

Hepatitis C

Name of disease	Hepatitis C
Overview	<ul style="list-style-type: none"> - Hepatitis E is a disease of the liver, caused by a virus called the hepatitis virus C - infection can cause both acute or chronic hepatitis, the severity of the disease ranges from mild (which lasts for a few weeks) to dangerous (lifetime). - Hepatitis C virus is a blood-borne virus, and the most common ways of infection occur through unsafe injection practices, inadequate sterilization of medical equipment, blood transfusion and blood products without examination. - Medicines can heal more than 90% of people with hepatitis C. - There is currently no vaccine to prevent hepatitis C.
Introduction	Hepatitis C virus causes both acute and chronic infections, usually the acute C virus infection is not accompanied by symptoms. About 15% to 45% of people infected automatically get rid of the virus within 6 months of infection without any treatment, and the rest of them develop chronic hepatitis C virus infection.
Causes	Transmission of Hepatitis C virus to the body
Transmission	<p>The most common modes of transmission of the virus are:</p> <ul style="list-style-type: none"> • Reuse or inadequate sterilization of medical equipment, especially needles in health care settings. • Transfusion of blood and blood products without testing. • having sex. • Use of syringes for drug use. • Infection during pregnancy (the virus can be transmitted from the pregnant mother to the fetus but is very rare). <p>Hepatitis C is not spread through breast milk, food, water, or in cross-contact or sharing food and drinks with the infected.</p>
Symptoms	<p>% of infected people do not show any symptoms. However, those who have acute symptoms suffer from:</p> <ul style="list-style-type: none"> • Yellowing of the skin and eyes (jaundice). • abdominal pain • dark grayish urine • nausea and vomiting • Loss of appetite • Joint pain



Diagnosis	Lab tests
Incubation period	Ranges from two to two to 6 months
Risk factors	<ul style="list-style-type: none">• Sexual relationship with a person infected with the virus.• injecting or inhaling for drug use.• Sharing needles in tattoo or skin piercing.
Most vulnerable groups	<ul style="list-style-type: none">• Children born to infected mothers.• People infected with HIV.• Prison inmates.
Complications	It is rarely associated with a life-threatening disease, but if it persists for many years it can cause major complications, such as: <ul style="list-style-type: none">• Liver fibrosis• Liver cancer.• Liver cirrhosis
Prevention	<p><u>Primary prevention:</u> There is no hepatitis C vaccine, but WHO recommends the following guidelines:</p> <ul style="list-style-type: none">• Ensure the cleanliness of the hands, especially when performing surgeries.• Safe handling and disposal of sharp objects and waste.• Blood donation test for hepatitis B and C plus HIV and syphilis.• Training health workers in preventive measures. <p><u>Secondary prevention:</u> WHO recommends that people with hepatitis C virus infection:</p> <ul style="list-style-type: none">• Awareness and counseling on care and treatment options.• Take hepatitis A and B vaccines• Early and appropriate medical intervention including antiviral therapy when needed.• Regular follow-up for early diagnosis of chronic liver disease.
Treatment	Hepatitis C infection is treated by antiviral drugs, and researchers have recently achieved significant progress in treating hepatitis C using new "direct-acting" Antiviral drugs, sometimes in combination with existing drugs. As a result, better results and less side effects were observed, in addition to shorter treatment times.



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