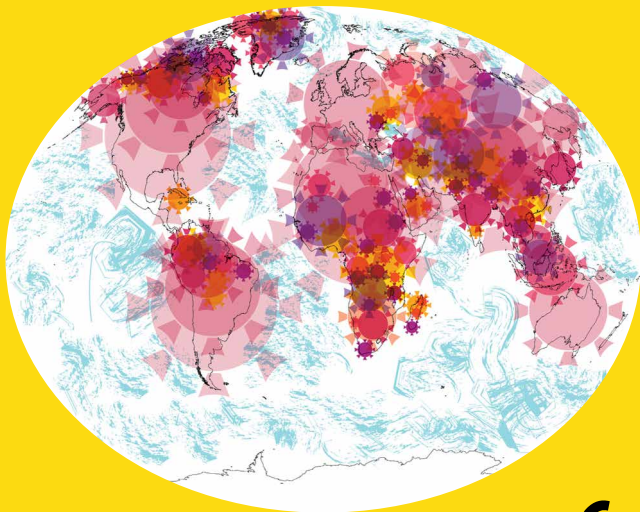


It concerns us all



**Hepatitis B and C...**  
...and us



This brochure is a result of the combined effort of "public" and "professional" groups under the coordination of the Prometheus Hepatitis Network in the Isère.

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**Coordination :** Laurence Lionet

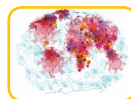
**CONTACT Prométhée** ☎ 04.76.24.90.37 ✉ [promethee@gcsmsr.si](mailto:promethee@gcsmsr.si)

## Why talk about Hepatitis B and C?

Because they are diseases...



They are **not apparent** . . . . . p. 4



They are **frequent** occurrences . . . . . p. 6



They can be **serious** . . . . . p. 8



They can be **transmitted** . . p. 12



They can be **avoided** . . . . . p. 12



They can be **detected**. . . . . p. 22

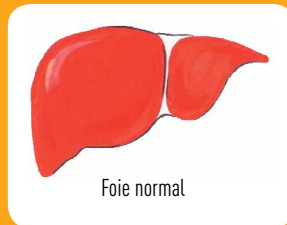
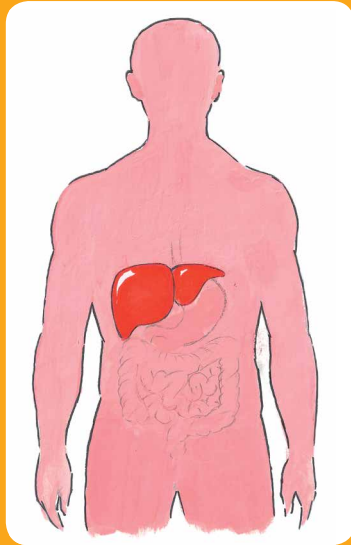


They can be **cared for** . . . p. 24

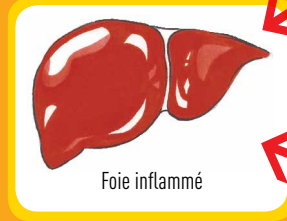
# Hepatitis, what is it?

?

Hepatitis is an inflammation of the **liver**.



Foie normal



Foie inflammé

The liver is a **vital organ**.

It serves to store, transform, and create elements that the body requires to function, as well as to eliminate toxins.

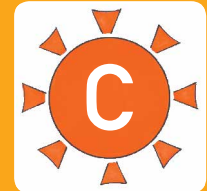
Hepatitis can be caused either by **toxins** (alcohol, medicines, mushrooms...) or by a **virus**.



Hepatitis B and C are viral strands, which means that they are caused by **viruses**.



Hepatitis B Virus



Hepatitis C Virus

# What are the signs of Hepatitis B or C?

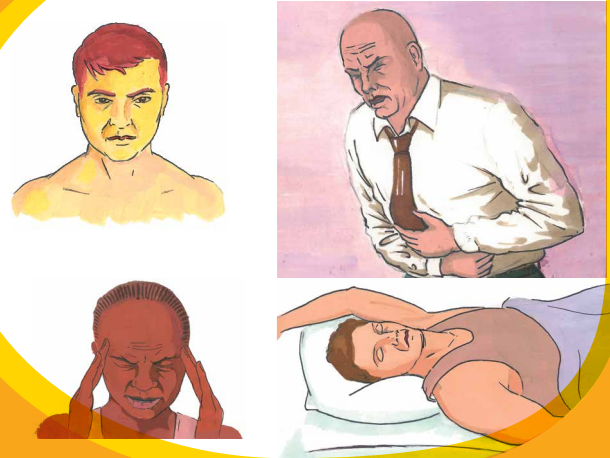
?

