

How to look after your liver



Have regular blood tests.



Avoid Alcohol - or limit your intake to two standard drinks a day for women or three standard drinks a day for men. Have two alcohol free days a week.



Discuss using herbal/alternative medicine with your doctor/pharmacist, as some may affect your liver.



Restrict fatty/sugary drinks and foods, as they can contribute to various conditions that can advance liver disease, for example fatty liver.



Keep within a healthy weight range.



Drinking kava should be avoided as it may cause more liver damage. Ask your doctor if you have any questions.

Find out more:
hepatitisfoundation.org.nz

WHO DO I TELL ABOUT MY DIAGNOSIS?

Your hepatitis B test result is personal. You do not have to tell anyone, but you do need to take care not to spread hepatitis B to others.

Hepatitis B is not spread through sneezing, coughing, shaking hands, hugs, kissing, preparing food for others or sharing cooking or eating utensils.

If you have a close family member who has been diagnosed with hepatitis B related primary liver cancer (HCC), you will require six-monthly ultrasounds, as you may be at a higher risk of liver cancer.

HUMAN RIGHTS ACT

It is illegal to discriminate against people who have hepatitis. You can't be dismissed from employment or accommodation, refused medical, hospital or dental treatment, or refused service at shops, businesses, restaurants or service providers.



**The Hepatitis Foundation
of New Zealand**

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English Hepatitis B & Looking after your liver June 2023



**The Hepatitis
Foundation
of New Zealand**

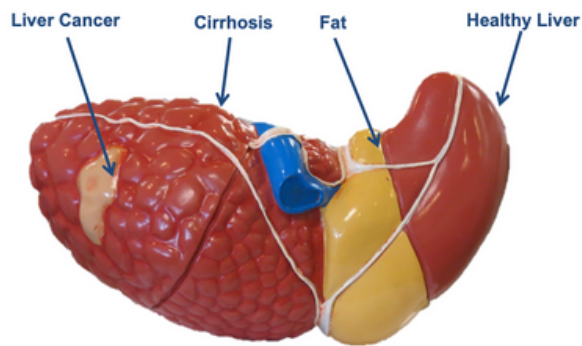
Hepatitis B and your liver

Hepatitis B, help, care and support
Hepatitis B awhina, tiaki me te tautoko



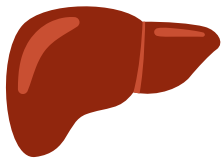
WHAT IS HEPATITIS B?

- Hepatitis B is a virus which causes damage to the liver
- Spread through the blood to blood and infected bodily fluids
- Enters the blood and infects the liver
- May lead to serious liver disease including cirrhosis (scarring) or liver cancer



Chronic hepatitis B occurs if the virus has been in the body for more than six months.

WHY IS THE LIVER IMPORTANT?



The liver is the largest organ in the body. It has more than 500 functions, including fighting infections, filtering waste product, aiding

digestion, storing sugar, iron and vitamins to give your body energy, and helping with blood clotting.

The liver can also repair itself.

STAGES OF LIVER DISEASE

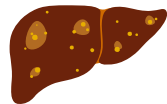
Hepatitis B increases your overall risk of developing liver cancer.



Virus enters the body and infects the liver cells



Immune system tries to kill infected liver cells



Inflammation and scarring



Mild to moderate or severe fibrosis, cirrhosis, serious liver damage

BLOOD TESTS ARE IMPORTANT FOR PEOPLE WITH HEPATITIS B

Six-monthly blood tests pick up early signs of liver disease such as cirrhosis and liver cancer. Up to 70 percent of your liver can already be damaged by the time you start to feel ill. You may not notice any symptoms from hepatitis B. This is why regular blood tests are important.

WHAT TO KNOW BEFORE YOUR BLOOD TEST

- Drink plenty of water before the blood test.
- You can eat before a blood test.
- Make sure you are warm.
- Wear a top with sleeves that are easy to roll up.
- Have your test as soon as you receive the form.
- Tell the nurse if you don't feel comfortable having a blood test.



HOW TO AVOID SPREADING THE VIRUS

- Cover open sores or cuts
- Clean any spilt blood with household bleach
- Do not donate blood
- Don't share razors, or toothbrushes or use unsterilised equipment for drug taking, tattooing, or piercings.
- Practice safe sex unless your partner has been immunised.

❌ Don't share:

