



Ministry of Health

# Epataetis B

Wanem yu nid blong save



# KONTENT

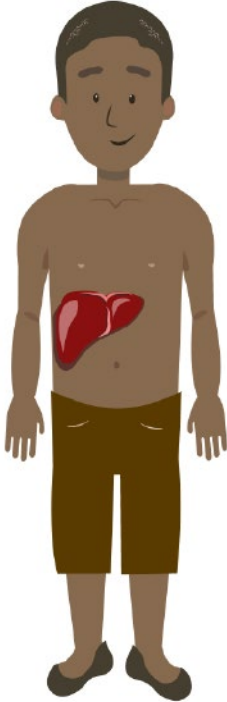
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# WANEM IA LIVA

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Liva hemi wan bigfala pat blong bodi sistem blong man. Shep blong hem I olsem wan traeangel mo hemi sitdaon long top raet kona blong abdomen o beli. Liva hemi help blong brekem daon ol kakai, hemi tekem aot ol west mo toxin o (wan hamful sabstens insaed long bodi ) long blad, hemi faetem infeksen, ,mo hemi prodium mo storem protein, vaetamin , kris mo suka.



## **Epataetis B hemi wan infeksen blong liva we Epataetis B vaeras I kosem**

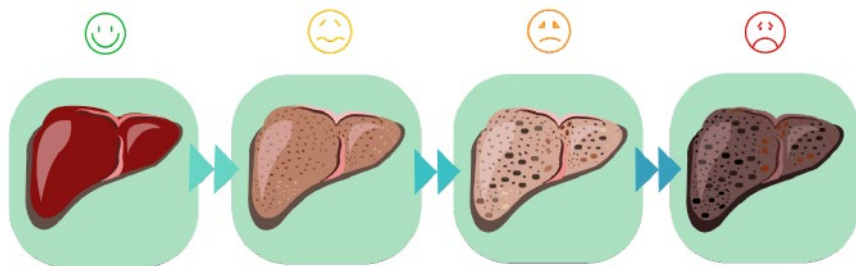
Vaeras ia I spred I go long blad mo long ol fluid/ wota insaed long bodi

'I gat vaksini/stik meresin we I save priventem Epataetis B'

# KRONIK EPATAETIS B

Kronik epataetis B (o sik ia we I stap long taem finis long bobi blong man) hemi stap hapen taem we infeksien I bin presen insaed long bodi long ova long six manis. Niufala exposa ( akiut infeksien) yumi save solvem wetaot long tem kronik infeksien . Ol reit blong prokres we I lid I go long kronik infeksien hemi dipen long eij mo imiun stetas blong man. Vaksinesen (stik meresin) I save priventem infeksien . Plante pipol we oli gat kronik epataetis B oli no gat eni simptom blong sik ia mo oli oraet nomo , mo oli no save se oli gat infeksien b;ong sik ia. Taswe hemi impoten blong mekem test blong epataetis B, iven long ol pipol we oli no sik. Sipos yu stp long moderet o hae privalens eria ( o eria we sik ia I bigwan long hem) o oli gat risk fakta , plis hemi impoten se yum as save epataetis B stetas blong yu.

Sipos yu no kasem tritmen blong hem long plante yia I pas, kronik epataetis B I save damejem liva , kosen wan skar long liva, liva felia mo kansa blong liva. Ol pipol we oli gat sivia/akiut skar long liva (cirrohsis) we hemi kansa blong liva mo bae hemi stampa blong man I sik bigwan.



Pikja antap I shoem helti liva  
Pikja antap I shoem helti liva  
Mo hemi wok gud, hemi help Stomak I kraenem gud kakai, Hemi brekem daon ol drag, poesen we oli hamful Mo hemi storem suka

Ol damej blong liva we hemi kontiniu mo we epataetis B I kosem bae I save lid blong fomem wan skar long liva, wan proses we oli kolek faebrosis

taem we bae I gat developmen blong faebrosis, bae blad flou tru long liva bae I blok Mo bae I stopem liva blong nomo save wok gud Hemia noao oli kolek cirrhosis

Epataetis B hemi wan liding kos blong kansa blong liva Bae wan tuma hemi fom long liva mo bae hemi no isi blong tritmen.