Most often there are **no symptoms**.

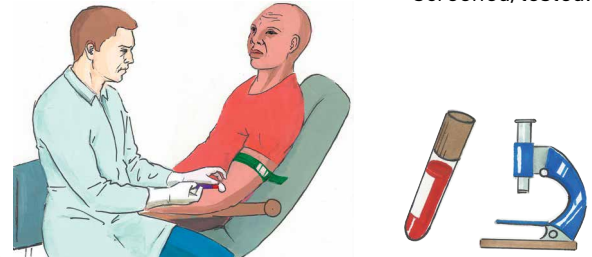


You don't feel like you are sick.  
You don't know that you are sick

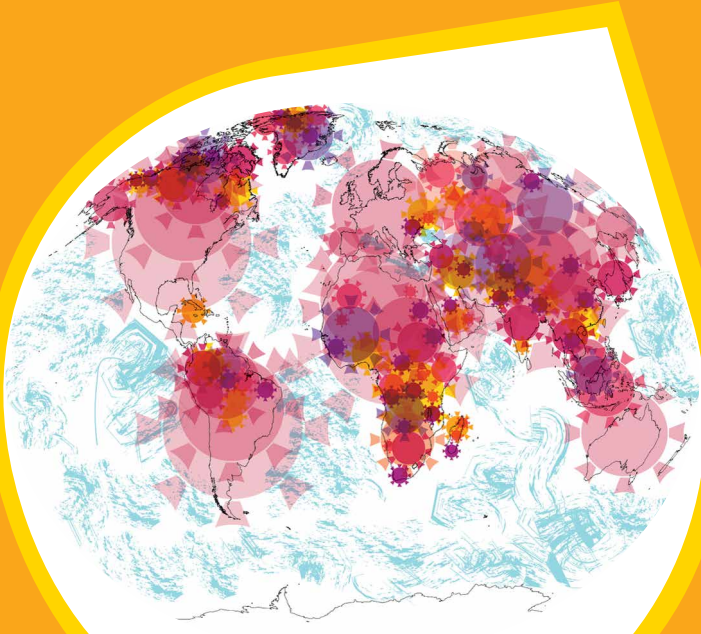
Sometimes, at the start of the infection you could have jaundice, fatigue, nausea, pain and the fatigue can persist.



The only way to know if you have Hepatitis B or C is to be screened/tested.



# Hepatitis B and C: common illnesses?

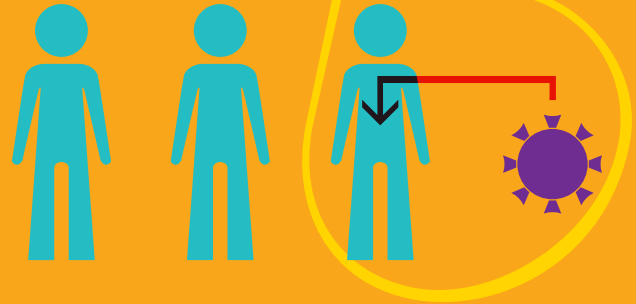


Hepatitis B and C are **common** illnesses.

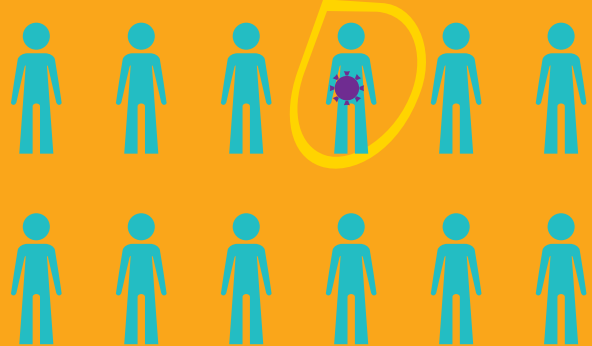
The majority of people who have Hepatitis B or C **don't know it.**

## In the world...

1 in 3 people has been in contact with the Hepatitis B or C virus



1 in 12 people has chronic Hepatitis B or C

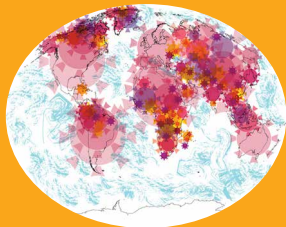




# Hepatitis B, is it serious?



In the world...



