

## EARLY DETECTION IS KEY

It is important for you and your family to get tested for HBV infection. The US Centers for Disease Control and Prevention recommends all adults should be screened at least once for hepatitis B.



## GET TESTED

Ask your doctor for the 3 panel HBV blood tests:

### **Hepatitis B surface antigen (HBsAg):**

A positive test tells you have chronic hepatitis B (also known as being a hepatitis B carrier).

### **Hepatitis B surface antibody (anti-HBs):**

If the HBsAg test is negative, a positive anti-HBs tells you are protected against HBV.

### **Total antibody to hepatitis B core antigen (anti-HBc):**

A positive test tells if you have past or current HBV infection.

## GET VACCINATED

If you test negative for all 3 tests, you are not protected and should get vaccinated. Make sure your baby also gets vaccinated at birth.

The hepatitis B vaccine is a 3 shot series given over 6 months that can protect you for life. Adults can receive a 2 shot hepatitis B vaccine given over one month.

The hepatitis B vaccine is also called “the first anti-cancer vaccine” by the World Health Organization by preventing liver cancer caused by HBV infection.

## Unite against HBV



Jade represents good health and longevity. The jade ribbon spreads awareness and supports people worldwide living with chronic hepatitis B and liver cancer.



## Asian Liver Center at Stanford University

780 Welch Road, CJ 130  
Palo Alto, CA 94304  
Tel: 888.311.3331  
Fax: 650.736.8001  
[liver.stanford.edu](http://liver.stanford.edu)  
#JOINJADE

© 2024 ASIAN LIVER CENTER

# KNOW HBV



## What you should know about hepatitis B and liver cancer



ASIAN LIVER CENTER  
at Stanford University



## BREAKING THE SILENCE ABOUT HBV



Hepatitis B virus (HBV) is the most common serious infection of the liver, and can lead to premature death from liver cancer, cirrhosis and liver failure.

**1 in 27 people in the world** is living with chronic (life-long) hepatitis B. Many living with chronic hepatitis B are non-US born adults from Asia and Africa who became infected at early childhood because they did not receive the hepatitis B vaccine within the first day after birth.

Many don't know they are infected because they have not been tested and have no symptoms.

**As many as 1 in 4 people** with chronic hepatitis B will die from liver cancer or liver failure, but this is largely preventable with early diagnosis, appropriate monitoring, and treatment.

## EVEN IF YOU FEEL HEALTHY, YOU MAY ALREADY BE INFECTED

Chronic hepatitis B infection is dangerous because there are often no symptoms. Even blood tests for liver function may be normal. By the time symptoms such as abdominal pain or jaundice (dark urine and yellow discoloration of the skin or eyes) appear, it is often too late for treatment to be effective.

## HBV IS TRANSMITTED LIKE HIV



### A mother-to-child infection

For Asians, HBV is commonly transmitted from an infected (HBsAg positive) mother to her child at birth.



### A blood-borne infection

HBV can be transmitted through infected blood. This includes:

- wound-to-wound contact
- sharing razors or toothbrushes
- reusing needles for tattoos, piercings, or injecting drugs
- reusing medical needles or syringes



### A sexually transmitted infection

HBV can be transmitted through unprotected sex with an infected person.

## HBV IS NOT TRANSMITTED THROUGH FOOD AND WATER

There are many myths about how you get hepatitis B resulting in stigma and discrimination.

It is important to understand that HBV is NOT spread through:

- sharing food or water
- sharing eating utensils or drinking glasses
- casual contact
- coughing or sneezing
- hugging or kissing
- breastfeeding
- HBV is not a hereditary disease

There is no reason to distance yourself from those infected with HBV.

If you have chronic hepatitis B, you should not be excluded from work, school, or other daily activities.

## WHAT YOU SHOULD DO IF YOU HAVE CHRONIC HEPATITIS B

### Receive regular monitoring

Even though you may feel healthy, regular monitoring is important to detect liver damage and liver cancer. Ask your doctor for the following tests:

Every	Test	Monitor
6 months	ALT AFP	liver damage liver cancer
1 year	HBV DNA level	viral activity
1 year*	Ultrasound	liver cancer

\* If you have cirrhosis or a family history of liver cancer, increase the frequency of your ultrasound exam to every 6 months.

If detected at an early stage, even liver cancer can be successfully treated.

### Receive antiviral treatment if indicated.

Although there is no cure for hepatitis B, the current recommended first line oral antiviral medication (entecavir/tenofovir) is effective to treat and even reverse liver damage that can cause liver cancer and liver failure.

([med.stanford.edu/liver/resources/online-treatment-tool.html](http://med.stanford.edu/liver/resources/online-treatment-tool.html))

Antiviral therapy is also recommended to prevent flare up of hepatitis B infection in patients who receive immunosuppressive therapy for cancer or other diseases and to prevent mother-to-child transmission of HBV in pregnant women with HBV DNA level over 200,000 IU/mL.



**Get the hepatitis A vaccine**



**Avoid drinking alcohol**



**Protect your loved ones**

Make sure your family and partner are tested for HBV and vaccinated if they are not protected. If pregnant, make sure your newborn receives the hepatitis B vaccine and the hepatitis B immunoglobulin (HBIG) within 12 hours after birth to protect the baby from infection.