# WANEM IA OL SIMPTOM BLONG EPATAETIS B

Plante taem, I no gat simptom blong kronik epataetis B mo wan peson bae hemi no save se hemi gat sik ia. Mo tu hemi no komon se ol pesen/ sik man we oli gat epataetis B oli experiensem tingting se sikl kam strong moa - Be sapos hemia I hapen bae sikman hemi save gat sam o ol symptom we oli save last long sam dei kasem sam wiks.

Ol simptom ia oli olsem:

- *Pispis I dak kala*
- *Sitsit I lait kala*
- *Sikman I filim se I wantem traot o hemi traot*
- *Abdomen o Bel I soa, espeseli andap long raet pat blong bel*
- *Tufala ae I ialo kala*
- *Sikman I no gat intares blong kakai*
- *Mo hemi tait tumas*

## SIMPTOM BLONG EPATAETIS



LOW APPETITE



VOMITING & NAUSEA



DARK URINE



PALE-COLOURED STOOL



STOMACH PAIN



YELLOWING EYES & SKIN



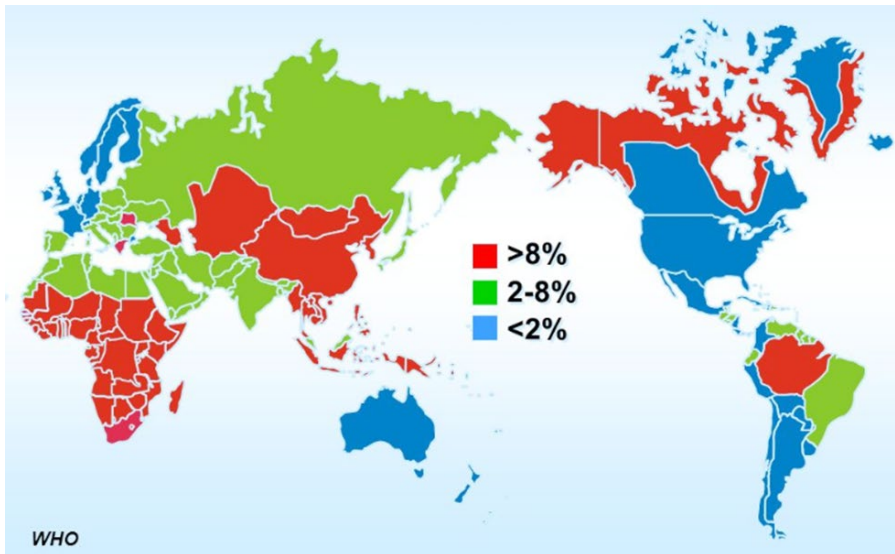
EXTREME FATIGUE

Sapos yu gat ol simptom ia, yu mas go luk dokta blong yu kwiktaem.

# WHU IA I GAT EPATAETAS B?

Ova long 250 milien pipol raon long wol oli gat kronik sik blong Epataetas B. Ol reits blong Epataets B oli no semak long ol diferen pats blong wol. Lo privalens o lo namba blong ol keis hemi <less long 2% (■) long ol populesen blong ol ples olsem Australia, (less long 1 peson ova long 100 pipol) USA, sam pats blong Saot America mo Europe.

Hae privalens reits o hae namba >8% (■) long populesen ( mo sam long ol eria l ova long 1 kasem 10 pipol) we oli save faenem olgeta long Saot East Asia, Africa mo sam Pasifik Aelan. I gat tu ol hae risk grup we oli stap long ol kaontri ia inkludum famili mo ol patna blong ol positi keis, pipol we oli gat HIV o Epataetas C vaeras, mo ol pipol we oli stap stikim ol long drag o oli gat plante sexual patna.



Privalens o Namba blong ol kronik Epataetas B insaed long ol adalt populesen long raon long wol.