**Contact** with  
the virus:



2 billion people

10%

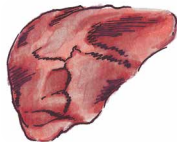
## Chronic Hepatitis:

The virus stays and  
continues to multiply  
in the liver



1%

**Fulminant Hepatitis (Acute liver  
failure):** The virus destroys the liver



89%

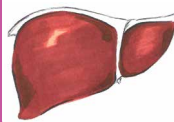
## Recovery:

The virus is eliminated  
from the organism



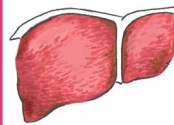
Prognosis without treatment, over 20 to 30 years

## Fibrosis

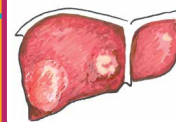


## Cirrhosis

20 à 40%



## Cancer



600 000 **deaths** per year

80%

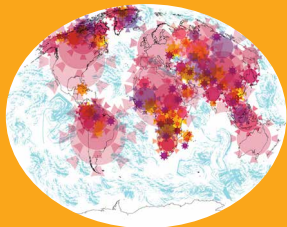




# Hepatitis C, is it serious?



In the world...



**Contact** with  
the virus:



200 million people

80%

## Chronic Hepatitis:

The virus stays and  
continues to multiply  
in the liver



20%

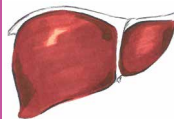
## Recovery:

The virus is eliminated  
from the organism



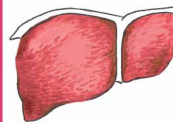
Prognosis without treatment, over 20 to 30 years →

## Fibrosis

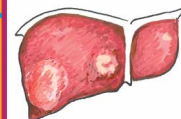


## Cirrhosis

20 à 40%



## Cancer



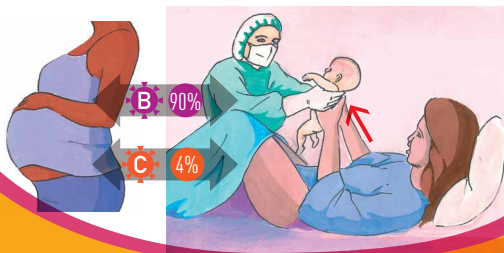
350 000 **deaths** per year





## Hepatitis B and C: How are they transmitted?

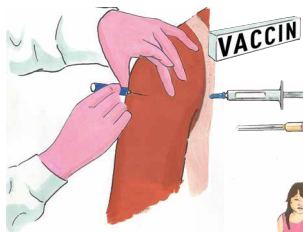
Via mother- to-child transmission, during **pregnancy** or **birth** when the mother is contaminated



## – How do you avoid it?

## Getting vaccinated

**B** There is a harmless but effective vaccine against Hepatitis B for babies, children, teenagers, and adults. When you are vaccinated against Hepatitis B, there is no risk of contracting or of transmitting the disease.



There is **no vaccine** against Hepatitis C



When the mother has Hepatitis B, a special vaccination can be given to the baby at its birth to ensure his/her protection: **sero-vaccination**



There is **no sero-vaccination** against Hepatitis C, but the risk of transmission to the baby is much less.



## Where can you be vaccinated?

- At the doctors
- At a free vaccination center



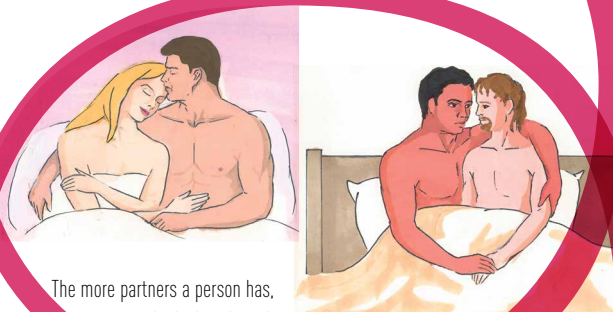


## Hepatitis B and C: How are they transmitted?

– How do you avoid it?



Through **sexual activity without condoms with a contaminated person:** either involving the genitals, the anus or the mouth, between men and women or people of the same sex.



