



Welcome!

HepTREC (The Delaware Valley Hepatitis Treatment, Research, and Education Center) is pleased to provide you with this Viral Hepatitis Education Kit. We designed the kit to help you understand viral hepatitis and provide guidance for your clients with hepatitis-related issues. Health and social service professionals in the greater Philadelphia region influenced the design and contents of this kit which contains a staff guide, folders with client handouts, and a CD-ROM holding the kit materials.

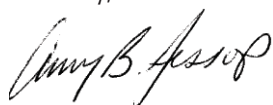
Viral Hepatitis affects hundreds of thousands of our neighbors in the Delaware Valley. It affects people of all ages, races, and socioeconomic levels. Fortunately, viral hepatitis can be prevented and each year we learn more about how to help those already infected with viral hepatitis live a long, healthy life.

HepTREC is a 501(c)3 nonprofit organization formed to reduce the impact of viral hepatitis in the Delaware Valley. Development of this kit was made possible, in part, through grants from the U.S. Centers for Disease Control and Prevention (CDC), the assistance of HepTREC's Board of Directors, and the organizations that made their resources available. The information in this kit represents HepTREC's knowledge and opinions. Please direct questions or concerns about the contact to HepTREC.

Production of this revised kit is part of a collaboration with the Philadelphia Health Management Corporation and was made possible with funding from the Pennsylvania Department of Health and the Philadelphia Department of Behavioral Health and Mental Retardation Services.

We believe this kit will address most of your hepatitis-related concerns. If you do not find the information or resources you need within this kit, please call us or visit our website www.heptrec.org.

Sincerely,



Amy B. Jessop, Ph.D., MPH
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HepTREC would like to acknowledge the guidance and creative energy provided by Amy Kovach, Workflow One and Kevin McLaughlin, KMD Design. Their contributions allowed us to attain our vision of creating an exceptional tool kit.

Visit HepTREC at www.heptrec.org
or call **1-866-HEP-TREC** for more information.

 www.heptrec.org
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How to use this tool kit

HepTREC (The Delaware Valley Hepatitis Treatment, Research, and Education Center) is pleased to provide you with this Viral Hepatitis Tool Kit. We designed the kit to help you understand viral hepatitis and provide guidance for your clients with hepatitis-related issues. Health and social service professionals in the greater Philadelphia region influenced the design and content of this kit.

The kit contains a staff guide with detailed information, folders with client handouts, and a CD-ROM. A yellow diamond next to a title in the Table of Contents indicates items included as handouts in the kit. A red diamond indicates handouts now included in Spanish.

We suggest that you read through the staff guide and familiarize yourself with the contents of the kit. If a colleague or client has a question regarding viral hepatitis, it is likely the answer can be found within this kit. If you do not find the information or resources you need, please call us or visit our website www.heptrec.org.



Quick Tips

Hepatitis A Quick Guide

At A Glance

- Hepatitis A is caused by the hepatitis A virus. The virus primarily affects the liver.
- Hepatitis A infects about 30,000 Americans each year.
- Infected people usually do not experience any symptoms.

How is it spread?

- The virus is spread after going to the bathroom of an infected person.
- The virus is spread through food and water.
- The virus can be spread through contact with an infected person.

What are the symptoms?

- Young child
- About 70%
- If symptoms last for 2-6 weeks
- Tiredness

What happens if you have hepatitis A?

- Most people recover within 2-6 months.
- Hepatitis A usually does not lead to chronic liver disease.
- It is important to get vaccinated before traveling to areas where hepatitis A is common.
- The protective vaccine is available.

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What is Hepatitis B?

Hepatitis B is caused by the hepatitis B virus. The virus primarily affects the liver. The infection can cause quick, life-threatening liver inflammation, but this is very rare. For most, hepatitis B infection is not noticeable and may lead to slow, progressive liver damage. The liver damage can include inflammation, liver scarring (fibrosis), severe liver damage (cirrhosis), and even liver cancer (hepatocellular carcinoma). Hepatitis B is the leading cause of liver cancer and 10th leading cause of death in the world.