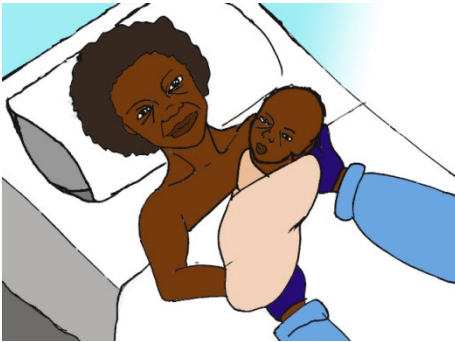
Schweitzder. Lancet 2015; 386:1.546-55

# EPATAETIS B I SAVE SPRED OLSEM:

Epataetis B vaeras I spred tru long blad o ol fluid blong bodi tru long kontakt long peson we hemi gat sik ia mo hemi pasem I go long nara peson we hemi no gat infeksi



Ol mein fasin blong transmisen blong sik ia hemi tru long sex we ino gat proteksen long hem, transfusen blong blad (we ino pas tru long wan skring) sherem ol nidil o ekwipmen blong mekem tattoo, pisim zorae, injektem drag o sherem reza bled mo tutbras.



Ol mama we oli gat Epataetis B be oli prekan mo bonem bebi bae bebi I kasem sik ia from vaeras hemi pas tru long blad blong mama long taem we bebi I bon. I save gat privensen blong sik ia tru long meresin we mama we gat sik Epataetis B bae I karem long taem we hemi prekan, mo givim vaksinesen o stik meresin long bebi stret afta

we hemi bon mo hemi komplitim ol dos blong stik meresin bifo hemi kasem 1 yia blong hem.

# EPATAETIS B I NO SAVE SPRED LONG OL WEI OLSEM:

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Epataetis B I NO SAVE spred tru long shering blong kakae, hag, bisu, kof, sniz o mekem sex wetem kondom . Yu no save kasem Epataetis B sapos yu sherem toalet wetem ol narafala pipol, nating sapos oli gat Epataetis B o nogat. Moskito I no spredem Epataetis B, mo ol mama oli no save givim Epataetis B long ol bebi tru blong brestfiding . Sik ia I no save pas I go long narafala man tru long shering blong kakae o dring.

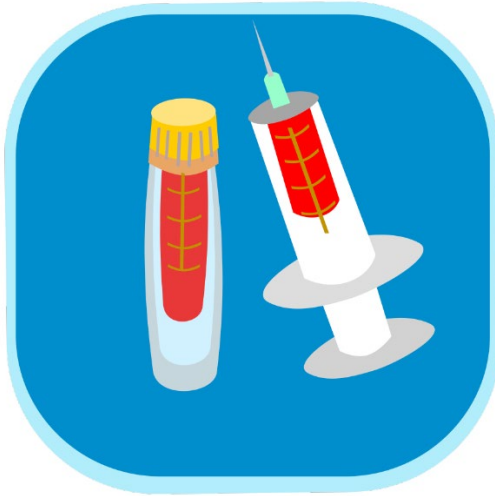


**Ol aktiviti ia oli seif mo oli no save kosem eniwan blong kasem sik Epataetis B**



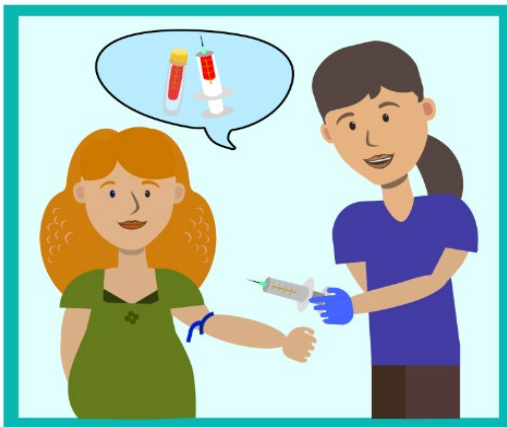
# TEST BLONG EPATAETIS B

Wan simpol blad test I save shoem sapos yu gat Epataetis B o sapos yu bin kasem vaksinesen o stik meresin blong Epataetis B.



