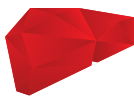


# LIVING WITH HEPATITIS B



hep**B**  
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WITH  GILEAD

Hepatitis B (or hep B) is a serious liver disease that affects millions of people across the world.

This brochure is here to help you better understand hep B and learn how to manage it.

### Hep B is the world's most common liver infection

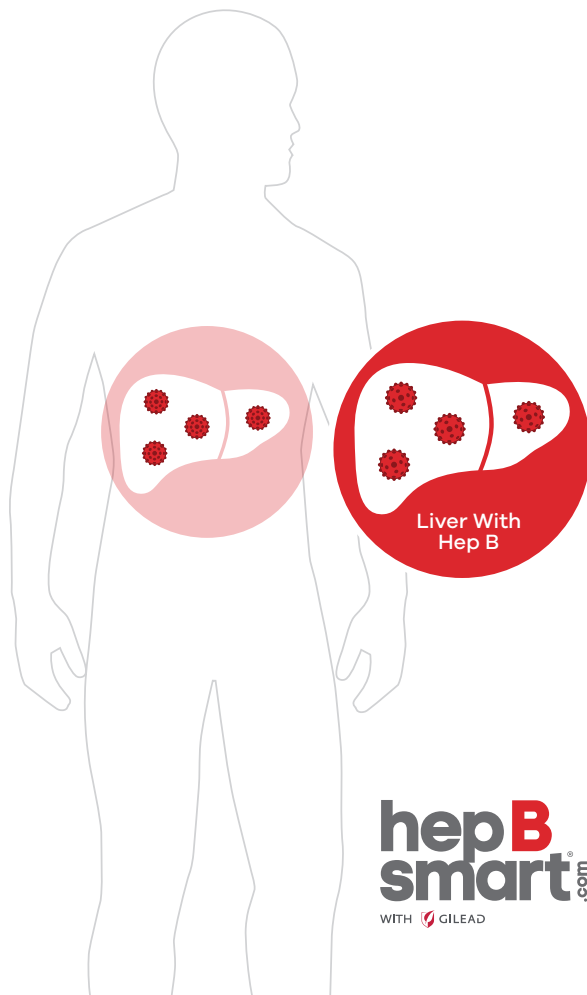
Hep B is a serious and potentially deadly liver infection. It is caused by becoming infected with the hep B virus (HBV).

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Inside this brochure, we will explore the following topics:

- How chronic hep B affects the liver
- How hep B is spread
- Testing and vaccination
- How chronic hep B is treated

For more detailed information, visit **HEPBSMART.COM®**



## What happens if I get the hep B virus?

When someone is first infected, it is called an **ACUTE** infection.



However, if a person has had hep B for more than 6 months, it's called **CHRONIC** hep B.

Most people with chronic hep B have NO symptoms and feel fine. However:

- They may already have liver damage
- They can still infect others

**It's important to know your hep B status because it will help you better understand how to take care of your liver health**



## What does my liver do?

The liver is a vital organ that you can't live without

**The liver is the largest organ inside the body, and it does the following:**



Processes what you eat and drink into energy and nutrients



Removes harmful chemicals from your blood



Fights off infection



Makes substances that help digest food

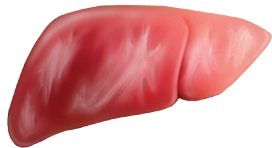
# How does chronic hep B affect the liver?

Chronic hep B can be causing damage without you even knowing

Chronic hep B is sometimes called a **"silent killer"** because even if you don't feel sick, it may be causing liver damage, such as:

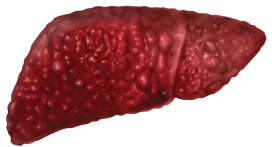


## Inflammation



## Fibrosis

Scarring of the liver



## Cirrhosis

Severe scarring that may affect the way your liver functions



## Liver Cancer

- Chronic hep B is a major cause of liver cancer

If left untreated, up to **1 in 4** people with chronic hep B develop liver problems such as cirrhosis and liver cancer.



