://www.hepb.org/prevention-and-diagnosis/diagnosis/#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/>

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/>

#GetTested4HepB

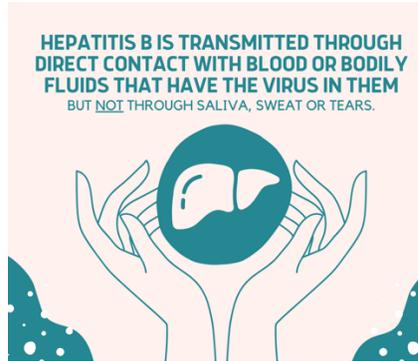
#GetTested4HepB



TRANSMISSION



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. If you are pregnant while living with #hepB, learn which steps to take on our website: <https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/>



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 “postexposure prophylaxis” (PEP) can prevent an infection. Learn more here: <https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/>



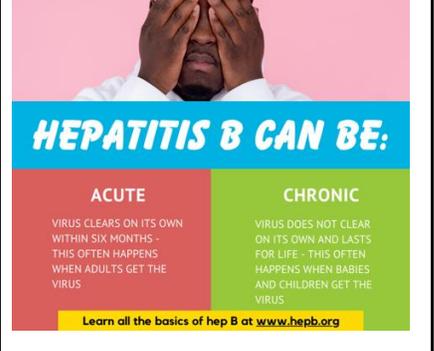
Hepatitis B can be transmitted through various means, not just sexual activity or drug use. Learn more about transmission and prevention here: <https://www.hepb.org/prevention-and-diagnosis/transmission/>



Hepatitis B is NOT transmitted casually. It cannot be spread through toilet seats, doorknobs, sneezing, coughing, hugging, or eating meals with someone who



The hepatitis B virus is transmitted through blood and bodily fluids. All sexual partners, family and close household members living with



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



## Liver Cancer Awareness Toolkit for Nigerian Communities

<p>is living with hepatitis B. Learn more: <a href="https://www.hepb.org/prevention-and-diagnosis/transmission/">https://www.hepb.org/prevention-and-diagnosis/transmission/</a></p>	<p>a person who is living with chronic hepatitis B should be tested and vaccinated for #hepB. Learn more: <a href="https://www.hepb.org/prevention-and-diagnosis/transmission/">https://www.hepb.org/prevention-and-diagnosis/transmission/</a></p>	<p>You should make an 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>
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