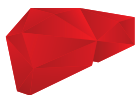


LIVING WITH HEPATITIS B



hepB[™]
.com

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.

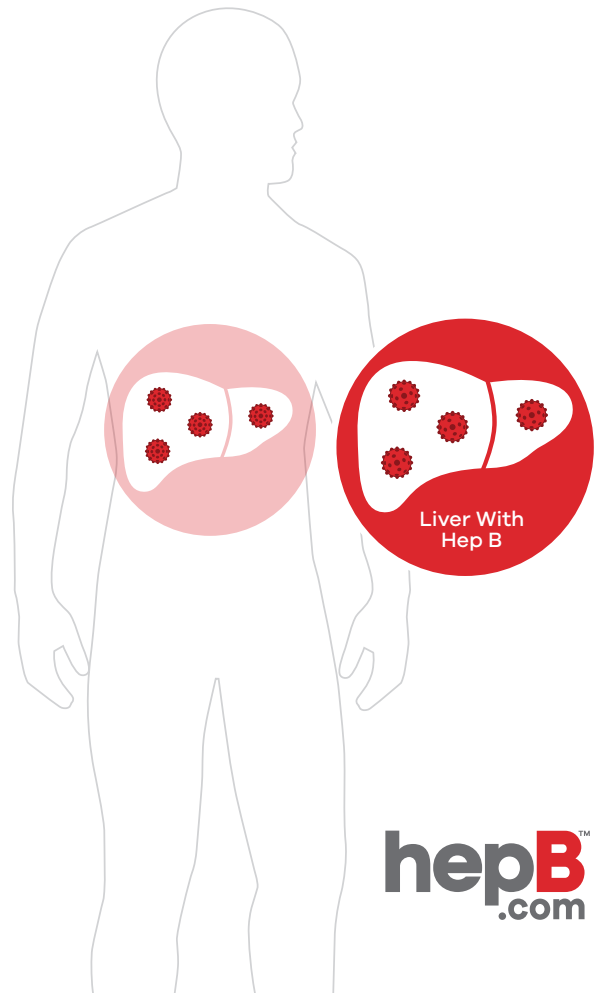
Hep B is the world's most common liver infection

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

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 **HEPB.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

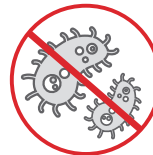
The liver is the largest organ inside the body, and it does the following:



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

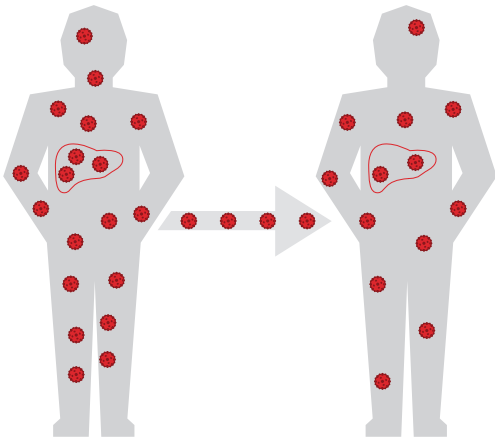


If you have chronic hep B, talk to your doctor about what you can do to manage it

How does hep B spread?

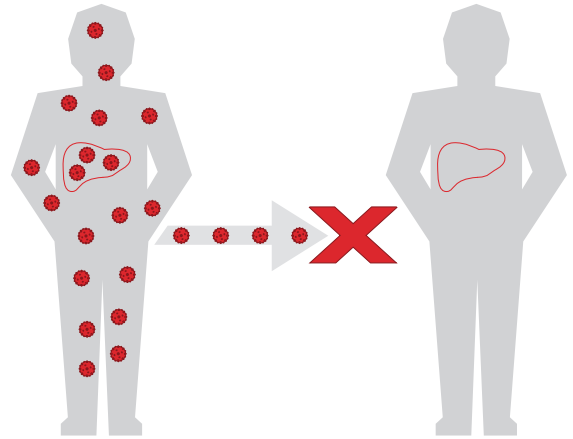
The **ONLY** way to get the hep B virus is from coming into contact with infected blood or bodily fluid

You **CAN** get it from:



- Your mother if she had hep B when you were born (one of the most common ways 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 **CANNOT** 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

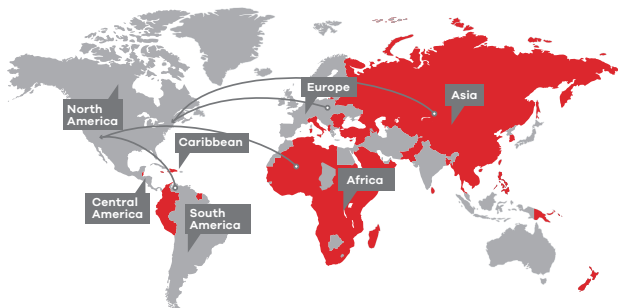
Could I be at risk?

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
- Approximately 257 million people infected worldwide
- In 2015 alone, an estimated 887,000 people died due to complications from hep B, including cirrhosis and liver cancer

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



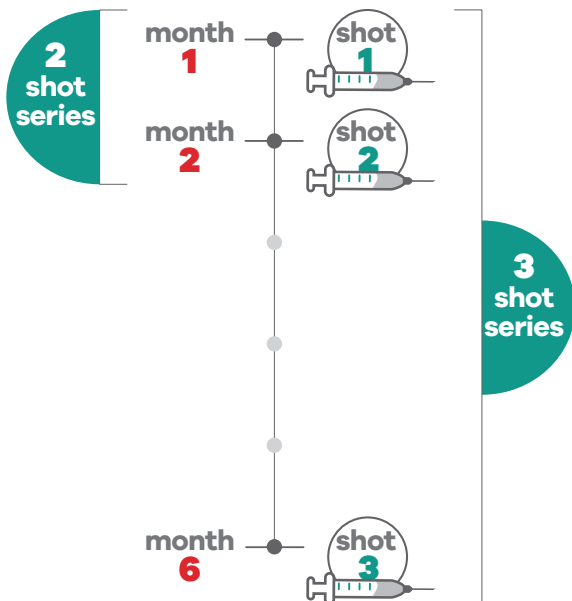
You had the vaccine, or you had hep B in the past and your body fought it off.
Encourage your loved ones to get tested.

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, the first two given a month apart and 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.



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



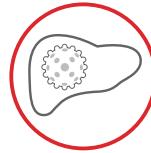
A simple blood test can show if you have hep B or if you are protected from it.



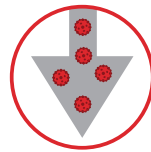
If you have never been infected with hep B, there is a vaccine to prevent it.



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



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



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 **HEPB.COM**

