

Check-ups for hepatitis B

This pamphlet helps to explain chronic hepatitis B, check-ups and test results.

Chronic hepatitis B and your health

You have chronic hepatitis B. It is most likely you got hepatitis B in childhood

You will probably have hepatitis B your whole life. You may feel well most of your life. The hepatitis B virus is most likely not causing damage to your liver now as it is sleeping. Your body's immune system is controlling the virus.

But the virus can change. In the future it may wake up and cause damage to your liver. You may need to start taking tablets. The tablets will help to control the virus, any liver damage and help to keep you healthy.

If your liver is damaged it will struggle to do its job to keep you healthy. You may be at greater risk of getting liver cancer.

You need to have regular check-ups your whole life. Test results tell us if the virus is changing or causing liver damage.

Check-ups

Book in a check-up every 6-12 months

You need a blood test every 6-12 months...

Have blood test every 6-12 months

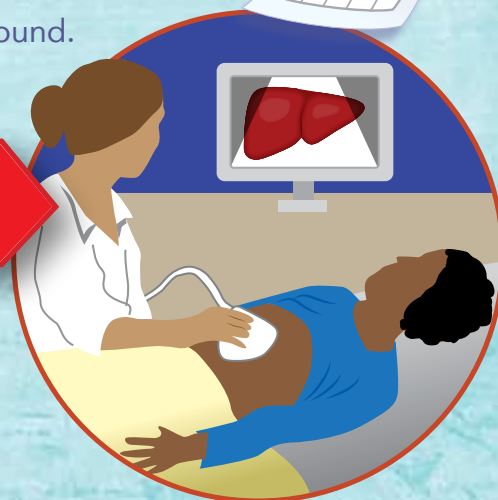
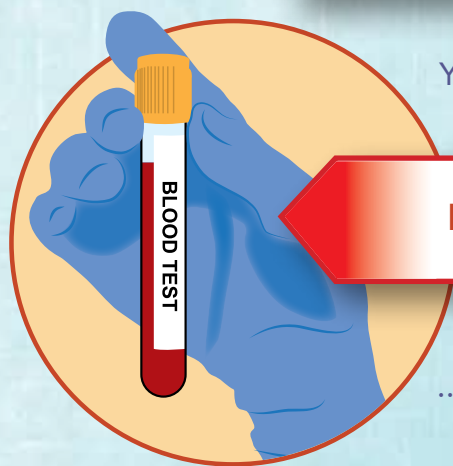
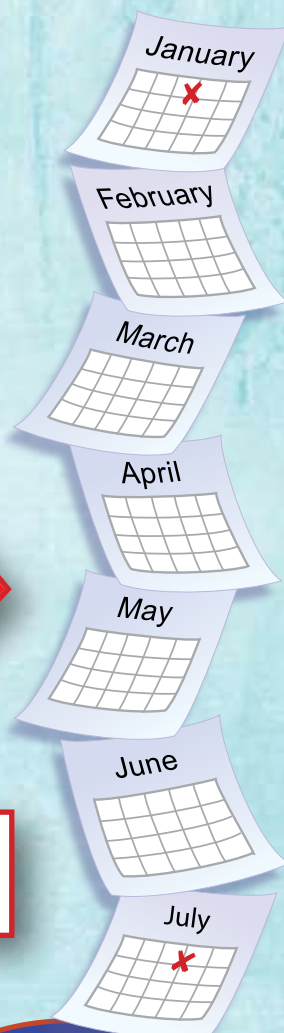
...and you may need a liver ultrasound.

Liver ultrasound scan – checks for liver cancer

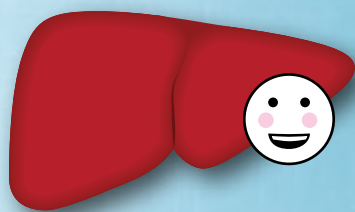
A **check-up** tells you and the doctor/nurse:

- if the virus has woken up and levels are increasing,
- if liver damage or cancer is present, or
- if you need to start taking tablets

The check-up may be with your local doctor or at a special hepatitis clinic. Make appointments to add to your phone or calendar.

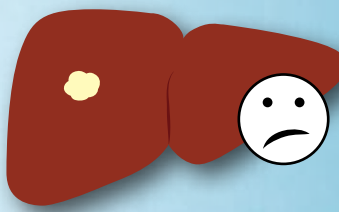


Stay healthy - detect cancer early



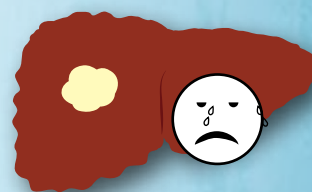
Healthy liver

6 MONTHS



Easy to treat cancer

12 MONTHS



Hard to treat cancer

Liver cancer can grow quickly. Ultrasound scans help pick up any cancer in the liver at an early stage. Small cancers are easier to treat. Your risk of getting cancer increases as you get older. Your doctor can tell you if you need regular cancer checks.

Keep your liver strong

- Get a check-up every 6-12 months.
- Avoid drinking alcohol and/or smoking.
- Maintain a healthy body weight – eat vegetables and fruit and keep active.
- Do exercise you enjoy; dancing, gym, jogging, walking or tai chi.
- Tell your doctor if you are taking herbs or traditional medicines.



Hepatitis B and your family

Someone in your family may also have hepatitis B. Family members should have a blood test to check for hepatitis B.

Use condoms when having sex with a new partner or person who is not vaccinated.

Those who do not have hepatitis B can have a vaccination to protect them from the virus



It is safe to share meals with your family and friends.

Remember – Have check-ups every 6-12 months

Your test results today

ALT blood test _____ ☐ OK
(shows liver inflammation)

Viral load blood test _____ ☐ OK
(shows level of virus in the blood)

Liver ultrasound _____ ☐ OK
(scan of the liver)

Your next check-ups

Blood tests due on: _____

Doctor visit due on: _____

Ultrasound due on: _____



SUPPORTED BY



Thanks to the community members and health workers who contributed ideas to this brochure. Redeveloped March 2020.
Available on: <https://www.svhm.org.au/health-professionals/specialist-clinics/g/gastroenterology/resources#publications>