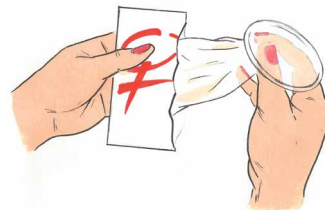
The more partners a person has,  
the higher the risk  
of contamination



The C virus is not transmitted by sexual fluids, but there is a risk if there is **contact with contaminated blood:** either during menstruation, from a wound or from a traumatic sexual experience



- Use male or female **condoms**



- And **lubricant** that limits the risk of the contraceptive rupturing or tearing



## Hepatitis B and C: How are they transmitted?

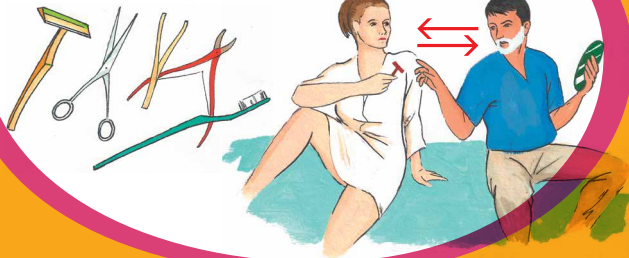
During **medical treatment** in certain countries, or in France before 1992:  
Transfusion, large operations, intensive health care with unsterile equipment



**B C**  
By **blood**



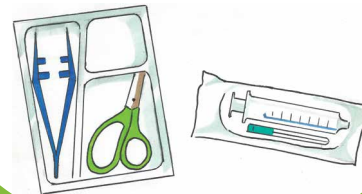
By sharing **toiletries** (e.g. razors) that could have been in contact with blood



– How do you avoid it?



Ask for **new, disposable** toiletry objects



Use only **personal** toiletries

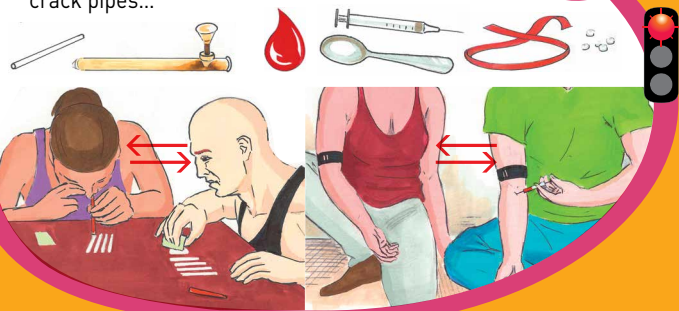




## Hepatitis B and C: How are they transmitted?

By **sharing materials related to drug usage**:  
syringes, cotton, filters, spoons, straws,  
crack pipes...

**B** **C**  
By **blood**



When getting **tattoos, piercings or scarifications...**  
with previously used materials:  
needles, ink, jewelry...



## – How do you avoid it?

If you're going to use drugs,  
use **ONLY new materials**  
and **do not share!**



Go to a **professional** who uses  
sterile materials.



# There is no risk of transmission



There is a small risk of transmission of Hepatitis B through French kissing

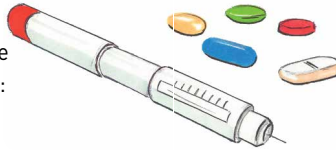
# And If I have Hepatitis B or C?



Treatments do exist



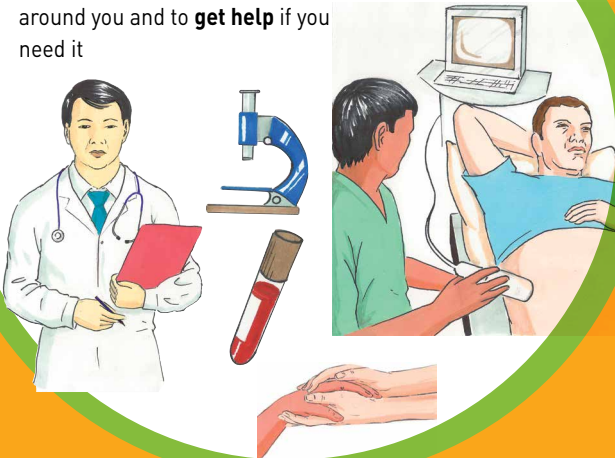
For Hepatitis B, the treatment doesn't cure the disease but it stops the virus from multiplying: it allows you to have a normal life



For Hepatitis C, the treatment is able to cure the patient the majority of the time

When you are sick, it is **important**:

- To **not stop the treatment** during the prescription duration
- To **see a doctor regularly** and to take control tests
- To speak about it with those around you and to **get help** if you need it



- To **limit** alcohol, cannabis, tobacco, and weight gain that could aggravate the disease