Sapos yu kasem Epataetis B long blad test, I gat ol narafala test we I save jekem sapos liva I stap wok gud mo hemi help blong disaed sapos yu nidim wan tritmen. Be ino everi pipol bae oli nidim blong gat tritmen be nomo everiwan oli shud gat wan rekula monitoring from se kondisen blong yu I save jenj

Sapos yu kasem Epataetis B, bae dokta blong yu I askem sam medikel kwestien mo mekem wan examinesen blong asesem stetas blong sik blong yu



# TEST BLONG : ULTRASOUND

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Hemia hemi wan teknik we ol teknisen blong X-ray oli yusum ultrasound blong shoem pikja o imej blong liva. Ultrasound hemi simpol mo seif we I save help blong asesem kondisen blong liva blong yu. Oli yusum tu blong mekem rutin skring blong kansa blong liva. Skring blong kansa blong liva hemi impoten mo dokta blong yu bae hemi advasem yu long sapos yu nidim blong mekem test ia rekulali.

Ol narafala test inkludum CT skan mo MRI bae I save gat nid blong hem sapos ultrasound I faenem sam abnomol kondisen long liva blong yu.



# TRANSIENT ELASTOGRAPHY

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Transient elastography (fibroscan) hemi wan long ol narafala prosija o wei blong lukluk long liva blong faenem sapos I gat wan skar long liva, mo cirrhosis (o wan skar we I stap long liva). Hemi save helpem tub long disaed sapos wan peson hemi nidim tritmen o I save help tu blong mekem jekap long ol pipol we oli stap tekem tritmen blong Epataetis B

I gat plante fakta we oli kontribiut long ol risalt olsem level blong liva taem we yu fasting I stap, inflamesen blong liva mo ol narafala helt kondisen . Oli save ripitim sem prosija blong luk se I gat prokres o nogat long kondisen blong liva blong yu

Oli yusum olsem wan adisen blong blad test blong yu, fisikel examinisen mo finding blong ultrasound blong asesem kondisen blong liva blong yu



# TRITMENT

Oli save tritim Epataetis B wetem medikesen (tablet) blong stopem vaeras blong I ripliket. Damej long liva we I tekem ples hemi taem we imiun sistem riakt long vaeras mo kosem inflamesen (o taem bodi blong yu I riakt long vaeras) mo sapos I happen plante taem bae hemi kosem moa damej. Medikesen bae ino kurim Epataetis B, be hemi ridiusum janis long wan skar blong liva mo kansa blong liva long wei we hemi ridiusum amaon blong vaeras insaed long bodi. Ol medikesen ia oli kolek 'antivaerol' (tenofir o entecavir). Hemi ol tablet we hemi blong tekem everidei. Mo oli mas tekem ol tablet ia sem taem long ij dei. Tekem Tenofovir wetem o wetaot kakai. Tekem Entecavir wetaot kakai. Ol meresin oli wok gud blong ridiusum amaon blong vaeras insaed long blad



- Mas tekem meresin long long fala term
- Yu no save stopem meresin wetaot advaes blong dokta blong yu
- Sapos yu gat cirrhosis bae yu stap long wan long laef tritmen

# TRITMENT

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Dokta blong yu bae hemi advaesem yu long hamas taem yu nidim blong go pas. Everi skis manis bae I gat rivi u blong blad test (we hemi inkludum tu test blong liva, faksen blong liva mo level blong vaeras) mo ultrasound long olgeta pipol we oli nidim blong mekem wan skringing blong kansa blong liva . Wan fibroscan bae oli mekem afta long sam yia blong tritmen blong jekem kondisen blong liva .

Plante moa jekap sapos I gat nid o from yu gat moa series disis o I gat sam narafala konsen

Tritmen hemi seif blong tekem mo ino gat tumas saed ifekt. Long wan smaol namba blong pipol, fanksen blong kidni I save dilaen mo ol bun blong yu oli save kam tintin. Ol narafala maena ifekt oli save tek ples mo yu shud diskasem wetem dokta blong yu

Afta long plante yia we yu stap long tritmen, sam pipol bae oli save stop blong tekem meresin. Be hemia bae I rikwae se yu bin gud mo filim se yu olraet mo tu se vaeras blong sik ia I bin go daon long taem finis. Mo sapos hemia hemi hapen babae yu save stopem tritment blong yu, be bae I gat wan rekula foloap we hemi impoten tumas. Yu NO MAS stopem tritmen wetaot supavisen blong dokta blong yu



# MONITOREM EPATAETIS B

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Plante pipol we oli gat sik Epataetis B oli no nidim blong tekem tritmen

Ol yang pipol we oli gat wan nomol test blong liva, mo oli no gat famili histri long Epataetis B we I rilet long sam komplikesen olsem kansa blong liva mo cirrhosis, mo oli gat skar long liva mo oli gat wan lo amaon blong vaeras bae oli save gat wan jenerol foloap nomo.

