

28 July, World Hepatitis Day



World Hepatitis Day is commemorated each year on 28 July to enhance awareness of viral hepatitis, an inflammation of the liver that causes a range of health problems, including liver cancer. The date of 28 July was chosen because it is the birthday of Nobel-prize winning scientist Dr Baruch Blumberg, who discovered Hepatitis B virus (HBV) and developed a diagnostic test and as well as vaccine for the virus.

Hepatitis: An inflammatory condition of the liver, most common causative factor being virus. Hepatitis can also occur due to medications, drugs, toxins and alcohol also. Viral infections of liver that are classified as Hepatitis include Hepatitis A, B, C, D, and E. Respective virus is responsible for each type of virally transmitted hepatitis. Together, Hepatitis B and C are the most common cause of deaths, with 1.3 million lives lost each year. Amid the COVID-19 pandemic, viral hepatitis continues to claim thousands of lives every day.

Hepatitis A: Occurs due to Hepatitis A virus (HAV). Source of infection is food and water contaminated with human faeces, sexual contact and physical close contact with Hepatitis A infected person.

Hepatitis B: Transmitted through contact with infectious body fluids, such as blood, vaginal secretions, or semen, containing the Hepatitis B virus (HBV). Injection drug use, unprotected sex with an infected partner, or sharing razors with an infected person increases the risk of getting Hepatitis B.

Hepatitis C: Hepatitis C virus (HCV) causes Hepatitis C infection. It spreads through direct contact with infected body fluids, typically through injection drug use and unprotected sexual contact.

Hepatitis D: Also called as Delta Hepatitis. It is caused by Hepatitis D virus (HDV), this virus cannot multiply without the presence of Hepatitis B. It passes on through direct contact with infected blood.

Hepatitis E: Caused by Hepatitis E virus (HEV); it's a waterborne disease and mostly found in poor sanitation areas.

Complications: Chronic Hepatitis B or C can often lead to more serious health problems. Because the virus affects the liver, people with chronic hepatitis B or C are at risk for:

- Chronic liver disease
- Cirrhosis
- Liver cancer

Treatment: Treatment options are determined basis the type of Hepatitis and whether the infection is acute or chronic.

Prevention:

Hygiene: Practicing good hygiene is one key way to avoid contracting Hepatitis A and E. Avoid:

- Water and ice from local streets/unhygienic areas
- Raw or undercooked shellfish and oysters
- Raw fruit and vegetables

Hepatitis B, C, and D contracted through contaminated blood can be prevented by:

- Not sharing drug needles
- Not sharing razors
- Not using someone else's toothbrush
- Not touching spilled blood

Since Hepatitis B and C can also be contracted through unprotected sexual contact with infected persons, practicing safe sex by using condoms and dental dams can help decrease the risk of infection.

Vaccines: Use of vaccine is an important key to preventing hepatitis. As of now, Hepatitis A and B only can be prevented through vaccination.

Source:

Healthline



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World Hepatitis Day is...



COVID-19 Vaccine....

Receiving an mRNA...



Difference between gout and...

Rheumatoid arthritis...



Smart phone addiction...

Cell phones have become...



Lifestyle changes after...

The main function of...