# How do I know if I have Hepatitis B or C?

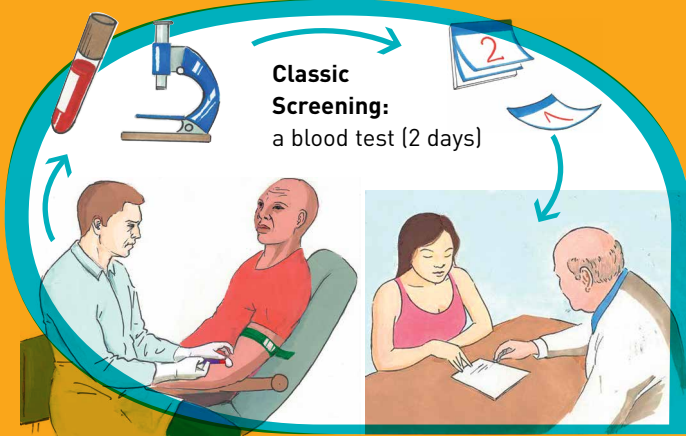


## Get screened/ tested

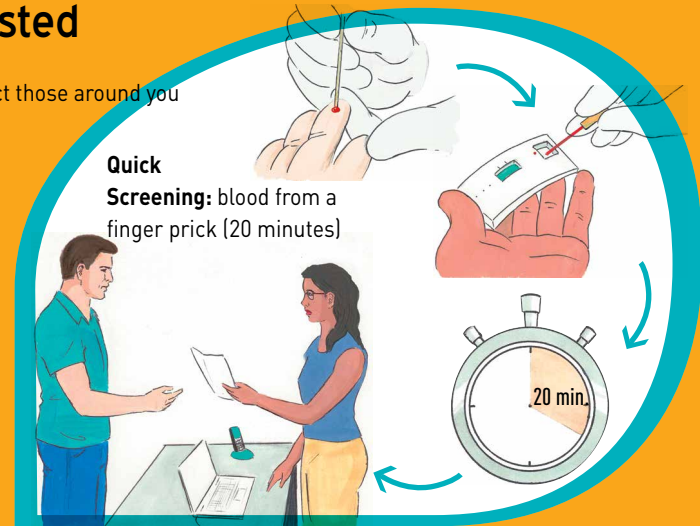
The test specifically tries to find out if the Hepatitis virus is present.

To reassure yourself or to care for yourself before you get too sick and to protect those around you

**Classic Screening:**  
a blood test (2 days)



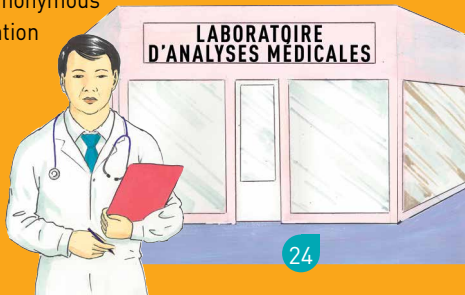
**Quick Screening:** blood from a finger prick (20 minutes)



\* If the test reveals that the virus is present, you must have a full blood test to confirm the result.

## Where can I get a screening done?

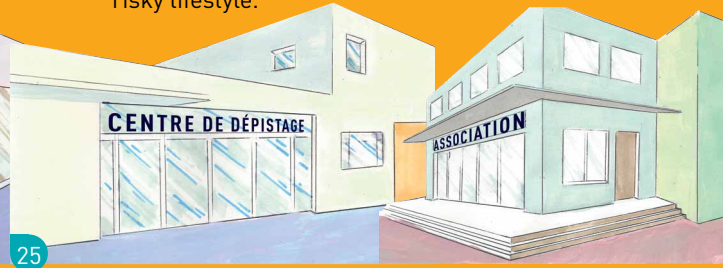
- With a doctor's prescription, in a laboratory
- Without prescription in an anonymous and free screening consultation center (CDAG)
- In certain associations



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A negative test doesn't protect you from infection. You can still contract the virus at a later time if you lead a risky lifestyle.

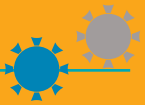


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# What about other hepatitis viruses?

They are rarer and less dangerous

You could have **several hepatitis viruses** simultaneously, which increases the risk of complications.



		Hepatitis A	Hepatitis D	Hepatitis E
Prevalence and Mortality in the world		1.4 million cases/year 7,000 deaths/year Rare in France	Contracted at the same time or shortly after Hepatitis B The D virus uses the B virus to multiply itself 10 million chronic cases	20 million cases/year 70,000 deaths/year Very rare in France
Transmission		Food or water contaminated by feces (absence of clean drinking water) 		Viande de porc ou cervidé contaminé. Eau et aliments souillés. 
Evolution		Spontaneous recovery 99% Fulminant Hepatitis 1% 	Recovery 20% Chronic Hepatitis 80% 	Recovery 99% Fulminant Hepatitis 1% 
Treatment				
Prevention				



Avec le soutien financier de la DGS

