



Keep your family healthy



Make sure your partner and those living with you get tested and vaccinated against hepatitis B. The vaccine is safe and protects people who have never had hepatitis B from getting infected.

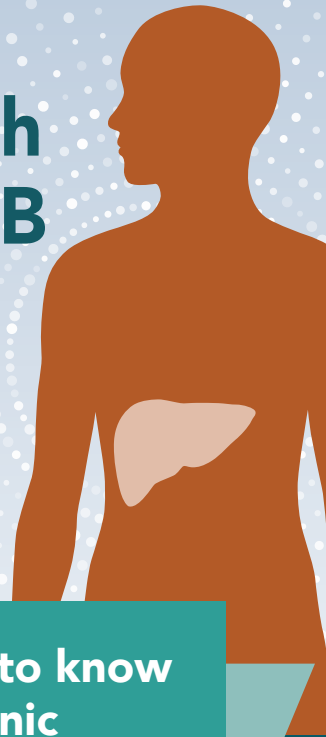


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For more information:
Hepatitis B Foundation, www.hepb.org
Centers for Disease Control and Prevention (CDC)
www.cdc.gov/hepatitis/hbv/

Healthy Living with Hepatitis B



What you need to know if you have chronic hepatitis B

Hepatitis B can cause serious, long term health problems, including liver cancer or liver failure.



There is no cure, but treatments are available and you can make small changes to live a healthy life.

Hepatitis B affects the liver. While the liver is responsible for many important vital functions, one important job is serving as a “filter” for your body. The liver filters (removes) chemicals in food, alcohol, and medication that your body doesn't need. It is important to take care of your liver if you have hepatitis B.

What should you do to take care of your liver?



See a doctor regularly.

You should be under the care of a doctor experienced in caring for people with hepatitis B. Doctors can monitor for signs of liver disease and prescribe needed treatments. People with hepatitis B should see their doctor one or two times a year for an exam, blood tests, and liver tests.



Check with a doctor before taking any prescription, over-the-counter medications, herbal supplements, or vitamins.

Most medications go through the liver. Some drugs, such as certain pain medications, may damage the liver.



Ask your doctor if you should get the hepatitis A vaccine and tested for hepatitis C.

These viruses also attack the liver.



Talk to your doctor about other chronic conditions.

Preventing other chronic conditions such as obesity, diabetes, or high cholesterol can help your liver.



Eat healthy

- ✓ **Avoid drinking alcohol** because it can cause more damage to your liver.
- ✓ Eat more fruit, whole grains, fish, lean meats, and LOTS of vegetables especially cabbage, broccoli, and cauliflower.
- ✓ Reduce sugars and fats. Limit foods and drinks with added sugar (like soda, juice and packaged snacks) or saturated fats (like fatty cuts of meat and fried food). This will help to avoid fat build up on the liver.
- ✓ Cook your seafood. Avoid raw or undercooked shellfish (like clams, mussels, oysters, and scallops) which may have harmful bacteria.
- ✓ Check for mold on nuts and grains, especially if kept damp and unsealed. Long term exposure to certain molds could increase the risk for liver cancer.



Be active.

Adults need 150 minutes of moderate-intensity physical activity and additional muscle strengthening activity each week. This can include walking fast, swimming laps, riding a bike, or even pushing a lawnmower.



Breathe better:

- ✓ Consider stopping smoking and avoid secondhand smoking.
- ✓ Avoid fumes from paint, paint thinners, glue, cleaning products, nail polish removers, and other potentially toxic chemicals.



Get plenty of rest.

Adults need 7 or more hours of sleep each night.



Give yourself grace.

One change at a time. Celebrate successes.

How is chronic hepatitis B treated? Not every person with chronic hepatitis B needs treatment. If you need treatment, there are several medications available that can help prevent serious liver damage. You may need to take medication for the rest of your life or until a cure is available. Talk to your doctor about treatment options.