

HEPATITIS

WHAT IS HEPATITIS?

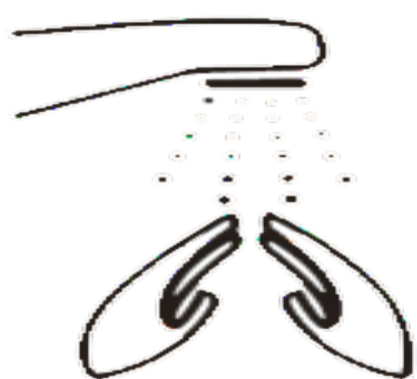
- ⦿ It refers to the inflammation of the liver which may lead to liver scarring, liver cancer and liver failure.
- ⦿ It can be caused by viral infections. Hepatitis B and C-viruses cause chronic diseases whereas Hepatitis A and E-viruses cause acute diseases.
- ⦿ Hepatitis can also be caused by fatty liver inflammation and excessive alcohol consumption.

SUGGESTED LIFESTYLE MODIFICATIONS

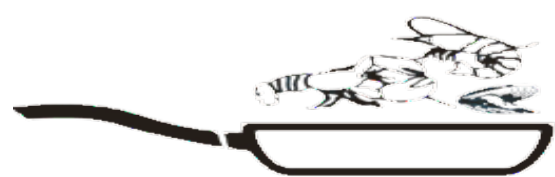
HEPATITIS A



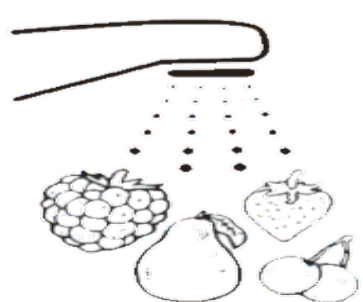
Practise good hygiene



Washi your hands with soap before and after meals



Properly cook shellfish before consumption



Adopt good food handling practices

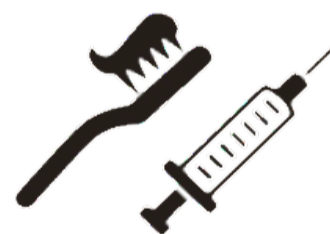
HEPATITIS B & C



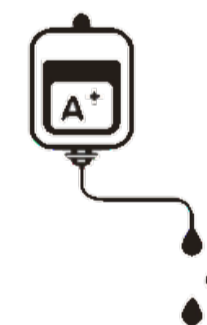
Avoid having multiple sex partners



Have protected sex



Avoid sharing of needles, sharp instruments and toothbrushes



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



Scan the QR code to access more health information on our TTSH Health Library

DEPARTMENT OF GASTROENTEROLOGY & HEPATOLOGY
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