Chronic hep B is the #1 cause of liver cancer in Asian Americans



Chronic hep B is a major cause of liver cancer, which is the #1 cause of cancer death of men in Africa

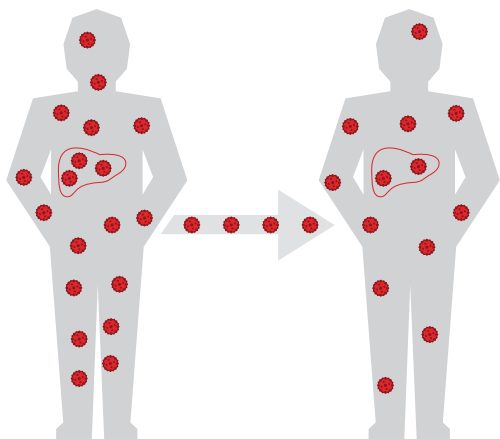


**If you have chronic hep B, talk to your doctor about what you can do to manage it**

# How does hep B spread?

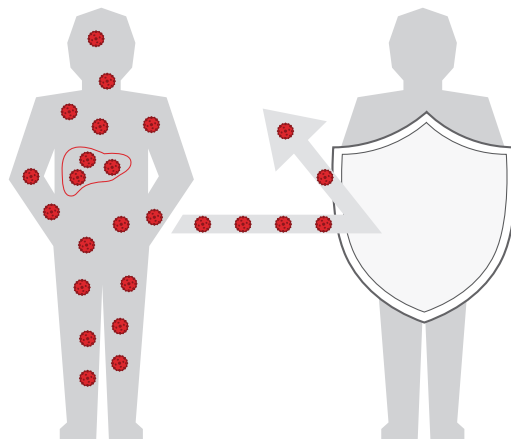
The **ONLY** way to get the hep B virus is from coming into contact with infected blood or bodily fluid

You **CAN** get it from:



- Your mother if she had hep B when you were born (most common way to get infected)
- Infected blood after an injury, bite, or scratch
- Exchanging bodily fluids during sex
- Sharing unsterilized needles (including tattoo or body piercing tools)

You can **NEVER** get it from:



- Touching
- Kissing
- Drinking alcohol
- Food, water, or air
- Sharing cups and utensils



**Knowing how hep B spreads can help prevent you and your family from getting infected**

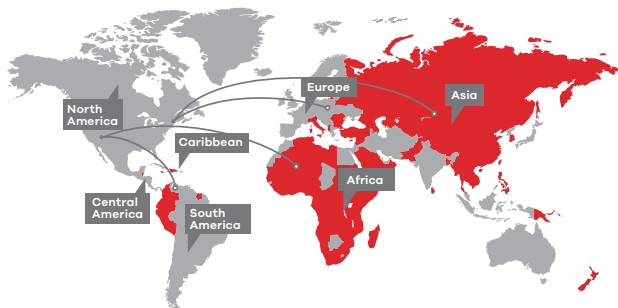
# Could I be at risk?

Because hep B is a common liver infection, many people are at risk

Up to  
**2 MILLION**  
infected in the U.S.

- 2 out of 3 people who have hep B do not know they have it
- 240 million people infected worldwide
- Every year, an estimated 786,000 deaths are linked to chronic hep B worldwide

People born in areas shaded in red have a higher\* risk of hep B infection



\*Higher risk:  $\geq 2\%$  of population with hep B.

It's important to understand the risk factors of chronic hep B

## Some additional risk factors include:

- Being born in the U.S., not vaccinated as an infant, and having parents born in high-risk countries
- Having traveled to countries where hep B is common
- Being born to a mother who has hep B
- Coming in contact with infected body fluids (blood, semen, or vaginal secretions)
- Having unprotected sex with a person infected with hep B
- Having had a tattoo or body piercing with unsterilized tools
- Having shared unsterilized needles



**Understanding these risks may help you protect yourself, family, and friends from getting hep B**

## How can I tell if I have hep B?

A simple blood test will tell if you have chronic hep B:



Blood is taken from a vein in your arm



It is sent to a lab and examined

**Take charge of your health and see your doctor about getting tested**



## What do the test results mean?

The results of your blood test will help tell your doctor if you have hep B or if you are already protected from it.

