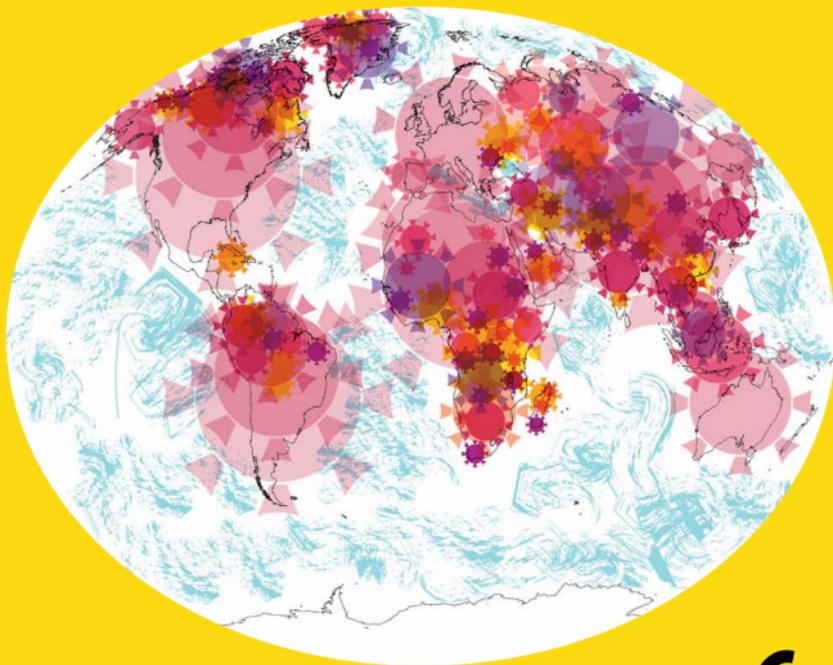


It concerns us all



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 Isere.

A big thank you to the participants!

Abdalouhab, Abdelhakim, Aïcha, Alexandre, Anouch, Elisabeth, Fatima, Fitim, Iulia, Jaspal, Kanga, Lukoki-Lady, Magribe, Marie, Naadire, Narine, Orzhen, Paruire, Pratima, Rudi, Shadi, Shkumbim, Spartak, Taulant, Valon, Wajdi, Yeseda, Zinfira, ...

To the professionals of the work group and to the steering committee

Denise Bezet (IDE, le CATA LPA), Marc Brisson (coordonateur ODPS), Gaëlle Dubruc (coordinatrice COREVIH), Dr Bruno Froissart (HGE libéral), Nathalie Hannhart (psychologue de la prévention, Prométhée), Dr Marie-Noëlle Hilleret (PH, CHU Grenoble), Messaouda Ahdjila-Khellaf (animatrice socio-éducative, CADA le Cèdre), Elhadji M'Baye (sociologue, ORSPERE/Samdarra), Hélène Mollard (assistante, Prométhée), Nathalie Muller (IDE, CHU Grenoble), Pascal Pourtau (coordonateur, CRIPS), Jonathan Quard (chargé de prévention, AIDES), Saadia Safsaf (IDE, ODTI), Thierry Trilles (coordonateur AIDES) et Simon (élève IDE, ODTI).

To the voluntary translators and to the interpreters of the ADATE and the EPU

Nerxhivane Elbasani, Maximilien Pofelski, Jessica Howkins, Fares Gueddah, Achot Akopian, Zrinka Radic, Juliette Lalanne, Vaclav Capek, Karine Maura, Irina Rafaelyan, Paolo Fonti, Angelo Lemma, Tatiana Badin, Battulga Enkhbayar, Rahim Ebrahim, Joanna Pofelski, Abinoan Siqueira, Aurora Tatu, Christina Moreva, Phongsob Montiya, Sercan Genc.

Also to the group supervisors and to the organizations who opened their doors to us
Adoma, Assfam, CADA le Cèdre, Centre social les Essarts, MJC Abbaye.

