Why are we talking about liver cancer?

• It is deadly

• It affects Koreans much more than the general population

• It can be prevented

• Few programs are focused on it
What causes liver cancer?

- Alcohol, toxins, chemicals, fatty diet, obesity, other viruses: 20%
- Hepatitis B: 80%
Hepatitis B Worldwide

HBsAg Prevalence
- ≥8% - High
- 2-7% - Intermediate
- <2% - Low

How common is hepatitis B?

12 times

Americans

Koreans
What is the hepatitis B Virus?

• A disease that is **100 times** more infectious than the AIDS virus

• It lives in blood and other bodily fluids (saliva, pus, semen & vaginal fluids)

• It could cause liver disease and lead to cancer
How does hepatitis B spread?

- Mother to baby during birth
- Sharing toothbrushes with an infected person
- Sharing razors with an infected person
- Exposure to infected blood
- Using contaminated needles
- Unprotected sex with an infected person
How do I know if I have hepatitis B?

To know for sure, **you have to get tested.**

- Most infected people don’t have any symptoms.

- Usually symptoms show when the disease is very advanced.
What is a hepatitis B test?

- A simple blood test that is ordered by your doctor.
- It is not included in a regular check-up, you need to ask your doctor for this test.
- The test can tell you:

  - Never Exposed to Virus
  - Exposed to Virus
What if I have **never been exposed** to the hepatitis B virus?

You could still get infected with the virus.

Get **vaccinated** to protect yourself from ever getting hepatitis B.
What is a hepatitis B vaccination?

• Safe & effective
• 3 shots, over 6 months
• Works **ONLY** if you have never been exposed

➢ You need to get tested first!
What if I have **been exposed** to the hepatitis B virus?

There are two possibilities:

1. Immune
2. A chronic carrier
Your body has successfully fought off the hepatitis B virus and you will never get it again.

You can rest assured.
Chronic carrier of hepatitis B

- The virus stays with you for life
- You can spread it to other people
- The virus CAN BE CONTROLLED
- Medications are now available
- Early detection can help you stay healthy and prevent cancer
- You can also take steps to prevent spreading the disease
The virus can cause liver diseases and cancer.

Your body has fought off the virus completely.

You are at risk of getting hepatitis B.

Possible Test Results

- Immune: 47%
- Chronic Carrier: 11%
- Never Exposed: 42%

Which person do you relate to the most?

- 28 years old
  Marketing Assistant

- 62 years old
  Church Elder

- 45 years old
  Church Deacon
Why not get tested now?

Too expensive or no insurance

Belief that traditional medicine prevents hepatitis B & liver cancer

No time

No symptoms

No recommendation from doctor

Afraid to shame or burden family
The results...

Never been exposed

Immune

Chronic carrier

What should they do now?
How do I talk to my doctor?

Most doctors will order the test if you ask for it.

It may help if you give him/her the “Hepatitis B Information for Physicians” brochure.
Why should I get tested?

• Testing is the first step towards preventing the spread of hepatitis B.

• A hepatitis B test is a simple blood test.

• Your family deserves a healthy you.

• You can help reduce liver disease in your community.

• You can be an example to your family and peers by taking this step to take care of your health.
Let’s summarize what we’ve covered...

• Hepatitis B is a serious and a very common disease among Koreans that can cause liver diseases like cancer

• The first step is to GET TESTED!

• It is worth spending the time and money to protect yourself and your family.

• Make an appointment to get tested today!
How many of you will get tested in the near future?
We wish you health!

UCLA Hepatitis B Research Team