

WORLD HEPATITIS DAY-28TH JULY

World Hepatitis Day is observed each year on 28th July to raise awareness of viral hepatitis, an inflammation of the Liver. This year's theme by the World Health Organisation is

“Hepatitis Can't Wait “

Means it will effect whenever it will get a chance

The day was chosen because it is **the birthday of Nobel Prize winning scientist Dr. Baruch Blumberg, who discovered hepatitis virus(HBV)** and developed a diagnostic test and vaccine for the future. There are five strains of the Hepatitis virus –A, B, C, D and E. (most Common-strain C, least common-strain A) Together hepatitis B and C are the most common cause of deaths each year. Amid the COVID-19 pandemic, Viral Hepatitis continues to claim thousands of lives every day. A hepatitis free future is achievable only with united effort of all of us.

For this, WHO is calling on all the countries to work together to eliminate Viral Hepatitis as a public threat by 2030. This virus is very common in Asia, Africa, South America and Caribbean. The theme only suggests the urgency of the efforts needed to eliminate hepatitis as a public health threat by 2030.

Hepatitis is an infectious disease caused by HBV, spread by body fluids. Main mode of infection is contaminated food or drinks. The body can clear the initial infection on its own but in severe cases, hospitalisation may be required. It can cause both acute and chronic infection. In acute infection it can cause vomiting, tiredness, abdominal pain, dark urine and yellowish skin. It may take 30-180 days for symptoms to show in an individual. In a very severe case, it can cause liver cancer. It can be diagnosed by blood tests. The only effective prevention is Hepatitis B Vaccine.

World Hepatitis Day 2020

A hepatitis-free future is achievable with a united effort

PREVENT infection among newborns

All newborns should be vaccinated against hepatitis B at birth, followed by at least 2 additional doses.

STOP TRANSMISSION from MOTHER to CHILD

All pregnant women should be routinely tested for hepatitis B, HIV and syphilis and receive treatment if needed.

LEAVE NO ONE BEHIND

Everyone should have access to hepatitis prevention, testing and treatment services, including people who inject drugs, people in prisons, migrants, and other highly-affected populations.

EXPAND access to testing and treatment

Timely testing and treatment of viral hepatitis can prevent liver cancer and other severe liver diseases.

MAINTAIN essential hepatitis services during COVID-19

Prevention and care services for hepatitis - such as infant immunization, harm reduction services and continuous treatment of chronic hepatitis B - are essential even during the pandemic.



TAKE THE HEPATITIS TEST

- 1.Which organ does hepatitis affect?
- 2.How many forms of virus hepatitis have been found so far?
- 3.How can hepatitis be prevented?
- 4.Who discovered hepatitis virus?
5. What is HBV?
6. When is World hepatitis day celebrated?
- 7.What is the theme of Hepatitis for this year to spread awareness?
8. What is the diagnostic test for hepatitis?
9. What are the symptoms of this virus infection?
10. What is the most common and least common strain of hepatitis?