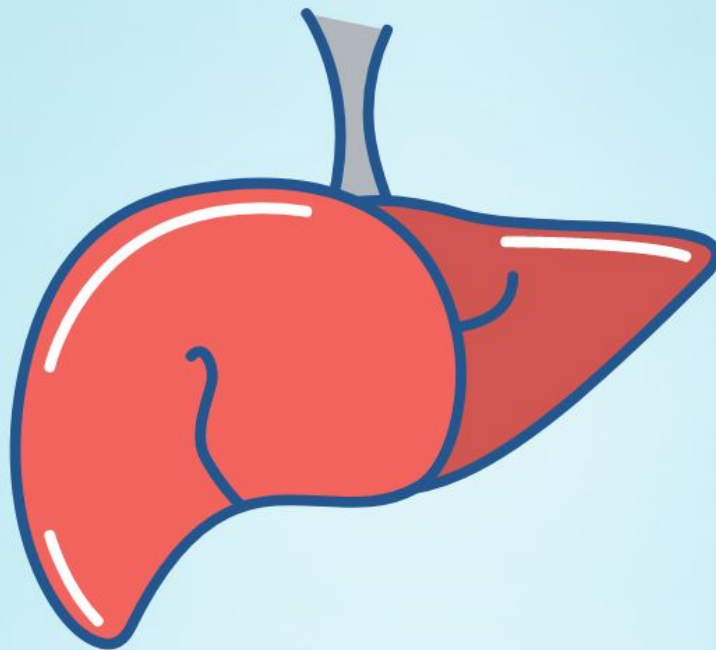




**Sri Adichunchanagiri
College of Pharmacy**
B.G Nagara, Karnataka.



Let's raise worldwide awareness of hepatitis
Because hepatitis can't wait



28 JULY, 2022
WORLD HEPATITIS DAY

Awareness Program at Kuchahalli
10:00 am onwards

#WorldHepatitisDay



॥ ज्ञेयो इति ह्यप्युपवेद्य ॥

Sri Adhichunchanagiri College of Pharmacy

B.G Nagara, Nagamangala Tq, Mandya District, Karnataka -571448



28th July 2022

WORLD HEPATITIS DAY

Awareness program at Kuchahalli

Bringing hepatitis care closer to you.



॥ जेव्हा इंग्लिश दृष्टांतवेष्ट ॥



Sri Adichunchanagiri
College of Pharmacy



ADICHUNCHANAGIRI
UNIVERSITY



World Hepatitis Day

28 July 2022



Hepatitis can't wait

WORLD HEPATITIS DAY IS OBSERVED EACH YEAR ON 28 JULY TO RAISE AWARENESS OF VIRAL HEPATITIS, AN INFLAMMATION OF THE LIVER THAT CAUSES SEVERE LIVER DISEASE AND HEPATOCELLULAR CANCER. THIS YEAR'S THEME IS "HEPATITIS CAN'T WAIT", CONVEYING THE URGENCY OF EFFORTS NEEDED TO ELIMINATE HEPATITIS AS A PUBLIC HEALTH THREAT BY 2030.



World Hepatitis Day

Hepatitis Can't Wait

With a person dying every 30 seconds from a hepatitis related illness – even in the current COVID-19 crisis – we can't wait to act on viral hepatitis.

- People living with viral hepatitis unaware **can't wait** for testing
- People living with hepatitis **can't wait** for life saving treatments
- Expectant mothers **can't wait** for hepatitis screening and treatment
- Newborn babies **can't wait** for birth dose vaccination
- People affected by hepatitis **can't wait** to end stigma and discrimination
- Community organisations **can't wait** for greater investment
- Decision makers **can't wait** and must act now to make hepatitis elimination a reality through political will and funding.

What is Hepatitis?

Hepatitis is an inflammation of the liver. The condition can be self-limiting or can progress to fibrosis (scarring), cirrhosis or liver cancer. Hepatitis viruses are the most common cause of hepatitis in the world but other infections, toxic substances (e.g. alcohol, certain drugs), and autoimmune diseases can also cause hepatitis.

There are 5 main hepatitis viruses, referred to as types A, B, C, D and E. These 5 types are of greatest concern because of the burden of illness and death they cause and the potential for outbreaks and epidemic spread. In particular, types B and C lead to chronic disease in hundreds of millions of people and, together, are the most common cause of liver cirrhosis and cancer.

Hepatitis A and E are typically caused by ingestion of contaminated food or water. Hepatitis B, C and D usually occur as a result of parenteral contact with infected body fluids. Common modes of transmission for these viruses include receipt of contaminated blood or blood products, invasive medical procedures using contaminated equipment and for hepatitis B transmission from mother to baby at birth, from family member to child, and also by sexual contact.

