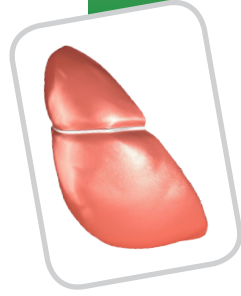


# The Hepatitis Foundation of New Zealand Fibroscan Report For Hepatitis B

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<7.2

No/Minimal Fibrosis

7.2 - 8.1

Moderate Fibrosis

8.2 - 11

Severe Fibrosis\*

> 11

Cirrhosis\*



Your score

Date

What does your score mean for your hepatitis B?

F0/F1

No / Minimal Fibrosis

Indicates normal liver with no scarring.

Fibrosis = Scarring or stiffness of the liver

F2

Moderate Fibrosis

Indicates significant liver scarring.

F3

Severe Fibrosis\*

Indicates severe liver fibrosis and high risk of cirrhosis.

F4

Cirrhosis\*

Extensive liver fibrosis consistent with cirrhosis.

\*Fatty changes in the liver (from obesity, BMI > 30 & diabetes) can cause a higher Fibroscan score.

# About your liver - Fibroscan report



## Fibroscan scores less than 8.2

- Twice yearly blood tests with your GP or the Hepatitis Foundation to monitor your liver.
- There is currently no cure for Hepatitis B, but there are good medicines available that can suppress the virus. Talk to your doctor, you may be eligible for this.

## Fibroscan scores above 8.2

- Strongly seek referral to a specialist liver clinic.
- Discussion about long term treatment to suppress the virus.
- May need monitoring for liver cancer.
- Take special care of your liver.

## The Hepatitis Foundation of New Zealand

[www.hepatitisfoundation.org.nz](http://www.hepatitisfoundation.org.nz)

Find us on Facebook, Twitter and YouTube.

### Our website provides:

- hepatitis B & C information
- resources for patients, support people and health professionals
- treatment updates
- news and events
- personal stories



## Hepatitis Helpline

0800 33 20 10

## Other support services

Community Alcohol and Drug Services  
09 845 1818, [www.cads.org.nz](http://www.cads.org.nz)

New Zealand Needle Exchange Programme  
03 366 9403, [www.needle.co.nz](http://www.needle.co.nz)

Haemophilia Foundation of New Zealand  
03 371 7477, [www.haemophilia.org.nz](http://www.haemophilia.org.nz)

New Zealand AIDS Foundation  
09 303 3124, [www.nzaf.org.nz](http://www.nzaf.org.nz)

New Zealand Narcotics Anonymous  
0800 628 632, [www.nzna.org](http://www.nzna.org)

Alcohol and Drug Helpline  
0800 787 797, [www.adanz.org.nz](http://www.adanz.org.nz)

## Tips for looking after your liver health

**Cut back on alcohol**



Heavy drinking is hard on your liver. Drinking less alcohol is the most important change you can make.

**Avoid fatty foods**



Fatty foods clog your liver and stop it working.

**Avoid cannabis**



Heavy cannabis use can scar your liver.