Organ Health Series: Liver

Patients For Patient Safety Foundation

Hepatitis A to E:

From First Sign to Full Recovery



Flip through and share with someone who needs it

My Health, My Responsibility

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Detox. Digestion. Metabolism.

Your Liver Does It All.

Hepatitis can affect all three.



Swipe to see what hepatitis is →

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What Is Hepatitis?

Hepatitis is inflammation of the liver. It can damage the liver and affect its essential functions:



- **Detoxifying harmful substances**
- **Producing bile for digestion**
- **Regulating metabolism**

Next: The 5 types and how they spread →

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Know the Hepatitis Types
Know Their Mode of Transmission



Type	Transmission
Hepatitis A	Contaminated food or water (faecal-oral route)
Hepatitis B and C	Blood-to-blood contact, vaginal secretions or semen (for example, sharing needles, unsafe medical procedures)
Hepatitis D	Contact with blood containing HDV; requires an HBV infection
Hepatitis E	Contaminated water (faecal-oral route)

Not all hepatitis is infectious. Alcohol, autoimmune disorders, toxins and medicines can cause it too.

Next: Symptoms of hepatitis →

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Common Symptoms & Asymptomatic Cases of Hepatitis

Fever, Tiredness, Yellow Eyes.
Or Nothing.



Next: Meet the silent hepatitis first →

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The Silent Hepatitis



Chronic hepatitis often remains silent until significant liver damage has occurred.

Seen most in: Hepatitis B and C, which may show no symptoms for many years.

Next: The common symptoms →

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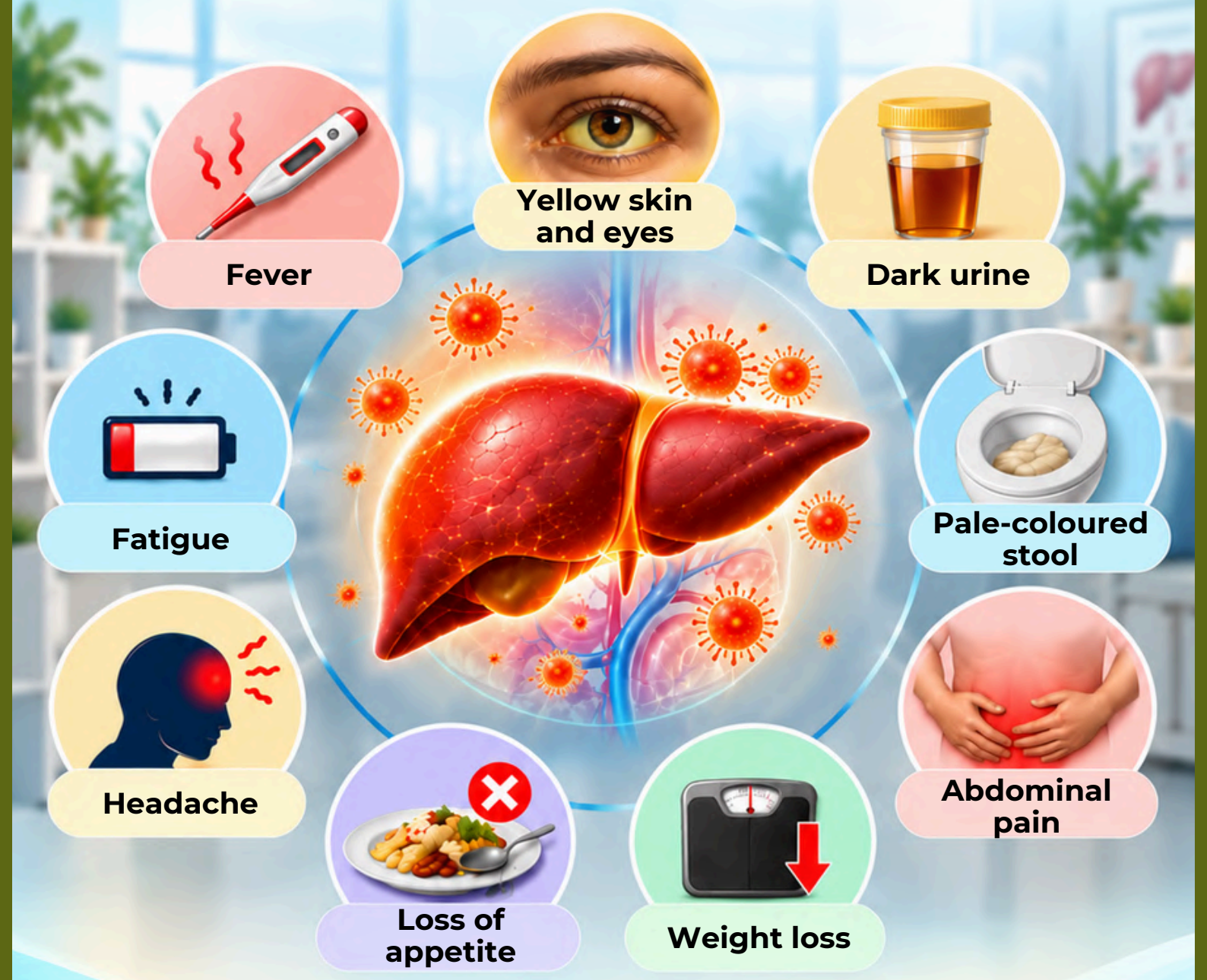
Common Symptoms of Hepatitis



