

## Hepatitis E

<b>Name of disease</b>	Hepatitis E
<b>Overview</b>	<ul style="list-style-type: none"> <li>- Hepatitis E is a disease of the liver, caused by a virus called the hepatitis virus E</li> <li>- - An estimated 20 million people worldwide are infected each year.</li> <li>- Hepatitis E usually heals without treatment, but may develop in some cases to severe liver failure.</li> <li>- Hepatitis E virus is transmitted through feces, by drinking water contaminated with sewage water in the first place.</li> <li>- It is widespread throughout the world, but at its highest in East and South Asia.</li> <li>- China produced and licensed the first vaccine to prevent the viral infection, but it is not yet available elsewhere</li> </ul>
<b>Introduction</b>	An infection caused by the hepatitis E virus, and a limited disease that does not lead to chronic infection. It is also common throughout the world, and is usually associated with contaminated water supplies in countries that suffer from poor sanitation.
<b>Causes</b>	Transmission of Hepatitis E virus to the body
<b>Transmission</b>	<p>The virus is excreted in the feces of infected people and enters the human body through the intestines by drinking contaminated water. There are other ways of transmitting the disease, including:</p> <ul style="list-style-type: none"> <li>• Eating undercooked meat or meat products derived from infected animals</li> <li>• Raw oysters extracted from water contaminated with wastewater.</li> <li>• Transfusion of blood products contaminated with virus infection.</li> <li>• Transmission of the virus directly from mother to fetus.</li> </ul>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• Yellowing of the skin and eyes (jaundice).</li> <li>• abdominal pain</li> <li>• dark urine and pale stool</li> <li>• nausea and vomiting, which may last for days</li> <li>• Loss of appetite</li> <li>• Joint pain</li> <li>• Mild fever</li> <li>• Rash or itching</li> </ul>
<b>Diagnosis</b>	<ul style="list-style-type: none"> <li>- Lab tests</li> </ul>



<b>Incubation period</b>	Ranges from two to 10 weeks, mostly 4 – 6 weeks from exposure to the virus
<b>Risk factors</b>	<ul style="list-style-type: none"><li>• Poor hygiene</li><li>• Lack of clean drinking water</li><li>• Traveling to areas where the virus is prevalent</li></ul>
<b>Most vulnerable groups</b>	<ul style="list-style-type: none"><li>• Pregnancy</li><li>• Traveling to areas where the virus is prevalent</li><li>• People with chronic liver diseases</li><li>• People living in unsanitary camps where the disease was detected</li></ul>
<b>Complications</b>	In some cases, it may develop into severe liver failure, which can kill a large number of patients
<b>Prevention</b>	<p><b>A) Prevention of exposure by:</b></p> <ul style="list-style-type: none"><li>• Improving the quality and quantity of drinking water.</li><li>• Proper treatment and disposal of human waste.</li><li>• Improving personal hygiene</li><li>• Safe, clean preparation of food</li></ul> <p><b>B) prevention of infection</b></p> <ul style="list-style-type: none"><li>• Prevention of hepatitis E depends mainly on good sanitation and availability of clean drinking water, and travelers can reduce their risk of infection by avoiding the use of unclean sources of drinking water and ice, especially pregnant women.</li><li>• continue to follow hygiene practices such as washing hands with safe water, especially before eating.</li></ul> <p><b>C) prevention of the disease</b></p> <p>In 2011 China produced the first vaccine to prevent infection with the virus, but it is not yet available in the rest of the world. Moreover, there is no data on the effectiveness of any other hepatitis E vaccine.</p>
<b>Treatment</b>	<p>There is no specific treatment for hepatitis E, and mild cases need no treatment, as it is enough to provide rest and balanced food for the infected person and compensate for lack of fluids and avoid alcohol.</p> <p>Consult a doctor before taking any medications that may affect the liver (such as acetaminophen). The infected person may need to be hospitalized in severe cases, especially pregnant women.</p>



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**References**

- WHO :

<http://www.who.int/en>

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