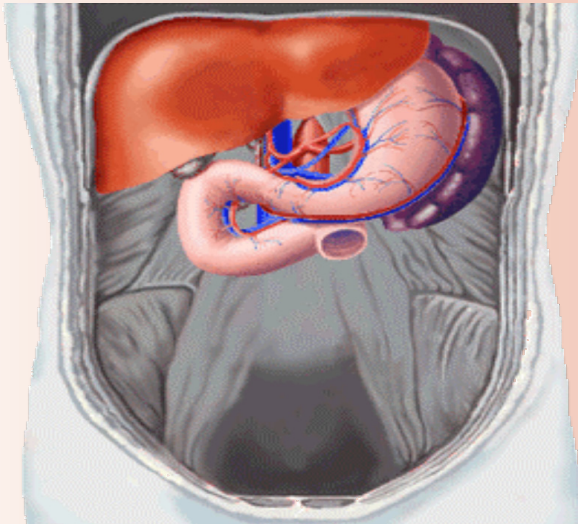


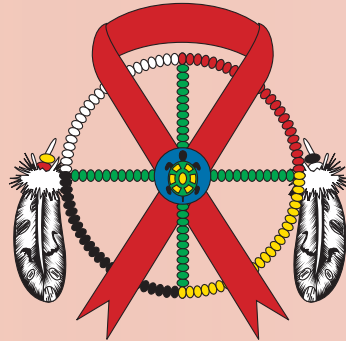
What does the liver do?

- Process the food you eat.
- Secretes bile – the enzymes that break down fat in food.
- Detoxifies - cleanses the blood of toxins.
- Metabolizes harmful agents into chemicals that are safe for the body.
- Acts as a storehouse for vitamins, minerals and glycogen (sugars).
- Helps our blood to clot.
- Aids your body in fighting infections.

The Liver:



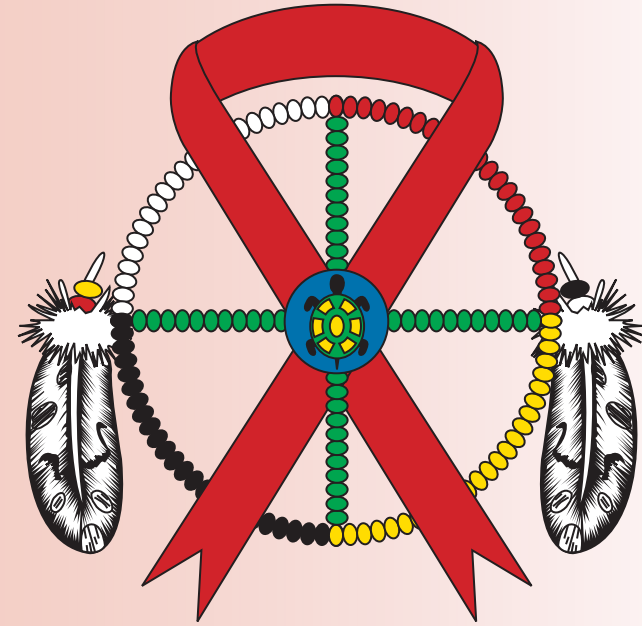
WE CAN OFFER YOU: FREE WORKSHOPS INFORMATION TRAINING



Healing Our Nations *Atlantic First Nations AIDS Network*

*Toll Free: 1.800.565.4255
Phone: 1.902.492.4255
Fax: 1.902.492.0500
Email: ea@accesswave.ca
Web Site: www.hon93.ca*

HEALING OUR NATIONS



Atlantic First Nations AIDS Network

Things You CAN do to Improve the Health of Your Liver:

- Quit or reduce the amount of alcohol you drink
- Quit or reduce smoking
- Eat Healthy
- Exercise regularly
- Avoid Stress
- REST

Ways You can prevent the spread of
Hepatitis C:
*Adopt safer sex practices.
Do NOT share needles or drug equipment.*

Always use a CONDOM!

The A B C's of Hepatitis

1.800.565.4255

The Liver:

Is the largest organ inside the body.

Is responsible for over 500 important bodily functions. Acts as a combined chemical factory, storage facility and filtering system.

Works hard to keep your body running smooth.

The liver can fix itself if it is injured or damaged.

Hepatitis:

(HEPA) Liver (TITIS) Inflammation

When your liver is hurt or swollen it is called Hepatitis.

When you have Hepatitis your liver works harder to keep your body healthy. After a long period of time, inflamed liver cells start to die and are replaced with scar tissue. This process is known as fibrosis. If fibrosis continues, over time it can lead to cirrhosis. Cirrhosis is sever widespread scarring that destroys the liver.

Symptoms of Hepatitis:

- Fever
- Fatigue (tiredness)
- Nausea or loss or appetite
- Diarrhea
- Abdominal and Joint Pain
- Swelling and Itchy Skin
- Jaundice (yellowing of the skin and/or eyes)
- Discoloured Urine (pee)
- White Stool (poo)

Types of Hepatitis:

Hepatitis A: (HAV)

- Is transmitted when we eat or drink something that is contaminated with the Hepatitis A virus, such as raw or uncooked food, food handled by people who have not wash their hands, or water contaminated by animal or human waste (feces/poo).
- Can be prevented by hand washing, avoiding untreated water and suspect foods.
- Has a vaccine (2 shots 6 months apart).

Hepatitis B: (HBV)

- Is the most prevalent strain of hepatitis.
- Found in bodily fluids (blood, semen, pre-cum, vaginal fluids, breast milk and saliva).
- Can be transmitted through sexual contact.
- Can be prevented by adopting safe sex practices (using a condom).
- Has a vaccine (3 shots with the second at 1 month and the third at 6 months).

Hepatitis C: (HCV)

- Can ONLY be spread by contact with Hec C+ blood.
- HCV is NOT transmitted via sexual fluids or any other body fluid, unless blood is present.
- It can remain dormant the body for 10 years or more.
- It can live outside the body for up to 2 weeks in dried blood outside the body.
- Has NO vaccine.

How Hepatitis C is spread:

- Blood transfusion before 1992.
- Injection drug use and sharing drug equipment (needles, crack pipes, straws or bills for snorting, spoons, mixing dishes, filters, swabs, water and works).
- Tattooing and Body piercing.
- Sharing personal hygiene products (razors, nail clippers, and toothbrushes).
- 15-20% chance (maybe) from unprotected sexual contact.
- Mother to Child.

How Hepatitis C Is Not Spread:

- People do not get HCV from day to day contact (holding hands or hugging).
- HCV cannot be passed by body fluids, unless there is blood present.
- Sneezing or Coughing.
- Sharing utensils or drinking glasses
- Food or water

Treatment of Hepatitis C:

- Combination Therapy
- Combination of interferon and ribavirin.
- Interferon is a natural protein that helps your body fight infections.
- Interferon is injected under the skin.
- Ribavirin, an antiviral agent that fights HCV.
- Ribavirin is taken twice daily in pill form.
- Goal of treatment is to get an undetectable viral load. This allows your liver to heal itself, as long as liver cancer (cirrhosis) has not set in.
- It is NOT a cure, with an undetectable viral load transmission and reoccurrence is still possible.