

BSTRONGER



Living with hepatitis B

Living with chronic hep B can have its challenges. There may be appointments with doctors or specialists to manage, medication to take, and lifestyle changes to make. But you can live strong with chronic hep B.

Most people don't feel sick when living with chronic hep B. Some people do feel tired, often get crook in the tummy or have other symptoms.



Living with chronic hep B can cause serious damage to your liver even if you feel healthy and well.

Hep B can lead to liver scarring, liver cancer and liver failure. This is why having a check-up every 6 months is so important. Your check-up will include a blood test and an ultra sound.

Speak to your doctor about setting up a reminder or combining other tests you may need to have.

TREATMENT FOR HEPATITS B

There is a good treatment for hep B. However, very few people need treatment. Your doctor or specialist will help you decide if you need treatment based on your 6 monthly check-ups.

The most common medications for hep B are Entecavir (Baraclude®) and Tenofovir (Viread®).

Both Entecavir and Tenofovir are tablets that are taken every day. These treatments work to stop the virus from making copies of hep B (replicating) in your blood which means less damage to your liver.

Once you start on treatment, you have to keep taking them for the rest of your life.



LOOKING AFTER YOUR LIVER

- Get a check-up every 6 months
- Eat healthy food
- Reduce or cut out alcohol
- Reduce smoking
- Aim for 30 minutes of exercise every day

The most important thing if you live with chronic hep B is to have your 6 monthly check-up