### There are 3 possible types of test results:

#### At risk



You have never had hep B nor a vaccination.  
**You should get vaccinated.**

#### Infected



You have chronic hep B.  
**Ask your doctor if you need treatment.**

#### Protected



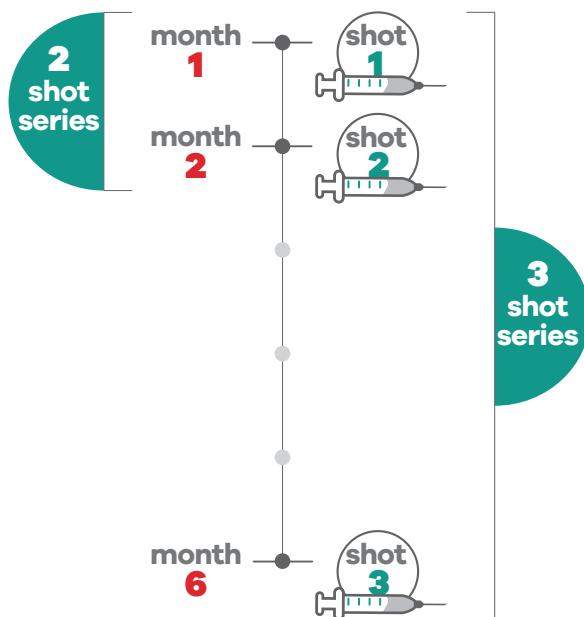
You had the vaccine, or you had hep B in the past and your body fought it off.  
**Encourage your loved ones to get tested.**

# What is the hep B vaccine?

The hep B vaccine is a safe and effective way to prevent hep B infection

The vaccine is available as either:

**2 shots**, given a month apart **OR**  
**3 shots**, given a month apart with the 3rd shot given 4 months later



Talk to your doctor about which vaccine is best for you.

**Remember, it is important that you get all of your shots to be protected against the virus**

It is important to know the facts about the hep B vaccine



The vaccine will **NOT** work for people who already have hep B.



You **CANNOT** get hep B from the vaccine because the vaccine does not contain the live virus.



**If you do not have hep B and have not been vaccinated, talk to your doctor about getting the vaccine, and encourage your friends and family to do the same**



## If I have chronic hep B, what do I do?

Even if you feel fine, you can't ignore your hep B

You can manage your chronic hep B with the support of your doctor, family, and friends.

Taking care of yourself can have many benefits, but if you have chronic hep B, self-care may not be enough.



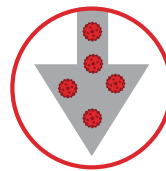
**Your first step is to find a doctor you trust and make regular visits so he/she can monitor your progress**

Your doctor can determine if you are eligible for chronic hep B treatment.

## Can chronic hep B be treated?

If you are diagnosed with chronic hep B, your doctor may prescribe an antiviral medicine

The goal of antiviral treatment is to:



Reduce the amount of hep B virus in your body



Reduce the risk of liver problems, such as cirrhosis, liver failure, and liver cancer

Antivirals can be either a pill or a medicine that you inject. Patients taking these medicines need to be monitored by their healthcare provider for side effects.



**An important part of managing your chronic hep B is asking your doctor about potential treatment options**

# What should I remember about chronic hep B?



Chronic hep B is the most common liver infection and can cause serious liver problems, such as cirrhosis and liver cancer.

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The only way to get hep B is through infected blood or bodily fluids. In fact, most people with hep B got it at birth if their mother was infected.

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A simple blood test can show if you have hep B or if you are protected from it.

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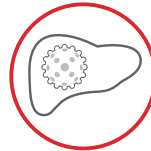
If you have never been infected with hep B, there is a vaccine to prevent it.

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If you have chronic hep B, it is important to visit your doctor regularly.

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You may feel healthy, but still have the disease or be at risk for liver damage.

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Treatments are available that may help to reduce the amount of virus in your body and may reduce the risk of liver problems.

*Gilead is committed to increasing awareness and education of hepatitis B in the community*

# How do I take charge of my liver health?



## **Know your hep B status**

Get tested and talk to your family and friends about getting screened



## **If you DO NOT have hep B**

Talk to your doctor about getting the vaccine and encourage your loved ones to do the same



## **If you DO have hep B**

There are treatments available that may reduce the risk of serious liver damage. Visit your doctor regularly and ask about potential treatment options

Learning more about hep B is an important part of taking charge of your liver health.

For more information,  
visit **HEPBSMART.COM**<sup>®</sup>



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