Ol jenjes long test blong liva blong yu mo vaerol level (o hao ol vaeras oli wok long bodi blong yu) I save tek ples mo from we plante taem bae hemi **asymptomatic (I minim se ino gat simptom o saen)** blong shoem se yu gat sik ia, mo taswe rekula jekap hemi impoten.

Monitarem sik hemi inkludum blad test, ultrasound, fibroscan mo klinikel rivi

Yu mas kontiniu blong ensue se yu protektem liva mo stap helti oltaem (luk long seksen andanit)

Yu save nidim tritment long nekis rivi visit blong yu wetem dokta



# PREGNANSI MO EPATAETIS B

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Kronik Epataetis B infeksen hemi happen long ol woman we oli stap long eij blong save gat pikinini mo oli mas mekem asesmen long ol blong kasem tritmen mo isi blong monitarem olgeta.

I save gat nid blong tritmen mo hemi shud gat wan konsideresen long vii blong famili planning . Hemi seif blong gat wan tritmen sapos I gat nid blong hem. Tritmen ino afektem abiliti blong yu blong gat pikinini mo hemi seif tu blong stap long tritmen long taem blong pregnansi BE yu shud diskasem wetem dokta blong yu



- *Univesel antinetal skringing blong Epataetis B long taem blong pregnansi hemi wan rekomendesen*
- *Ol bebi we oli born long ol mama we oli positiv oli stap long risk blong kasem infeksen long taem we oli born. Ol bebi oli kasem dos blong stik meresin blong Epataetis B vaksin BE ol bebi we oli born long ol mama we oli positive oli shud risivim HBIG (immunoglobulin) hemi wan narafala stik we bebi hemi mas kasem stret afta we hemi born*

Long sam keis we mama hemi gat hae level blong vaeras long blad long taem blong pregnansi, tritmen wetem tenofir ( wan meresin we hemi faetem Epataetis B) stat long 28 wiks blong pregnansi kasem afat long delivari blong bebi hemi shoem se se hemi ridiusum risk blong infeksen long bebi mo hemi wan rikomendesen.

Hemi seif blong tekem meresin ia tu sapos yu stap givim titi blong bebi

# CIRRHOSIS BLONG LIVA

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Cirrhosis blong liva hemi wan advans skar blong liva . Skar blong liva hemi jenereli stej long wan skoring sistem stat long 1 kasem 4 mo I dipen long extent o saez blong skar.

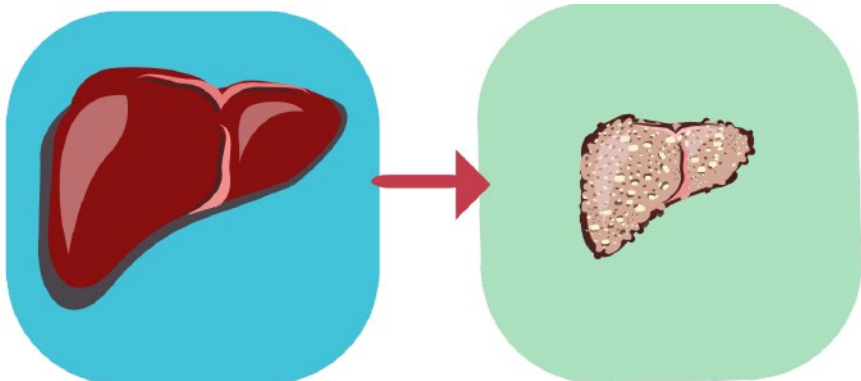
Sapos cirrhosis I stap long stej 4 bae hemi stap long wan hae level sivia stej.

