





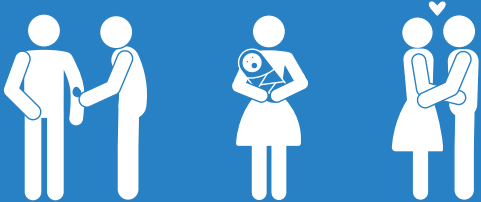

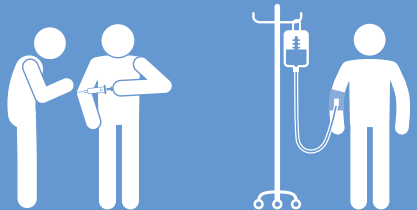


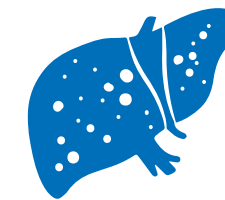
# The ABC of viral hepatitis

Viral hepatitis is an inflammation of the liver due to a viral infection



 <b>3 MAIN VIRAL TYPES</b>	 <b>TRANSMISSION</b>	 <b>EPIDEMIOLOGY</b>	 <b>PREVENTION &amp; TREATMENT</b>
<h2>HAV</h2> <p><b>Hepatitis A virus</b></p>	 <p>Ingestion of contaminated food and water Direct contact with an infected person</p>	<p><b>1.4 million new infections per year</b></p> <p>An acute infection that does not have a chronic stage</p>	<p><b>Prevention:</b></p> <ul style="list-style-type: none"> <li>– Improved hygiene</li> <li>– Vaccination</li> </ul> <p><b>Treatment:</b></p> <ul style="list-style-type: none"> <li>– No available treatment</li> </ul> 
<h2>HBV</h2> <p><b>Hepatitis B virus</b></p>	 <p>Contact with infected body fluids Mother-to-child transmission Infected blood or organ transfer</p>	<p><b>240 million chronic carriers</b></p> <p>Chronic infection can lead to cirrhosis and liver cancer</p>	<p><b>Prevention:</b></p> <ul style="list-style-type: none"> <li>– Vaccination</li> <li>– Blood screening</li> <li>– Improved hygiene</li> </ul> <p><b>Treatment:</b></p> <ul style="list-style-type: none"> <li>– nucleos(t)ide analogs</li> <li>– pegylated interferon</li> </ul> 
<h2>HCV</h2> <p><b>Hepatitis C virus</b></p>	 <p>Intravenous drug use Poorly sterilised medical equipment Blood transfusion or organ transplant</p>	<p><b>130-150 million chronic carriers</b></p> <p>Chronic infection can lead to cirrhosis and liver cancer</p>	<p><b>Prevention:</b></p> <ul style="list-style-type: none"> <li>– Blood screening</li> <li>– Sterile needles for drug injections</li> <li>– Sanitary healthcare settings</li> </ul> <p><b>Treatment:</b></p> <ul style="list-style-type: none"> <li>– Direct-acting antiviral agents (with or without pegylated-interferon and ribavirin)</li> </ul>

## SYMPTOMS



FEVER  
FATIGUE

LOSS OF APPETITE  
NAUSEA  
ABDOMINAL PAIN  
JOINT PAIN  
JAUNDICE

It is not possible to differentiate the viral hepatitis types based on symptoms alone:

**Laboratory testing and follow up is essential for diagnosis of viral hepatitis.**



## DIAGNOSIS

– For blood screening:  
PCR\* test to detect the virus RNA

– First line diagnostic tests:  
Detection of HBV surface antigen (HBsAg) and antibodies to core antigen (anti-HBc)

– Depending on results, followed by detection of e-Antigen, HBV e antigen (HBeAg) and liver enzymes; PCR test for HBV DNA

– Detection of HCV-specific antibodies (anti-HCV) and liver enzymes in the blood

– PCR test for virus RNA to confirm chronic infection

**Sources:**

<http://who.int/topics/hepatitis/en/> <http://www.worldhepatitisalliance.org/en/viral-hepatitis> <https://www.cdc.gov/hepatitis/> <http://emedicine.medscape.com/article/775507-overview>

\*PCR: polymerase chain reaction