

# Hepatitis B: Rongorongona ae ko riai n ataia



## HOPE B Kiribati

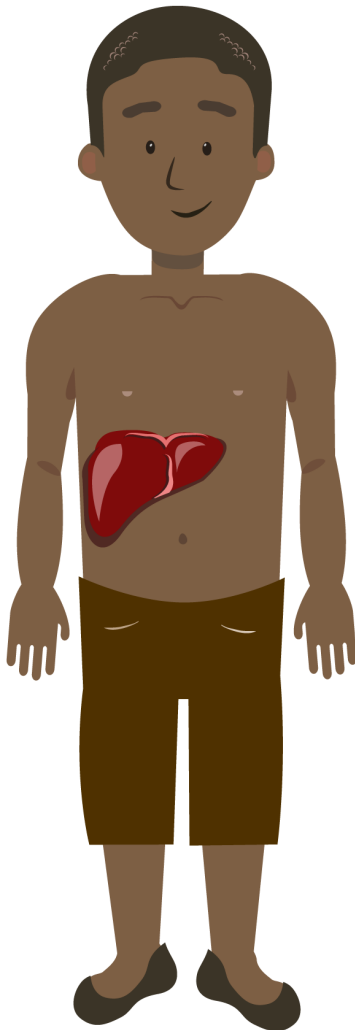


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# Te Ato

Te ato te kabanea ni bubura n *organ* n te rabwata. E wene nakon angatain birotom ao e buoka kamantan te amwarake, kanakoan mangel (waste & toxins) te rabwata ao te rarea, kaitaraa te man-n-aoraki ao e kawakina taian *vitamins* ao tiokan rabwatam.



Te Hepatitis B aorakin te ato ae e riki man te hepatitis B virus.

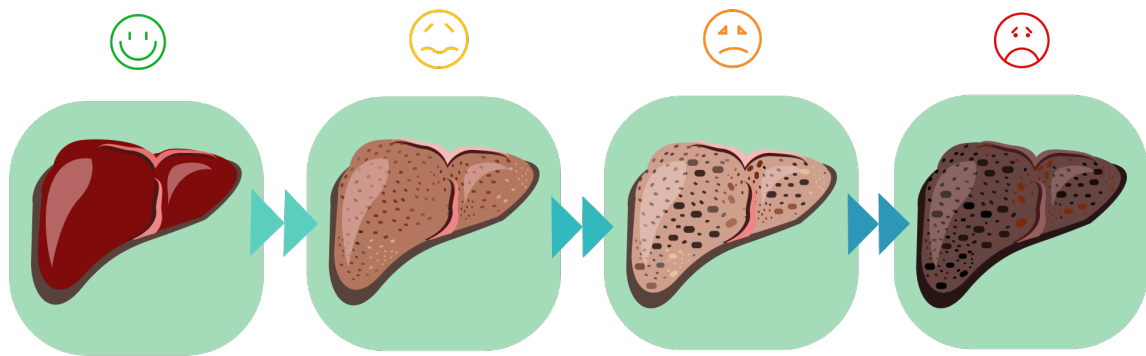
E ewe te virus man te rarea ao ranin te rabwata.

“E kona n totokoaki te hepatitis B n te iti (vaccine)”

# Te chronic hepatitis B

Chronic hepatitis B e riki ngkana e teimatoa n iai te hepatitis B n rabwatam n te maan ae e raka iaon onoua te namwakaina. Angiia naake iai irouia chronic hepatitis B akea kanikinaean te aoraki ao a kona ni bon namakina te marurung ma n aki ataia ae iai irouia te man-n-aoraki. Ngaia are e kakawaki te tutuo ibukin te hepatitis B e ngae ngke ko namakinna bwa ko marurung.

Ngkana e wenenako n aki bwainaorakiiaki te chronic hepatitis B, e na kona n kaikoaka te ato ni karika te mwaka (scarring), te bwaka-ato (failure) ao te cancer n te ato.



Te ato ae e marurung; e buoka kamantan kanam, kanakoi maangen te rabwata ao e kawakina te tioka.

Teimatoan ana urubwai te hepatitis B nakon te ato e karika te mwaka nakon atom; e aranaki bwa te *fibrosis*.

Rikiraken te *fibrosis*, ea totokoa butiraoin te raraa inanon te ato. Inanon taina ao e na mamaara te ato; e aranaki bwa te *cirrhosis*.

