

Hepatitis B

Name of disease	Hepatitis B
Overview	<ul style="list-style-type: none"> - Hepatitis B is a viral infection that attacks the liver and can cause acute or chronic illness. - The virus is transmitted through contact with blood or other body fluids of the infected person. - Can be prevented by a safe and effective vaccine and is currently available.
Introduction	It is a global health problem caused by the hepatitis B virus and can cause acute or chronic infection that leads to fibrosis or liver cancer may reach death.
Causes	Transmission of Hepatitis B virus to the body
Transmission	<ul style="list-style-type: none"> • From mother to fetus at birth. • Exposure of the healthy child to the blood of the injured child during the first five years of life. • Through the skin or mucous tissues exposed to infected blood and various body fluids) such as: Saliva, vagina, sperm, etc.) • Sexual relationship. • Reused needles and syringes in health centers or when taking drugs. • During medical (dental and other), surgical, and tattoo operations. • Use of contaminated sharps (such as razors, etc.).
Symptoms	<p>Symptoms appear for weeks, including:</p> <ul style="list-style-type: none"> • Yellowing of the skin and eyes (jaundice). • abdominal pain • dark urine. • nausea and vomiting. • Severe tiredness <p>Most people do not show symptoms during the acute infection phase</p>
Diagnosis	Blood tests at labs, which could be used to identify acute and chronic infections
Incubation period	Ranges from 30 to 180 days (an average of 75 days)
How long the virus lives outside the body	The hepatitis B virus can remain alive outside the patient's body for 7 days, and during this period, the virus can still infect if it enters the unprotected body.



Risk factors	<ul style="list-style-type: none">• Constant need for blood (or blood components) transfusion• Using syringes to take drugs• Gay sexual relationships
Most vulnerable groups	<ul style="list-style-type: none">• People who undergo dialysis• People who undergo organ transplants• Health practitioners and those exposed to blood and its components at work• Jail inmates• Travelers who did not receive the complete vaccination for Hepatitis B
Complications	People with acute hepatitis can develop severe liver failure, which can lead to death, and hepatitis B can also cause chronic hepatitis infection that may develop later to cirrhosis (liver scarring) or liver cancer.
Prevention	hepatitis B vaccine is the mainstay of its prevention, and WHO recommends that the vaccine is given to all infants as soon as possible after birth and is best to be done within 24 hours
Treatment	There is no specific treatment for the acute hepatitis B, as it is sufficient to get rest and balanced food and to compensate loss of fluids resulting from diarrhea and vomiting. Chronic infection can be treated with oral antiviral drugs, where it slows down the development of Cirrhosis and also reduces the risk of liver cancer.
References	- WHO : http://www.who.int/en/

Clinical Health Education Department

For more information, please contact us by email on:

Hpromotion@moh.gov.sa