

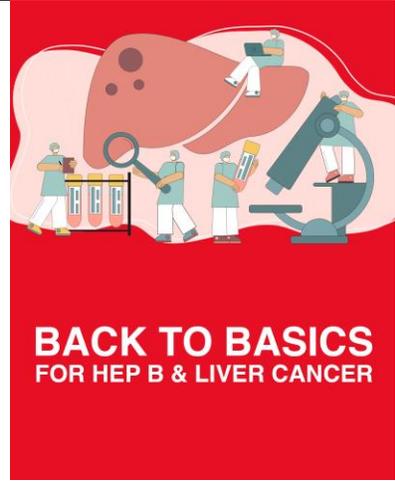


Liver Cancer Awareness Toolkit for Mandarin-Speaking Communities

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

*All graphics per section can go into one post or can be posted as individual posts

BACK TO BASICS

 <p>BACK TO BASICS FOR HEP B & LIVER CANCER</p>	<p>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, and if left unmanaged, can lead to more serious liver disease, including liver cancer. Importantly, #HepB can be treated, prevented, and managed.</p> <p>Learn more on our website: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p> <p>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/</p> <p>#LiverCancer #LearntheLink #hepB #HBV</p>
 <p>HEP B IS ONE OF THE MOST COMMON INFECTIONS IN THE WORLD.</p> <p>It affects your liver.</p> <p>300 million people live with it worldwide.</p>	



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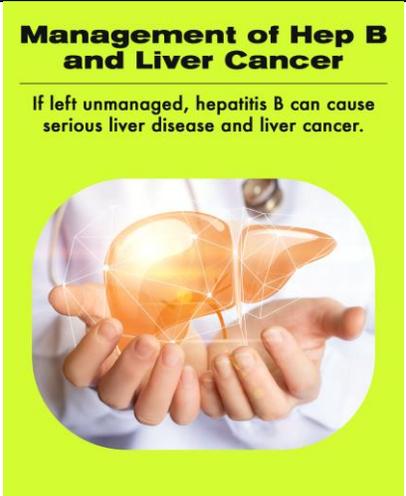
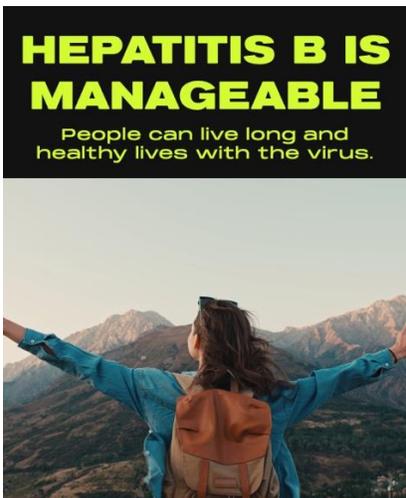
<p>YOUR LIVER IS VERY IMPORTANT TO YOUR HEALTH</p>  <p>Everything that you eat, drink, breathe, or absorb through your skin goes through your liver!</p>		
 <p>ANYONE CAN GET HEPATITIS B!</p> <p>MANY PEOPLE FROM AFRICA AND ASIA ARE AFFECTED BECAUSE OF LACK OF ACCESS TO VACCINES, TESTING, AND TREATMENT IN MANY COUNTRIES.</p>		
<p>LIVER CANCER IS NOT ONLY CAUSED BY HEAVY DRINKING</p> 		



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 <p>Learn all the basics of hep B at</p> <p>WWW.HEPB.ORG</p>		
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MANAGEMENT

 <p>Management of Hep B and Liver Cancer</p> <p>If left unmanaged, hepatitis B can cause serious liver disease and liver cancer.</p>	<p>If you or someone you love has 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: https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/</p> <p>#HealthyLiver #hepB #ManagementTips</p>
 <p>HEPATITIS B IS MANAGEABLE</p> <p>People can live long and healthy lives with the virus.</p>	



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Management Includes:

Seeing a knowledgeable doctor 1-2 times per year to check your liver health.

Taking treatment if recommended.

Leading a healthy lifestyle, including a healthy diet & exercise.

Avoiding alcohol and cigarettes.

Managing hep B significantly reduces the risk of liver cancer.

You are in control, not hepatitis B!

HEPATITIS B CAN BE TREATABLE.



HEP B IS NOT A DEATH SENTENCE OR A PUNISHMENT FOR DOING SOMETHING BAD.



