



Viral hepatitis

Looking after yourself with hepatitis

Hepatitis is a virus in the blood that affects the liver.

Hepatitis can make you very sick and it can give you liver cancer.

There are ways to look after your liver.

How to look after your liver



Cut back on alcohol

Heavy drinking is hard on your liver.

Drinking less alcohol is the most important change you can make.



Cut back on cannabis

Heavy cannabis use can scar your liver.



Avoid fatty foods

Fatty foods clog your liver and stop it working.

Keep healthy

Here are some ways:

- keep your weight down
- eat less foods and drinks that have a lot of fat or sugar
- eat more fruit and vegetables
- keep fit
- get checked for diabetes, and if you have it follow your doctor's advice.

Symptoms

Most people with hepatitis do not have any symptoms.

But some people notice:

- no energy
- don't want to exercise
- don't want to eat
- can't think.

**you
must have
regular blood
tests**

FibroScan

You may be asked to have a FibroScan. A FibroScan provides information about the health of your liver. It is a simple, painless tool that determines if liver damage (fibrosis or cirrhosis) is present.



Call the Hepatitis Helpline on **0800 33 20 10** if you have any worries or questions.

The Hepatitis Foundation of New Zealand

www.hepatitisfoundation.org.nz

Know it. Test it. Treat it.