

30 Rules of Hepatitis B

1. Drinking alcohol does not cause liver cancer, but drinking alcohol will increase the likelihood of Hepatitis B carriers developing liver cancer or liver disease.
2. The proportion of Chinese Americans infected with Hepatitis B is one hundred times higher than that of other groups. One out of every ten Chinese Americans is a Hepatitis B carrier. Only one out of every thousand Caucasians is infected.
3. Every thirty seconds, someone dies from liver cancer and liver disease induced by Hepatitis B. Most of them are Asians.
4. The Hepatitis B virus spreads in a similar manner to AIDS, but it can survive outside the body for one hundred hours making it 50-100 times more infectious than HIV.
5. Hepatitis B is not spread through food, water, kissing and hugging. It is spread by blood or sexual contact.
6. Most carriers are infected at birth by their mothers who have the Hepatitis B virus (mothers are often unaware that they are carriers). Some are infected as a result of contact with infected blood and wounds, sharing of toothbrushes, needles or razors.
7. Hepatitis A can be spread through food and saliva, but it will not cause liver cancer.
8. The younger you are, the more likely you are to be infected with the Hepatitis B virus and become a Hepatitis B carrier.
9. If you are not infected with Hepatitis B or C, you have a much smaller probability of getting liver cancer.
10. Hepatitis B cannot be diagnosed by symptoms or physical features; it can only be diagnosed through a blood test.
11. Every year, the routine checkups and tests on liver function covered by insurance do not include Hepatitis B blood tests. You need a special request from your doctor for a test. This test needs to be done only once in your life.
12. There are different types of Hepatitis B tests but you only need to have your doctor do two types. The Hepatitis B surface antigen test and the antibody test.
13. HBsAg positive means you are an HBV carrier, chronic HBV patient; HBsAb positive means you have antibodies, immune to the disease
14. There is no healthy HBV carriers, as long as you are a HBV carrier, your liver is being invaded by the virus and you can infect others
15. Hepatitis B carriers do not necessarily need medical treatment, but they must receive follow-up checkups.
16. If you are a Hepatitis B carrier, every six months you must do a _____? Every twelve months you must do an ultrasound to check for early signs of liver cancer.
17. _____ See if medication is needed; you do not necessarily need to undergo a liver biopsy.
18. If your _____, it shows that you do not have antibodies against the Hepatitis B virus. You should have the doctor give you the Hepatitis B vaccination as soon as possible.

19. If you already carry the Hepatitis B virus, the vaccination will not help your body resist the virus.
20. There are two ways to gain Hepatitis B resistance: one is when your body successfully fights off the virus and gains resistance thereafter. No matter what type of antibodies they are, they will be able to produce lifelong immunity.
21. A complete Hepatitis B vaccination requires three shots in six months; most people have lifelong immunity to the Hepatitis B virus after receiving the complete vaccination.
22. Inoculation with the Hepatitis B vaccine does not result in any side effects, newborn babies and adults may all receive the vaccination.
23. The American and Californian governments have special plans that allow everyone under nineteen years of age to obtain free Hepatitis B vaccinations regardless of their parents' economic situation or insurance.
24. Have you verified that your child has received the complete series of Hepatitis B shots? According to records, only 22% of people above 18 years of age have received the complete series of Hepatitis B vaccinations. Others continue to face the attack and harmful effects of the Hepatitis B virus.
25. A small area of liver that is taken for the biopsy will regenerate. Early detection results in early treatment, and this is the best prevention against liver cancer.
26. Currently, the Hepatitis B medication drugs sanctioned by the American Food and Drug Administration (FDA) include: Interferon, Lamivudine and Adefovir. Although there is currently no medication to completely treat Hepatitis B, there are some medications that can control the illness and keep the liver from having to suffer the effects of the virus.
27. None of the liver protection drugs on the market have been sanctioned by the FDA, using them may cause unnecessary complications and harm to the liver.
28. The American Center for Disease Control categorizes liver cancer as an illness that is completely preventable, in reality this is because through the utilization of Hepatitis B vaccinations and liver biopsies, liver cancer can be completely controlled.
29. Liver cancer is hard to treat, it is important to note that some people are negligent of the link between Hepatitis B and liver cancer. Hepatitis B carriers do not have any symptoms, and they feel fine. They need to go for routine checkups to help them detect possible liver illness quickly.
30. Treasure your liver, have your blood drawn to protect your well being.