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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

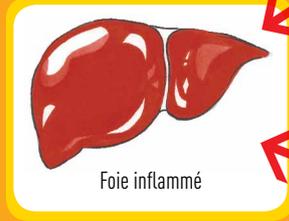
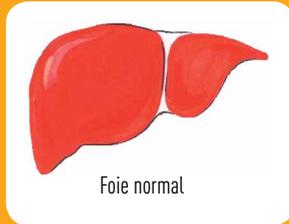
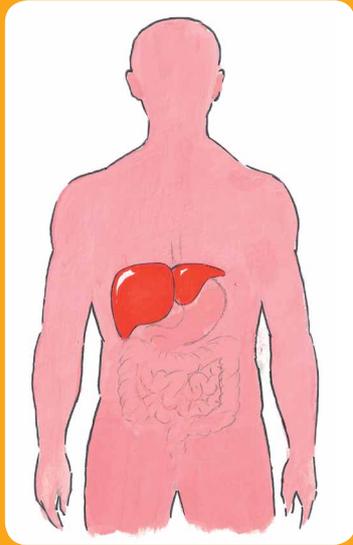


They can be **cared for** . . . p. 24

Hepatitis, what is it?



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



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?

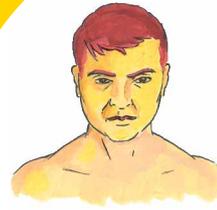


Most often there are **no symptoms**.

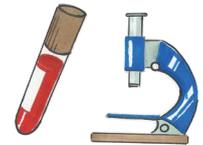
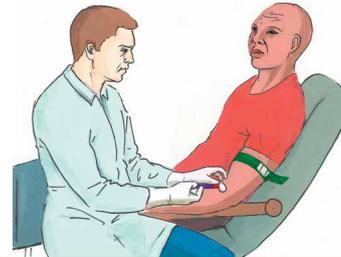


You don't feel like you are sick.
You don't know that you are sick

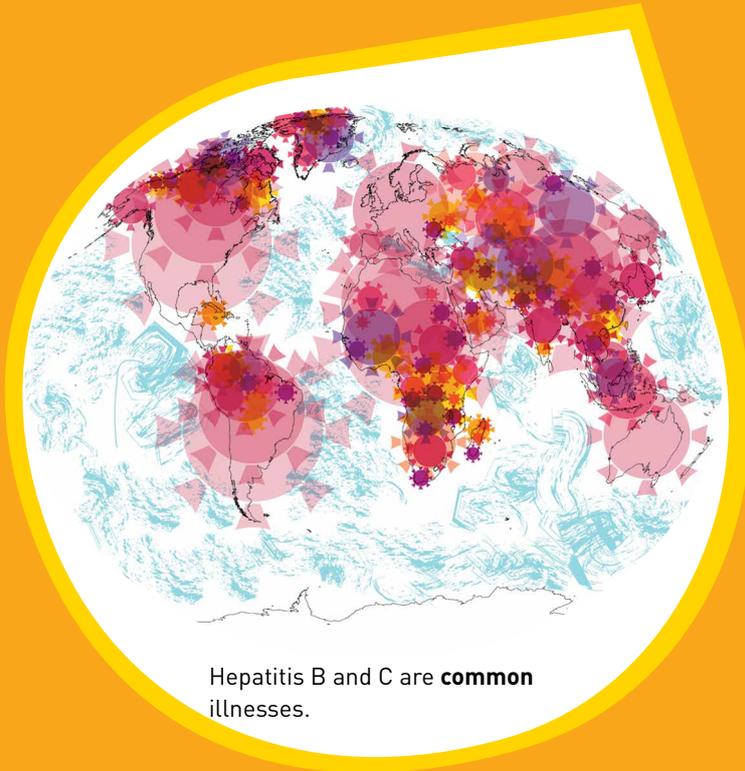
Sometimes, at the start of the infection you could have jaundice, fatigue, nausea, pain and the fatigue can persist.