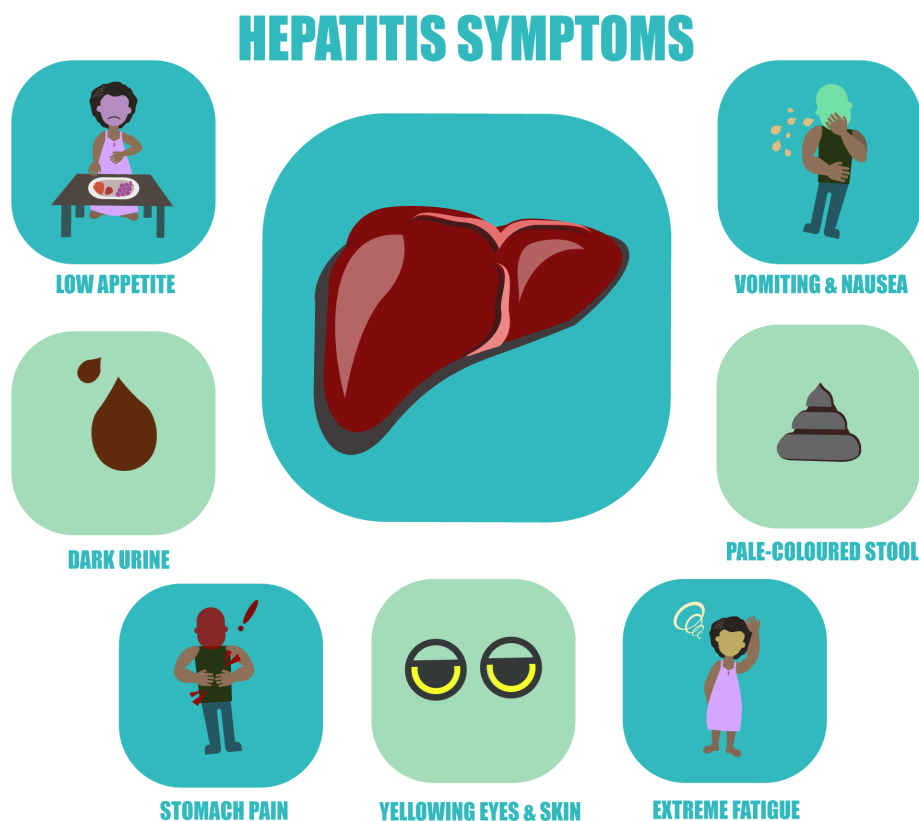
Te hepatitis B e karika te *cancer* n te ato: e rangi n kanganga bwainaorakiana ngkana e riki.

# Tera ana kanikinaa te Chronic hepatitis?

Angiin te tai ao akea namakinan te aoraki ngkana e reke iroum te chronic hepatitis B. Angiia aki ataia ae a aoraki. Ma, irouia ake a hepatitis B e kona n iai tabeua boong aika a namakina angina te “flare.” Ngkana e riki ao aikai tabeua kanikinaa aika a kona n namakinaki:

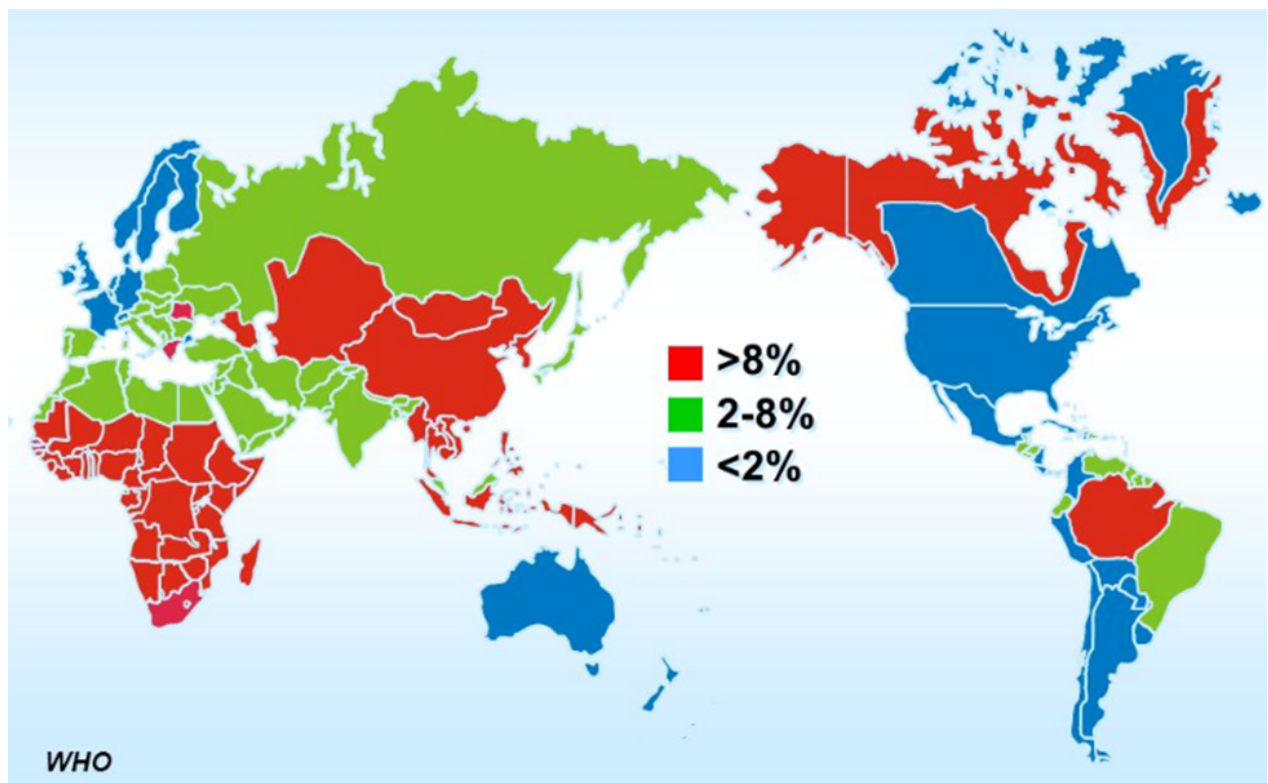
- E toka matan karan te mim
- E maii karan te nakotaari
- Te kan mumuta ao te mumuta
- Te maraki ni birotom, riki n angatain birotom
- Baboobon te mata ao te kun
- E aki rin te amwarake
- Te kakai ao te kai kua

