

How to Prevent Hepatitis (Lifestyle)

Hepatitis A



Practise good hygiene



Wash your hands with soap before and after meals



Properly cook shellfish before consumption



Adopt good food handling practices

Hepatitis B & C



Avoid having multiple sex partners



Have protected sex



Avoid sharing of needles, sharp instruments, toothbrushes with individuals who are unsure of their Hepatitis status



Avoid blood, tissue, organs or semen donation if you are a Hepatitis carrier



Go to reliable operators for acupuncture, body piercing or tattooing services



Have regular checks with your doctor

Clinics 2A, 2B and 4A TTSH Medical Centre, Level 2 & 4

Contact:
6357 7000 (Central Hotline),



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of
**GASTROENTEROLOGY &
HEPATOLOGY**

Hepatitis



What is Hepatitis?

Hepatitis refers to the inflammation of the liver which may lead to liver scarring (cirrhosis), liver cancer and liver failure.

It can be caused by viral infections. Hepatitis B and C-viruses cause chronic diseases whereas Hepatitis A and E-viruses cause acute diseases.

Hepatitis can also be caused by fatty liver inflammation, excessive alcohol consumption and some medicines or supplements.



Fig 1: Realistic illustration of a cirrhotic liver.

Symptoms

- Jaundice
- Fever
- Fatigue
- Poor appetite
- Upper abdominal pain
- Nausea and vomiting

Transmission

Hepatitis A

Direct contact with faecal matter from:

- Close person-to-person contact with an infected person
- Consumption of contaminated food or drinks

Hepatitis B & C

Contact with infectious blood and other body fluids through:

- Birth to an infected mother
- Sexual contact with an infected person
- Sharing of contaminated needles, syringes, or other injection drug equipment
- Sharp instrument injuries
- Transfusion of unscreened blood products

Prevention (Vaccination)

Hepatitis A

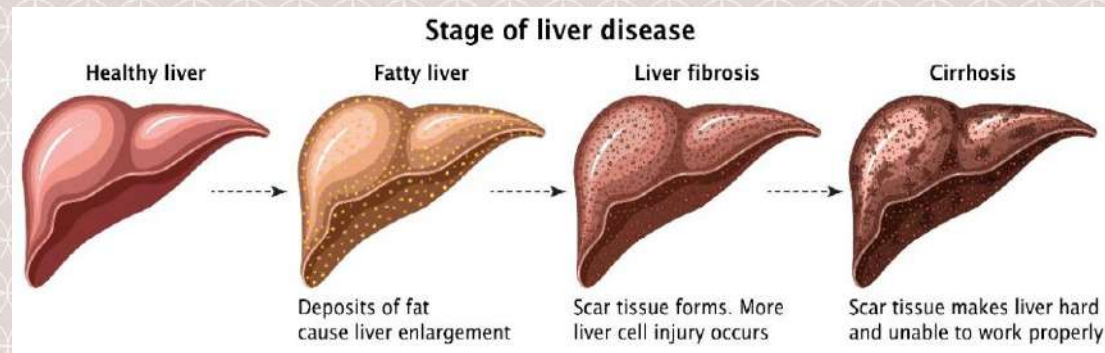
Hepatitis A is best prevented by vaccination. This is important if you are travelling to developing countries or have chronic liver disease.

Hepatitis B

Hepatitis B is best prevented by vaccination.

Hepatitis C

No vaccination is currently available.



Treatment

Hepatitis A

- No specific medication
- Most people recover after two weeks of medication to relieve symptoms and bed rest

Hepatitis B

The treatment of Hepatitis B carriers includes:

- Blood tests, ultrasonography of the liver and fibroscan to assess the severity of the liver disease.
- Drugs that effectively suppress viral replication and prevent further liver damage.
- Surveillance for liver cancer, given the greater risk amongst Hepatitis B carriers compared to non-carriers.
- Blood tests and ultrasound scans are recommended one to two times per year.

Hepatitis C

- High recovery rates can be achieved with current treatment options. Three months of oral pills is the standard treatment for Hepatitis C.
- When virus is eliminated early, cirrhosis and the risk of liver cancer can be prevented.