Cirrhosis we hemi advans hemi lid long ae mo skin blong man we hemi kam yelo, ovalod blong fluid o (**ol wota insaed long bodi blong man**) wetem bel we I swelap o '**big fala beli**' mo edema long leg (**o leg I swelap**) , pua nutrisen, injuri blong kidni, konfusen mo semtaem bliding (lusum blad) long daejestiv sistem o traot long blad. Hemia hemi series mo bae I save tretene laef blong man.

I gat plante keis blong cirrhosis we I we I save adap long Epataetis B mo inkludum alkohol mo disis blong liva . Hemia hemi rikwae wan klosap atensen. Helti kakai hemi esensel o impoten

Ol eli stej blong cirrhosis oli save stap olsem asymptomatic mo oli rikwae blong monitarem oltaem mo intavensien blong priventem ol komplikesen blong hem olsem I stap antap. Ol sikman we oli gat cirrhosis oli shud stap long tritmen blong Epataetis B. Dokta blong yu bae hemi advasem yu long eni adisenel tritmen mo monitarem sik ia hemi wan rikwaemen.

Cirrhosis hemi inkrisim risk blong kansa blong liva. Skrining blong kansa blong liva we dokta I rikomendem hemi mas tekem ples long everi 6 manis





# EPATAETIS D (DELTA EPATAETIS)

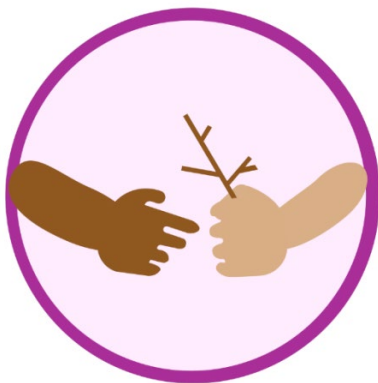
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Epataetis D o Delta Epataetis hemi wan vaeras we hemi save infektem ol pipol we oli gat Epataetis B infeksen. Mo hemi no save stat hem wan. Ol pipol we oli gat Epataetis D sik ia I mo strong wetem wan kwik prokress blong kasem cirrhosis mo hae risk blong kansa blong liva. Hemi no gat wan ifetiv tritmen blong Delta Epataetis .

Epataetis B mo D infeksen I save happen long sem taem nomo o Epataetis D hemi save kasem wan hae level blong infeksen , we I save stat sam taem afta long Epataetis B infeksen. Ol reit blong Epataetis B mo D infeksen hemi no semak everiwea long wol. Sam long ol veri hae reit blong tufal infeksen oli save luk o faenem long sam pat blong Pasifik kaontri olsem Kiribati we klosap 60% blong populesen oli gat infeksen blong tufala vaeras.

Be hemi no klia gud yet se hao nao infekesen ia I spred be wan posibol metod hemi tru long ol kat blong tattoo long skin . Wan narafala rod blong transmisen hemi tru long mama we I pasem I go long bebi blong hem long taem blong dilivari blong bebi. Mo hemia yumi save priventem tru long stik meresin we bebi hemi kasem afta we hemi born wetem wan tritmen we mama I save karem long last stej blong pregnansi blong hem espeseli long ol mama we oli gat hae level blong vaeras long blad blong olgeta

Yu mas avoidem blong sherem ol tul we oli yusum blong mekem tattoo from oli spredem infeksen isi nomo



# STAP HELTI MO GUD OLTAEM

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Sapos yu gat kronik Epataetis B, hemi impoten blong tekem gud kea long yu wan

Hemia sapos yu stap karem tritmen o no. Hemia sam helpful tips:

Kakai wan varaeti blong helti kakae olsem frut, vejetebol, raes, fis mo nat

Sapos yu gat sivia disis, bae dokta I provaedem advaes long spesifik helti diet/ kakai long yu

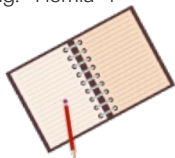


# Save gud ol fakts blong nutrisen blong luk gud mo filim gud

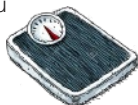


**1** sik blong liva i mekem yu no filim gud mo yu save lusum apetai blong yu. Hemi impoten blong traem kakai inaf blong gat inaf mo stret kalori iven sapos yu no hangre

**2** kipim wan daeri blong kakae long everiting we yu kakai mo dring. Hemia i helpem yu mo dokta blong mekem wan gud nutrisen plan