Ngkana iai namakin aikai iroum, ko riai n nako n tutuo iroun te taokita n te tai ae e waekoa.



# Antai ae e hepatitis B?

E raka iaon 250 te mirion te aomata n te aonaba ae e chronic hepatitis B. E tabangaki te hepatitis B n te Betebeke, Aatia, Aberika, Amerika nuuka ao maiaki ao aonon te Middle East. N aron ae e oti n te mwabe aio, Papua New Guinea teuna te aba ae e mwaiti te hepatitis B iai. Te katautau bwa mai ibuakoia 100 te aomata i PNG, e na raka iaon 15 ae iai irouna te chronic hepatitis B.







Tabangakin te chronic hepatitis B ibuakoia ikawai n te aonaaba



# E kanga n reke te hepatitis B?

E reke te hepatitis B man raraan ke ranin rabwatan temanna ae iai irouna te manaoraki nakon temanna ae e tuai ewekaki. N aaba ake a tabangaki iai te hepatitis B, e ewekaki te nati iroun tinana inanon tain te bung. E kona n totokoaki aio ngkana e bwatin te tina inanon ana tai ni bikoukou ao te nati e kabanei itina (vaccine) imwiin bungiakina.

**HOW CAN I GET HEPATITIS?**

- BLOOD TRANSFUSIONS 
- SHARING NEEDLES
- PASSED FROM MOTHER 
- UNPROTECTED SEX
- SHARING TOOTHBRUSHES + RAZORS  

**WHAT CAN I DO?**

- SEEK MEDICAL HELP 
- GET VACCINATED\* 

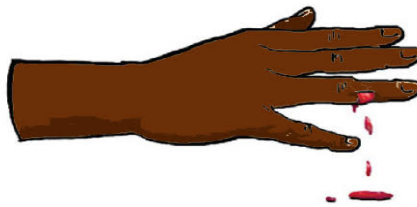
\* APPLIES ONLY TO HEPATITIS B, NOT HEPATITIS C

# E kona n ewe te hepatitis B man

- Bungin te tina ae e aoraki nakon natina inanon tain te bung



- Man taian ikoaki aika aki kamanoaki iroun temanna ae e aoraki



- Ibukoanibwai ni bwai n oro taitai, te ewa taabia ao itinakin taian drugs
- Ibuobuokan te mwariro ni korobuai ao te burati n ire wii



- Bwai ni mwakuri n te o-n-aoraki aika a ewekaki
- Aki kamanenaan te condom n tain te wene-ni-bure





# E AKI ewe te hepatitis B man

Te hepatitis B e AKI kona n ewe man te amwarake, te inga, te mbwa, te bekobeko, te mwatie, ke man kamanenaan te condom. Ko aki kona n ewekaki ngkana ko ibuobuoka te kai n nakotinaniku ma aomata. E aki buti te aoraki irouia maninara. E aki naba ewewe man te kamamma.