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



Hepatitis B and C: common illnesses?

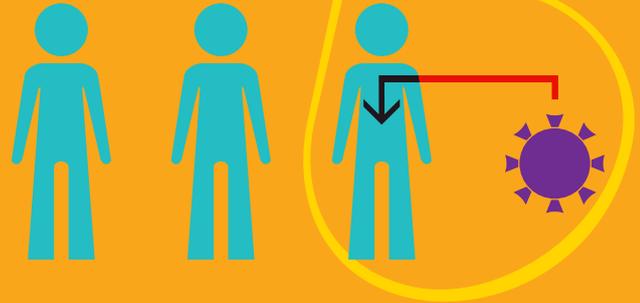


Hepatitis B and C are **common** illnesses.

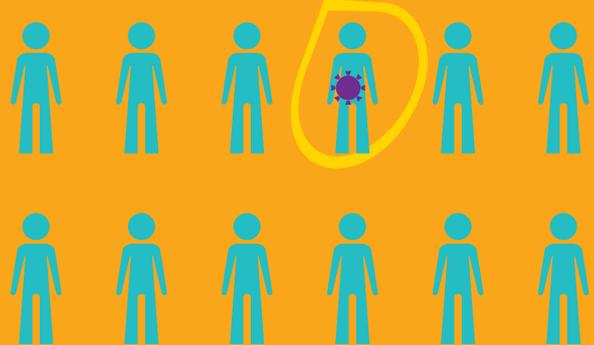
The majority of people who have Hepatitis B or C **don't know it.**

In the world...

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



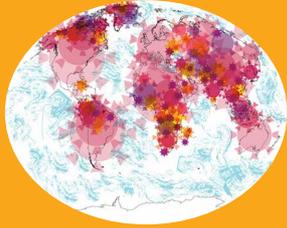
1 in 12 people has chronic Hepatitis B or C



B 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



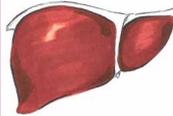
89%

Recovery:
The virus is eliminated from the organism

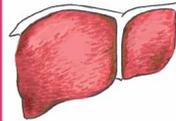


Prognosis without treatment, over 20 to 30 years

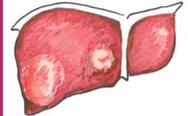
Fibrosis



Cirrhosis
20 à 40%



Cancer



600 000 deaths per year

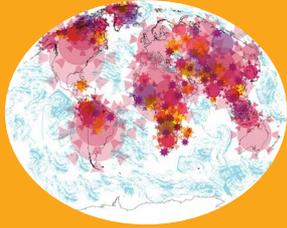
80%



C Hepatitis C, is it serious?



In the world...



Contact with the virus:



200 million people

80%

Chronic Hepatitis:

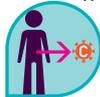
The virus stays and continues to multiply in the liver



20%

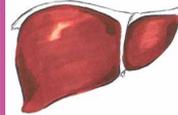
Recovery:

The virus is eliminated from the organism



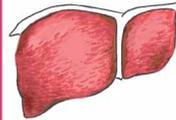
Prognosis without treatment, over 20 to 30 years →

Fibrosis

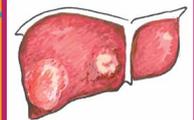


Cirrhosis

20 à 40%



Cancer



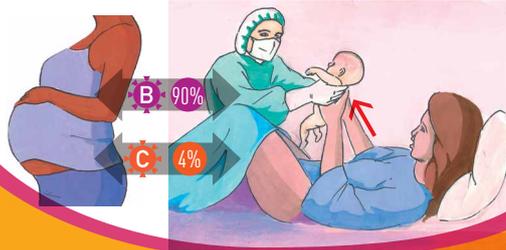
350 000 deaths per year





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?



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.