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If you are living with hep B, you can still get married and have children, have a job and live a normal life.



Claims that there are herbal remedies that can “cure” hepatitis B are false - these can even end up damaging your liver.

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.



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<p>Ask your doctor about hep B management and liver cancer testing today!</p>		

PREVENTION

		<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: https://www.hepb.org/prevention-anddiagnosis/vaccination/</p> <p>#GetVaxed4HepB</p>
<p>DID YOU KNOW? There is a vaccine that protects against hepatitis B.</p> <p>It should be given to all babies at birth, especially babies born to moms living with hepatitis B.</p>		



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<p>The vaccine can also protect against liver cancer.</p>  <p>The vaccine is routine - you can receive it at the same time as COVID, flu, or any other vaccine!</p>	
<p>Hepatitis B is one of the most common causes of liver cancer in the world.</p>  <p>The vaccine provides lifetime protection against hep B for over 95% of people who receive it!</p>	
<p>The cost of hep B vaccines is covered by most insurance!</p>  	



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PROTECT YOURSELF

AND YOUR LOVED ONES

GET VACCINATED FOR HEP B TODAY!

SYMPTOMS

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.

If symptoms do occur, they can include things like:

- Yellowing skin and eyes (jaundice)
- Abdominal pain
- Fatigue
- Joint soreness
- Dark urine and clay-colored stool

Hepatitis B is a “silent epidemic” because most people do not have symptoms when they are newly infected or living with the virus. However, when symptoms do occur, it usually means there has been a lot of damage to the liver.

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

#GetTested4HepB



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<p>Don't wait until you have symptoms.</p> <p>Get tested for hepatitis B Today!</p>	
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TESTING

<p>Early detection of both hepatitis B and liver cancer are very important. This can protect your liver and even save your life.</p>	<p>It is very important that people know their hepatitis B status in order to prevent passing the virus on to others, and to protect their livers from further damage. Hepatitis B testing is available from many sources throughout the United States. Our Hep B United [@hepbunited] partners provide testing in cities throughout the U.S.</p> <p>Visit https://hepbunited.org/localcampaigns to learn more about local coalitions near you and upcoming screenings.</p> <p>#GetTested4HepB</p>
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TESTING IS THE ONLY WAY TO KNOW IF YOU HAVE HEPATITIS B, WHICH CAN CAUSE LIVER CANCER.

THE TEST FOR HEP B IS A SIMPLE BLOOD TEST AND RESULTS ARE USUALLY AVAILABLE WITHIN 24-48 HOURS. THE TEST CAN KEEP YOU AND YOUR FAMILY HEALTHY.

DON'T WAIT UNTIL YOU FEEL SICK!



TESTING WILL NOT ONLY BENEFIT YOU BUT ALSO YOUR FAMILY AND CHILDREN YOU MAY HAVE IN THE FUTURE! YOU ARE IN CONTROL OF YOUR HEALTH AND YOUR LIFE!

Tests are available at a doctor's office or health clinic. You can get vaccines here too or at your health department or pharmacy.



Find a testing location at <https://gettested.cdc.gov/>

The cost of hep B testing is covered by most insurance!



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SHOW HEPATITIS B WHO'S BOSS

GET TESTED TODAY!

TRANSMISSION

How is hepatitis B transmitted?

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 unfortunately will usually develop a chronic lifelong infection.

Hepatitis B is transmitted through direct contact with blood and bodily fluids that have the virus in them, but NOT through saliva, sweat or tears.

transmission can also occur through:

- Sharing needles
- Unsterile healthcare practices
- Sharing household hygiene items such as razors, toothbrushes, etc.
- Any type of unprotected intimate contact
- Tattoos, piercings, scarification, etc.

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 about PEP here: <https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/>

Learn more about transmission and prevention here: <https://www.hepb.org/prevention-and-diagnosis/transmission/>

#hepatitisB



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<p>HEPATITIS B IS NOT SHARED THROUGH:</p> <ul style="list-style-type: none">sharing meals or utensilseating food prepared by someone who is living with hep Bsneezing or coughingholding hands   <ul style="list-style-type: none">huggingkissingbreastfeedingwater (sharing a cup or toilet with someone who is living with hep B) <p>LEARN ALL THE BASICS OF HEP B AT WWW.HEPB.ORG</p>	
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