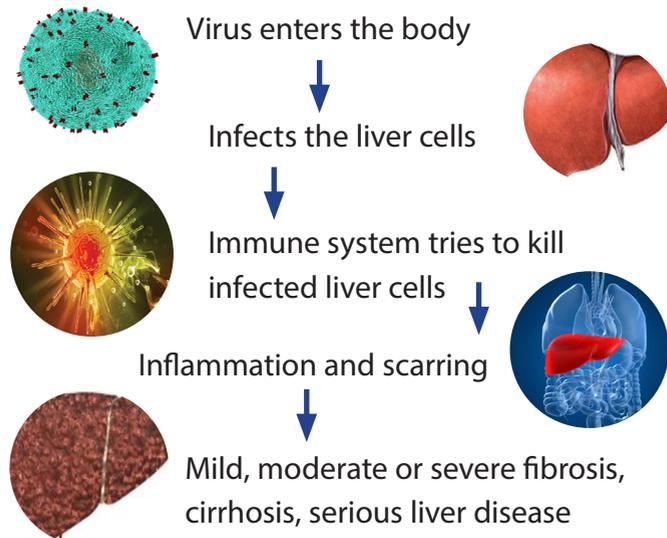


## What happens when Hepatitis B enters the body?



*A chronic infection occurs if the virus has been in the body for more than 6 months.*

## How to avoid infecting others



Cover open sores or cuts

Don't share razors, toothbrushes or use unsterilized equipment for drug taking, tattooing or piercing



Do not donate blood

Clean any spilt blood with household bleach



## Who do I tell about my diagnosis?

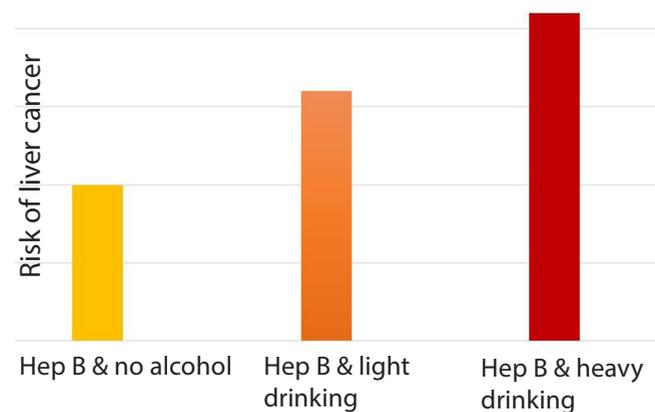
Your Hepatitis B test result is personal. You do not have to tell anyone, however, you are required to take precautions to prevent transmission of Hepatitis B to others.

Hepatitis B **is not spread through** sneezing, coughing, shaking hands, hugs, preparing food for others or sharing cooking or eating utensils.

### Human Rights Act

It is illegal to discriminate against people who have Hepatitis. You cannot be dismissed from employment or accommodation. You cannot be refused medical, hospital or dental treatment. You cannot be refused service at shops, businesses, restaurants or service providers.

## Alcohol and Hepatitis B together increases your risk of liver cancer

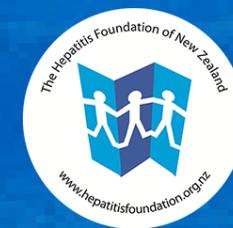


Light drinking: 4 drinks/week

Heavy drinking: 6 drinks/day for men, or 4 drinks/day for women

## Hepatitis B

Looking after yourself with Hepatitis B and the importance of regular blood tests



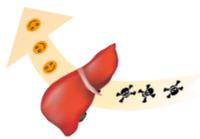
The Hepatitis Foundation of New Zealand

www.hepatitisfoundation.org.nz | 0800 33 20 10

Email: [hepteam@hfnz.nz](mailto:hepteam@hfnz.nz)

May 2018

## Why is your liver so important?



The liver filters waste products – virtually everything you eat, drink, breathe in or rub on your skin.

It has more than 500 different functions – including fighting infection.



The liver helps with blood clotting.

It can repair itself.



It stores sugar, iron & vitamins, giving your body energy.

The liver also aids digestion. It is the largest organ in the body.

## Blood tests are important for people with Hepatitis B

Six monthly blood tests pick up early signs of liver disease like cirrhosis and liver cancer.

**Did you know up to 70 per cent of your liver can already be damaged by the time you start to feel ill?**

You may not notice any symptoms from Hepatitis B. This is why regular blood tests are very important.

## What to know before your blood test

- Drink plenty of water before the blood test as it makes it easier to collect blood from the vein. 
- You can eat before a blood test.
- Make sure you are warm, wear a long sleeved top or jumper that is easy to roll up. 
- Your blood test form does not expire – Please try to have your test as soon as you receive your form. 
- Tell the nurse if you don't feel comfortable having a blood test, if you have ever fainted or are likely to faint during the blood test.
- If you lose your blood test form, don't worry! Call The Hepatitis Foundation of New Zealand free of charge on 0800 33 20 10 and let us know. We can arrange for a new blood test form to be sent to you or faxed to the lab.

If you have a close family member who has been diagnosed with hepatitis B related liver cancer (HCC), you will need six monthly ultrasounds, as you will have a higher risk of liver cancer. This is treatable if detected early.

## How to look after your liver

Ensure you have regular blood tests. 



Avoid alcohol. Alcohol significantly increases your risk of serious liver damage. If you do drink, limit your intake to two standard drinks a day for women, or three standard drinks a day for men. Have two alcohol free days each week.

Reduce or stop smoking cigarettes. 



Do not use cannabis. Its use is associated with more fibrosis (liver disease).

Discuss using herbal/ alternative medicine with your doctor/ pharmacist, as some may affect your liver. 



Avoid fatty/ sugary drinks and foods as they can contribute to various conditions that can advance liver disease eg. fatty liver disease.

Keep within a healthy weight 



Drinking Kava should also be avoided as it may cause more liver damage. Ask your health care professional if you have any questions.