Acute infection may occur with limited or no symptoms, or may include symptoms such as jaundice (yellowing of the skin and eyes), dark urine, extreme fatigue, nausea, vomiting and abdominal pain.

Hepatitis A

- **Hepatitis A is an inflammation of the liver that can cause mild to severe illness.**
- **The hepatitis A virus (HAV) is transmitted through ingestion of contaminated food and water or through direct contact with an infectious person.**
- **Almost everyone recovers fully from hepatitis A with a lifelong immunity. However, a very small proportion of people infected with hepatitis A could die from fulminant hepatitis.**
- **The risk of hepatitis A infection is associated with a lack of safe water and poor sanitation and hygiene (such as contaminated and dirty hands).**
- **A safe and effective vaccine is available to prevent hepatitis A.**

Transmission

The hepatitis A virus is transmitted primarily by the faecal-oral route; that is when an uninfected person ingests food or water that has been contaminated with the faeces of an infected person. In families, this may happen though dirty hands when an infected person prepares food for family members. Waterborne outbreaks, though infrequent, are usually associated with sewage-contaminated or inadequately treated water.

The virus can also be transmitted through close physical contact (such as oral-anal sex) with an infectious person, although casual contact among people does not spread the virus.

Prevention

Improved sanitation, food safety and immunization are the most effective ways to combat hepatitis A.

The spread of hepatitis A can be reduced by:

- adequate supplies of safe drinking water;
- proper disposal of sewage within communities;
- and

personal hygiene practices such as regular handwashing before meals and after going to the bathroom.

Hepatitis B

- **Hepatitis B is a viral infection that attacks the liver and can cause both acute and chronic disease.**
- **The virus is most commonly transmitted from mother to child during birth and delivery, as well as through contact with blood or other body fluids during sex with an infected partner, unsafe injections or exposures to sharp instruments.**
- **Hepatitis B can be prevented by vaccines that are safe, available and effective.**
- **WHO estimates that 296 million people were living with chronic hepatitis B infection in 2019, with 1.5 million new infections each year.**
- **In 2019, hepatitis B resulted in an estimated 820 000 deaths, mostly from cirrhosis and hepatocellular carcinoma (primary liver cancer).**

Transmission

In highly endemic areas, hepatitis B is most commonly spread from mother to child at birth (perinatal transmission) or through horizontal transmission (exposure to infected blood), especially from an infected child to an uninfected child during the first 5 years of life.

Hepatitis B is also spread by needlestick injury, tattooing, piercing and exposure to infected blood and body fluids, such as saliva and menstrual, vaginal and seminal fluids. Transmission of the virus may also occur through the reuse of contaminated needles and syringes or sharp objects either in health care settings, in the community or among persons who inject drugs. Sexual transmission is more prevalent in unvaccinated persons with multiple sexual partners.

Prevention

WHO recommends that all infants receive the hepatitis B vaccine as soon as possible after birth, preferably within 24 hours, followed by 2 or 3 doses of hepatitis B vaccine at least 4 weeks apart to complete the vaccination series. Protection lasts at least 20 years and is probably lifelong. WHO does not recommend booster vaccinations for persons who have completed the 3-dose vaccination schedule.

Hepatitis C

- Hepatitis C is a liver disease caused by the hepatitis C virus (HCV): the virus can cause both acute and chronic hepatitis, ranging in severity from a mild illness lasting a few weeks to a serious, lifelong illness.
- Hepatitis C is a major cause of liver cancer.
- The hepatitis C virus is a bloodborne virus: the most common modes of infection are through exposure to small quantities of blood. This may happen through injection drug use, unsafe injection practices, unsafe health care, transfusion of unscreened blood and blood products, and sexual practices that lead to exposure to blood.
- Globally, an estimated 58 million people have chronic hepatitis C virus infection, with about 1.5 million new infections occurring per year.
- WHO estimated that in 2019, approximately 290 000 people died from hepatitis C, mostly from cirrhosis and hepatocellular carcinoma (primary liver cancer).
- Antiviral medicines can cure more than 95% of persons with hepatitis C infection, but access to diagnosis and treatment is low.
- There is currently no effective vaccine against hepatitis C.

Transmission

The hepatitis C virus is a bloodborne virus. It is most commonly transmitted through:

- the reuse or inadequate sterilization of medical equipment, especially syringes and needles in healthcare settings;
- the transfusion of unscreened blood and blood products; and
- injecting drug use through the sharing of injection equipment.

HCV can be passed from an infected mother to her baby and via sexual practices that lead to exposure to blood.

Hepatitis C is not spread through breast milk, food, water or casual contact such as hugging, kissing and sharing food or drinks with an infected person.