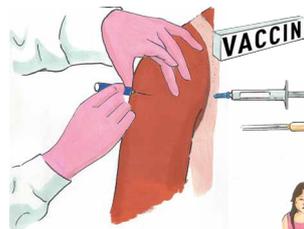


– How do you avoid it?

Getting vaccinated



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.



Where can you be vaccinated?

- At the doctors
- At a free vaccination center



There is **no vaccine** against Hepatitis C

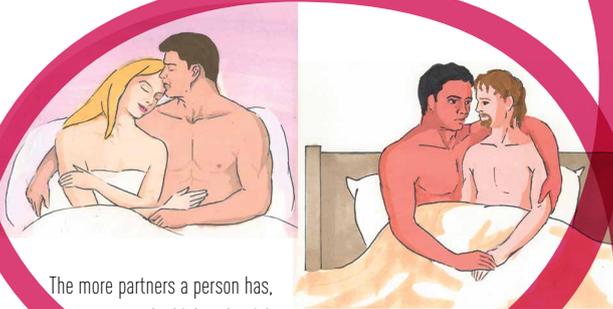


Hepatitis B and C: How are they transmitted?

– 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.



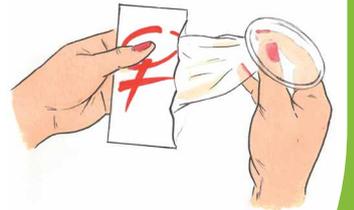
The more partners a person has, the higher the risk of contamination



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?



- How do you avoid it?

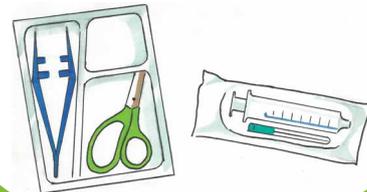
During **medical treatment** in certain countries, or in France before 1992:
Transfusion, large operations, intensive health care with unsterile equipment



By **blood**



Ask for **new, disposable** toiletry objects



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



Use only **personal** toiletries





Hepatitis B and C: How are they transmitted?

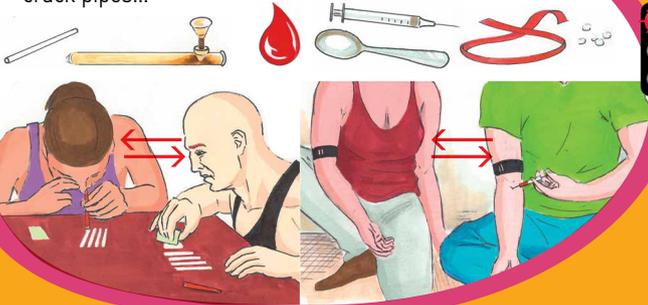


- How do you avoid it?

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



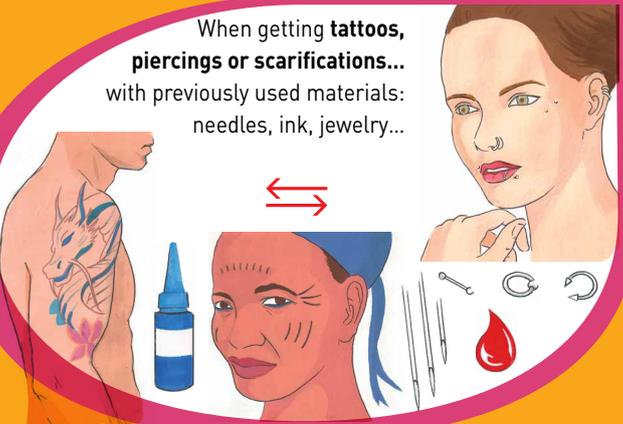
By **blood**



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



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



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



There is no risk of transmission



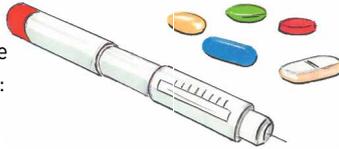
There is a small risk of transmission of Hepatitis B through French kissing

And If I have Hepatitis B or C?