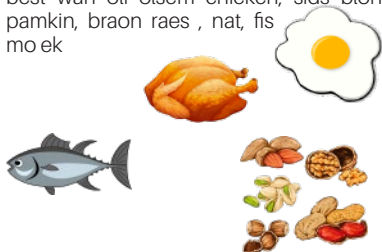


**3** Skelem yu everidei mo kipim wan rikod. Hemia i bae i helpem yu blong save sapos yu gat inaf kalori o sapos yu sapos kilo blong yu i stap go antap from i gat tumas fluid long bodi blong yu from sik blong liva

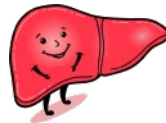


**4** bae i gud tumas blong kakkai smol smol long dei. Liva ino storem eneji gud olsem bae yum as traem kakai wan samting long everi 4 haoa. Kaki hlti snak bifo yu slip

**5** hemi impoten tumas blong gat plante protin long diet blong yu . Ol taep blong protin oli impoten blong liva blong yu . Ol best wan oli olsem chicken, sids blong pamkin, braon raes , nat, fis mo ek



# 10 nutrisen tips blong ol pipol we oli gat kronik liva disis



**6** abaot 15% long kalori blong bodi blong yu oli kamaot long ol fat (**kris**). Ol gudfala taep blong fat oli kolek ol **'unsaturated'** from oli isi blong daejestem mo oli stap long oil, ol sids, nat mo fis

**7** liva i risponsiblol blong prosesem mo store mol nutrient olsem vitamin A,D, E, K, calcium, iron, zinc mo vitamin B. Meresin we yu tekem i save mekem se yu stap lusum sam impoten vitamin. Hemi wan gud aedia blong tekem multivitamin pil deli from hemi gat plante gudfala nutrien

**8** Sodium (sol) long kakai blong yu hemi mekem se bodi blong yu i ritenem o kipim wota . Sapos liva i no wok gud save gat risk blong swelap from fluid i riten insaed long bodiblong yu.Limitim amaon blong sol long kakai blong yu. Fast kakai mo ol prodak blong sto oli kontenem fulap sol. Traem blong no adem extra sol long kakai blong yu

**9** Hemi gud taem we yu swet . Traem stap aktiv oltaem. Eksesaes bae i helpem yu blong filim gud mo i save impruvum apetaet blong yu . Hemi i gud blong ovarol helt blong yu mo hemi help blong yu blong lusum ol fluid we is tap long bodi . Traem blong eksesaes evridei wetem fren o famili blong yu



**10** go luk dokta rekulali, everi 6 manis .Tekem daeri blong kakai blong yu mo rikod blong deli weit blong yu taem we yu visitim dokta blong yu. Yu no mas karem eni meresin we dokta blong yu i no priskraebem from oli save damejem liva blong yu



# STAP HELTI MO GUD OLTAEM

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- *Kipim helti weit*
- *Eksesaes mo stap aktiv*



- *Avoidem blong tekem ol takeaway kaki, mit we oli prosesem, dring we I gat suka long hem, swits mo chips*
- *Avoidem alkol, drag, mo smokem sikaret*
- *Visitim dokta everi sikis manis*
- *Toktok long dokta blong yu bifo y tekem eni lif o kastom meresin from oli hamful long liva blong yu*



# LUKAOT GUD LONG FAMILI BLONG YU: PRIVENSEN

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Sapos yu gat kronik Epataetis B, hemi very impoten se ol famili memba blong yu mo sexuel patna oli mas mekem wan test blong Epataetis B. Sapos oli no gat infeksi, oli mas kasem stik Mersin blong protektem olgeta long Epataetis B

O lwei o fasin blong priventem spread blong Epataetis B I olsem:

- *Koveremap eni open soa*
- *Praktisim seif sex mo yusum kondom (sapos yu no save long stetas o peson ino gat wan vaksinesen)*
- *Avodem shering blong ol nidil, reza, tutbras o ol ekwipmen blong stik*
- *Sapos yu pregnan, hemi speseli impoten blong niu born bebi hemi kasem stik meresin blong hem, no mata mama I gat kronik Epataetis o no gat*

