

What is viral hepatitis?

Viral hepatitis is a liver infection caused by various viruses. It can be acute or chronic, and in some cases, may lead to liver damage such as fibrosis or cancer if not treated early.

Let's Break It Down





What are the types and modes of transmission of viral hepatitis?

Hepatitis A (HAV): It is transmitted through contaminated food or water. It is usually mild and often resolves on its own without long-term medical intervention.

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Hepatitis B (HBV): It is transmitted through blood or other bodily fluids. It can be acute or chronic, and in some cases, may lead to liver fibrosis or liver cancer.



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Hepatitis C (HCV): It is transmitted through blood and is often asymptomatic. It may lead to liver fibrosis or liver cancer, but modern treatments can cure most cases.

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What are the types and modes of transmission of viral hepatitis?



Hepatitis D (HDV): It is a virus that depends on the presence of hepatitis B virus to replicate, and it is also transmitted through blood and bodily fluids.



Hepatitis E (HEV): It is transmitted via the fecal-oral route, similar to hepatitis A, and is usually acute, resolving on its own.

What are the symptoms of viral hepatitis?



Fever



General malaise



Loss of appetite



Nausea and vomiting



Diarrhea



Abdominal pain



Dark urine



Jaundice

What are the preventive measures against these infections?



Prevention is achieved through vaccination and practicing good hygiene



- Getting vaccinated as part of preventive measures.
- Avoiding high-risk behaviors such as sharing needles or having sexual intercourse with an infected partner.
- Conducting regular screenings for individuals who have been in contact with positive cases.

What are the preventive measures against these infections?

Conducting regular screenings for individuals who have been in contact with positive cases and those with risk factors



- If you are 35 years old or older.
- If a first-degree relative was infected with the virus.
- If you have hereditary blood disorders.
- If you have undergone dialysis.
- If you have elevated liver enzymes.
- High-risk behaviors: sharing needles (such as drug users), having sexual intercourse with an infected partner.

What are the preventive measures against these infections?

Conducting regular screenings for individuals who have been in contact with positive cases and those with risk factors



- If you are 35 years old or older.
- If a first-degree relative was infected with the virus.
- If you had surgery or received a blood transfusion before 1990.
- If you have hereditary blood disorders.
- If you have undergone dialysis.
- If you have elevated liver enzymes.
- Sharing needles, such as among drug users.

What are the preventive measures against these infections?

Prevention focuses on reducing the transmission of hepatitis D virus through



- Vaccination against hepatitis B, especially administering the dose at birth.
- Treating pregnant women infected with hepatitis B using antiviral medications.
- Ensuring the safety of blood and injection practices in healthcare settings.
- Providing clean injection equipment as part of harm reduction services.

Note: Vaccination against hepatitis B does not protect against hepatitis D if the person is already infected with hepatitis B.

What are the preventive measures against these infections?

Prevention focuses on reducing the transmission of hepatitis E virus through



At the population level:

- Improving the quality of drinking water.
- Establishing proper sewage systems.

At the individual level:

- Practicing good personal hygiene.
- Avoiding drinking water or ice from contaminated sources.

Note: Prevention primarily depends on improving water quality, sanitation, and hygiene, especially in the most vulnerable areas.



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