Next: How hepatitis is diagnosed →

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Four Ways to Diagnose Hepatitis

1 Medical history and physical examination:

Assessing symptoms, risk factors and potential exposures



2 Blood tests:

Checking liver function and specific viral markers to identify the type and stage of infection



3 Imaging tests:

Ultrasound or CT scans to evaluate liver structure



4 Liver biopsy:

In some cases, to assess liver damage or inflammation



Next: How hepatitis is treated →

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How Hepatitis is Treated

Some Hepatitis Heals with Rest. Some Need Medicine.



Next: See each type →

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Hepatitis A and E: Rest and Supportive Care

Hepatitis A:

Usually acute and self-limiting. Treatment is symptom management:





- Rest



- Hydration



- A healthy diet (e.g., less oily food)



- Vaccine: available

Hepatitis E:

Usually self-limiting too, with supportive care.



- No specific antiviral treatment



- Hospital care may be needed in severe cases (e.g., during pregnancy)

Next: Hepatitis B and C →

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Hepatitis B and C: Antiviral Medicines



Hepatitis B:



Acute:
No specific treatment



Chronic:
Ongoing medical supervision. Antivirals may be prescribed to manage the infection and reduce the risk of liver damage



Vaccine:
Available and recommended

Hepatitis C:



Antivirals work for acute and chronic forms



In severe liver damage (e.g., cirrhosis), a liver transplant may be necessary



Vaccine:
None for HCV

Next: D and alcoholic hepatitis →

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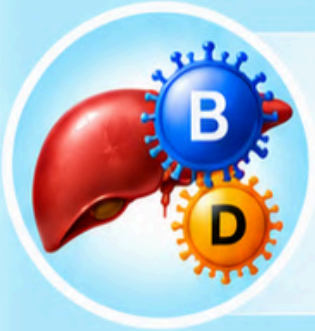
Hepatitis D and Alcoholic Hepatitis: Treat What's Behind It



Hepatitis D:



Only occurs in people already infected with hepatitis B



Treatment mainly means managing hepatitis B, as there is no specific therapy for D itself

Alcoholic Hepatitis:



The main treatment is to stop alcohol consumption



Severe cases may need hospital care

Next: How to prevent hepatitis →

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Hepatitis Prevention Starts With You

8 Habits to Help Protect Yourself from Hepatitis



Next: Swipe to discover the 8 habits →

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Start With These 4 Habits

Small Precautions Can Help Reduce Your Risk of Hepatitis.

1



Get vaccinated against hepatitis A and B

2



Always use sterile injections

3



Practise safe sex

4



Use your own razor and blades

Next: 4 more habits →

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4 More Habits to Remember

5



Use safe tattooing and piercing equipment

6



Reduce alcohol intake and avoid harmful substances

7



Drink bottled water and eat healthy foods when travelling to areas with poor sanitation

8



Wash your hands with soap regularly, after using the bathroom or handling food

Get tested if you may have been exposed, have symptoms or are at increased risk.

Share this flipbook with family and friends to spread hepatitis awareness and protect your loved ones!

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