Treatments do exist

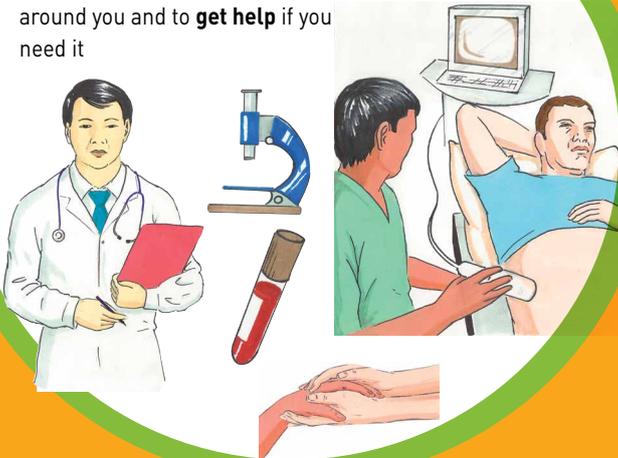
B For Hepatitis B, the treatment doesn't cure the disease but it stops the virus from multiplying: it allows you to have a normal life



C 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

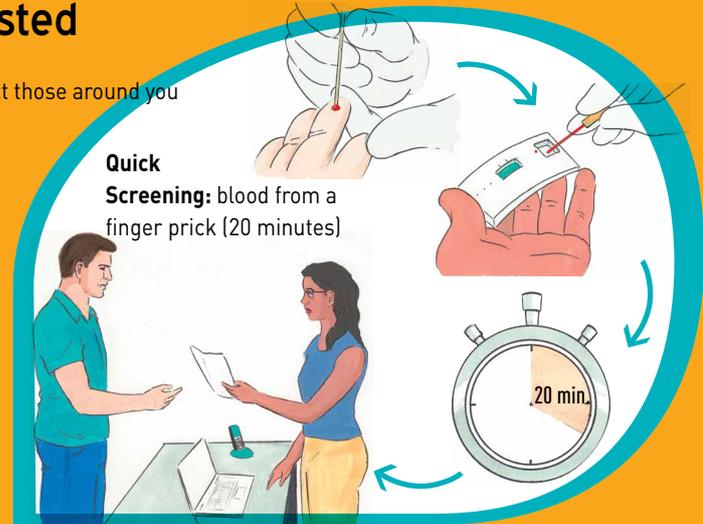
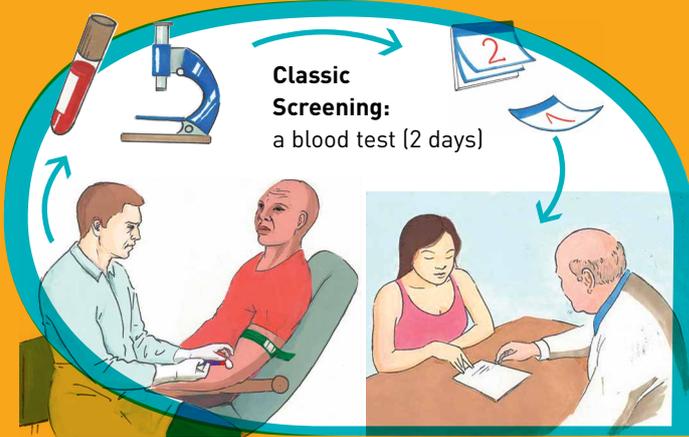




How do I know if I have Hepatitis B or C?

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



* 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



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.

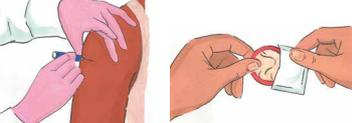
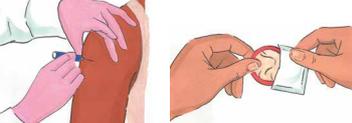


What about other hepatitis viruses?



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

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Illustrations : Shadi Morshed – Graphisme : caracteristic.fr