E aki ewe te hepatitis B man taian mwakuri aika a oti i eta ikai.

# Taian tutuo ibukin te Hepatitis B

E kona n ataaki manin te hepatitis B man te anai raraa. E kona naba n ataaki bwa ko a tia n itinaki ibukin totokoana ke ko tuai.

Ngkana iai te hepatitis B iroum ao iai riki tutuo n te raraa aika a na karaoaki ibukin nooran marurungin atom. Mai iai ao e na kona n ataaki irouia am taokita ngkana ko na kainanoa te bwainaoraki.

Ngkana iai iroum te hepatitis B ao am taokita e na titirakiniko ibukin marurungim ao n karaoa ana tutuo naba.



# Taian tutuo ibukin te Hepatitis B



Taian bwai ni kataratara n aron te ultrasound ao te Transient Elastography (Fibroscan or Fibrotouch) a tuoa te ato ibukin te mwaka. Bwaa n tutuo aikai a buoka ana babaire te taokita ibukin waakinan te bwainaoraki ke ti te tutuo moa irouia naake a bwainaoraki ibukin te hepatitis B.

# Bwainaorakian te Chronic hepatitis B

E kona n bwainaorakiaki te hepatitis B n te bwatin ae e katoka ana urubwai te virus nakon te ato. E aki toki te hepatitis B n te bwatin ma e kauarerekea reken mwakan te ato ao te “*cancer*” n te ato. E kinaaki te bwatin ibukin te hepatitis B n arana ae te “antiviral” (tenofovir). E na riai n nimaki ni katoa bong te bwatin aio ao n titebo n taainako taina. Te bwatin ae tenofovir e kona n nimaki irouna ke ma te amwarake. E rangi n omwaka ana mwakuri te bwatin aio n kauarerekea te hepatitis B n raraam.

E na kabonganaki te bwatin aio iroun te aoraki inanon te tai ae e maan.

E na riai n aki katokaki nimakin te bwati aio n akea ana kariaia te taokita.

Aomata ake a bwainaoraki ibukin te hepatitis B a riai n tutuo iroun te taokita ni katoa onoua te namwakaina. E na kona n iai tuoan te rara ke te kataratara n tain te tutuo. E na kona n tata riki tuoam ngkana e korakora aorakim.

A aki bane n kainanoa te bwainaoraki aomata ake a chronic hepatitis B – ti temanna mai buakoia aman aika a na kainanoa te bwatin. Ma, nikabane naake a hepatitis B a riai n tutuo ni katoa onoua te namwakaina n noora marurungin atoia bwa e ataaki n ae e kona n manga bitaki ana urubwai te virus.

# Kateimatoan marurungim

Ngkana iai iroum te chronic hepatitis B, e rangi n kakawaki ae ko kawakina marurungim, e ngae ngke ko bwainaoraki ke ko tuai. Aikai tabeua taian anga n buoka kateimatoan te marurung:

- Amwarake raoi ao kabaeranta kanam. Kanii amwarake n aron taian uanikai, baanikai, te raiti, te ika, koraan te aroka (nuts/grains)
- Ngkana e rangi n korakora aorakim ao e na kona n tuangko kanam am taokita ae e onoti ma kainanon rabwatam



# Kateimatoan marurungim

- Tararua rawawatan rabwatam
  - Kateimatoa te kamarurung ao te kakamwakuri
- Kawara am taokita ibukin am tutuo ni katoa onoua te namwakaina
- Maroro ma am taokita imwaain kabonganaan taian bwainaoraki tabeua  
ni kakoaua bwa akea riki te urubwai ae e na riki nakon atom
- Taubang man amwaraken te kirabu (fast food), amwarake n te tiin, mooi  
ao amwarake aika a karewerewe ao te taoro
- Katoka te mooi manging, te moko ao kabonganaan taian drugs

# Tararuan am utu: totokoan te hepatitis B

Ngkana iai iroum te chronic hepatitis B, e rangi ni kakawaki bwa kaain am auti, natim, buum ke raom a bane n tuoaki ibukin te hepatitis B. Ngkana akea irouia te hepatitis B, a na riai ni bane n itinaki ibukin totokoan te hepatitis B.

Tabeua anga n totokoa ewen te hepatitis B:

- Kamanoi nikabane maneka/kinaka ke ikoakin te kun
- Kabongana te condom
- Tai ibuobuoka te mwaririo n korobuai, te burati n ire wii ke taian wii n iti
- Ngkana ko bikoukou, e rangi ni kakawaki bwa e itinaki natim imwiin  
bungim e ngae ngke iai iroum te hepatitis B ke akea



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## NOTES