Prevention

Primary prevention interventions recommended by WHO include:

- safe and appropriate use of health care injections;
- safe handling and disposal of sharps and waste;
- provision of comprehensive harm-reduction services to people who inject drugs;
- testing of donated blood for HBV and HCV (as well as HIV and syphilis);
- training of health personnel; and
- prevention of exposure to blood during sex.

Hepatitis D

- Hepatitis D virus (HDV) is a virus that requires hepatitis B virus (HBV) for its replication. HDV infection occurs only simultaneously or as super-infection with HBV.
- Hepatitis D virus (HDV) affects globally nearly 5% of people who have a chronic infection with hepatitis B virus (HBV).
- Populations that are more likely to have HBV and HDV co-infection include indigenous populations, recipients of haemodialysis and people who inject drugs.
- Worldwide, the number of HDV infections has decreased since the 1980s, due mainly to a successful global HBV vaccination programme.
- The combination of HDV and HBV infection is considered the most severe form of chronic viral hepatitis due to more rapid progression towards liver-related death and hepatocellular carcinoma.
- Hepatitis D infection can be prevented by hepatitis B immunization, but treatment success rates are low.

Transmission

The routes of HDV transmission, like HBV, occur through broken skin (via injection, tattooing etc.) or through contact with infected blood or blood products. Transmission from mother to child is possible but rare. Vaccination against HBV prevents HDV coinfection and hence expansion of childhood HBV immunization programmes has resulted in a decline in hepatitis D incidence worldwide.

Chronic HBV carriers are at risk of infection with HDV. People who are not immune to HBV (either by natural disease or immunization with the hepatitis B vaccine) are at risk of infection with HBV, which puts them at risk of HDV infection.

Prevention

While WHO does not have specific recommendations on hepatitis D, prevention of HBV transmission through hepatitis B immunization, including a timely birth dose, additional antiviral prophylaxis for eligible pregnant women, blood safety, safe injection practices in health care settings and harm reduction services with clean needles and syringes are effective in preventing HDV transmission. Hepatitis B immunization does not provide protection against HDV for those already infected with HBV.

Hepatitis E

- Hepatitis E is an inflammation of the liver caused by infection with the hepatitis E virus (HEV).
- Every year there are an estimated 20 million HEV infections worldwide, leading to an estimated 3.3 million symptomatic cases of hepatitis E.
- WHO estimates that hepatitis E caused approximately 44 000 deaths in 2015 (accounting for 3.3% of the mortality due to viral hepatitis).
- The virus is transmitted via the fecal-oral route, principally via contaminated water.
- Hepatitis E is found worldwide, but the disease is most common in East and South Asia.
- A vaccine to prevent hepatitis E virus infection has been developed and is licensed in China, but is not yet available elsewhere.

Transmission

Hepatitis E infection is found worldwide and is common in low- and middle-income countries with limited access to essential water, sanitation, hygiene and health services. In these areas, the disease occurs both as outbreaks and as sporadic cases. The outbreaks usually follow periods of faecal contamination of drinking water supplies and may affect several hundred to several thousand persons. Some of these outbreaks have occurred in areas of conflict and humanitarian emergencies such as war zones and camps for refugees or internally displaced populations, where sanitation and safe water supply pose special challenges.

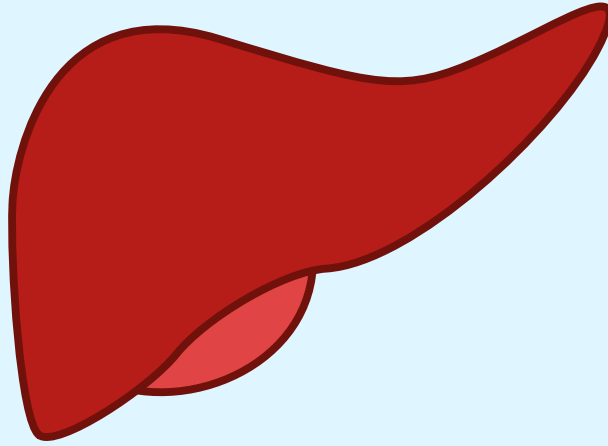
Prevention

Prevention is the most effective approach against the infection. At the population level, transmission of HEV and hepatitis E infection can be reduced by:

- maintaining quality standards for public water supplies; and
- establishing proper disposal systems for human faeces.

On an individual level, infection risk can be reduced by:

- maintaining hygienic practices; and
- avoiding consumption of water and ice of unknown purity.



***LET'S EDUCATE MORE PEOPLE
ABOUT THE CAUSES AND
CONSEQUENCES OF HEPATITIS
ON WORLD HEPATITIS DAY.***



DEPARTMENT OF PHARMACY PRACTICE

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