

What is Chronic Hepatitis B?



Almost 300 million people worldwide are living with chronic hepatitis B today.

Chronic Hepatitis B is a lifelong liver infection caused by the hepatitis B virus (HBV). It often occurs when the virus is contracted at the time of birth, leading to a lifelong condition. Without proper management, it can lead to serious liver conditions, such as cirrhosis (scarring of the liver) or liver cancer.

Symptoms Many individuals with chronic hepatitis B may not have symptoms and can feel generally well. If symptoms do occur, they can include tiredness, mild abdominal pain, loss of appetite, yellowing of the skin and eyes (jaundice), and dark urine.

Management and Treatment

- **Regular Monitoring:** Blood tests and sometimes ultrasounds are recommended twice a year.
- **Medications:** Antiviral medications may be required in some cases to keep the virus quiet.
- **Healthy Lifestyle:** Avoiding alcohol, maintaining a healthy weight, and eating a balanced diet are crucial for liver health.
- **Vaccination:** Vaccination is important for close contacts and family members to prevent hepatitis B transmission.



Preventing Transmission

- Family members and sexual partners should be vaccinated against hepatitis B.
- Avoid sharing personal items like razors or toothbrushes.
- Use condoms when having sex.