Hepatitis B is called a "silent infection" because most infected people have no noticeable symptoms. Some people are able to fight off the virus in the first few months and get better. When a person is first infected, it is called an "acute" infection. If the virus is detectable in the blood for more than six months, the person is considered to have a "chronic" infection. The risk of developing a chronic hepatitis B infection is directly related to the age at which one becomes infected with the virus. According to the World Health Organization (WHO):

- 90% of infants exposed to the hepatitis B virus will develop chronic infections.
- About 50% of exposed children (ages of 1 to 5 years) will develop chronic infections.
- 5-10% of healthy adults who are infected will develop chronic infection.

How many people are affected by hepatitis B?

The Centers for Disease Control and Prevention (CDC) report that worldwide, more than 400 million people have chronic hepatitis B infections. Each year, 90 to 50 million new infections occur and about 1 million people die from hepatitis B. The prevalence of hepatitis B varies by region. The WHO diagram indicates that parts of Asia, Africa and South America have high rates of hepatitis B. In areas with high rates of hepatitis B, most new infections occur in newborns.

The CDC reports that more than 1 million Americans are chronically infected with hepatitis B. Each year 100,000 new infections occur and five thousand Americans die as a result of hepatitis B.

Geographic Distribution of Chronic HBV Infection

High Prevalence: 10% - High, 5% - Intermediate, 1% - Low

As a result of hepatitis B infection, in the U.S., doctors usually screen pregnant women for hepatitis B and if the woman is infected, they make effort to prevent infection of the baby. Maternal screening and recommendations to vaccinate all children have significantly reduced hepatitis B infections in children. Today, the majority of new infections in the U.S. occur in young adults.

Symptoms of hepatitis B

Most people with hepatitis B have NO symptoms and have no idea they are infected until they see signs of severe liver damage or a healthcare provider does a hepatitis B blood test.

If symptoms do occur, they can vary in type and severity.

Common symptoms:

- Fever
- Fatigue (extreme tiredness)
- Muscle and joint pain
- Nausea and vomiting

Rare symptoms:

- Severe nausea and vomiting that could lead to dehydration
- Jaundice (yellowing of the skin and eyes, dark urine)
- Bloated or swollen abdomen or stomach.

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About HepTREC

HepTREC, The Delaware Valley Hepatitis Treatment, Research, and Education Center, was founded in 2002 with a mission to reduce the impact of viral hepatitis in the Delaware Valley. Its founders recognized an unmet need for hepatitis-related education, support, prevention, treatment, and research programs.

HepTREC is realizing its mission by hosting an informational website (www.heptrec.org) visited by thousands each month, conducting training programs, support groups, patient and community education sessions, CME programs for primary care physicians, gastroenterologists, hepatologists, infectious disease specialists and gynecologists, and hepatitis immunization and screening programs. HepTREC also conducts health service research, publishing articles about disease prevention and screening in Philadelphia's birth cohort and an evaluation of the impact of hepatitis support groups. Its latest research project, an examination of the barriers to hepatitis prevention, diagnosis, and treatment in high-risk groups, resulted in a regional viral hepatitis awareness campaign.

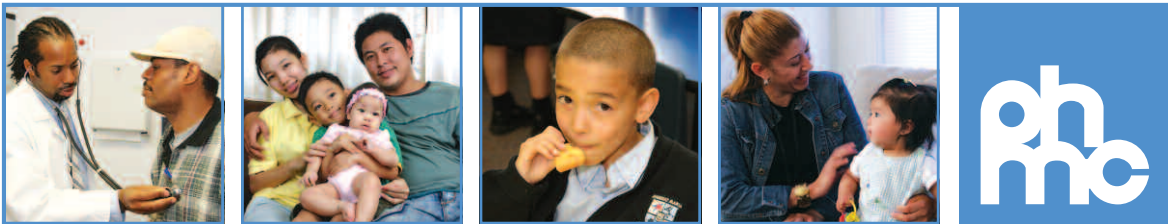
HepTREC's Board of Directors is comprised of regional experts in hepatitis treatment, public health and prevention programs, liver transplantation, and non-profit management. Board members represent Thomas Jefferson University, Albert Einstein Medical Center, Lehigh Valley Hospital, Temple University, the Hepatitis B Foundation, the Philadelphia Department of Public Health, and people living with viral hepatitis.

HepTREC is poised to initiate its second phase of programs: case management services for patients undergoing viral hepatitis treatment, streamlining insurance processes and procedures, increasing awareness and screening for viral hepatitis in primary care and other medical settings, and strengthening regional collaboration of medical and social service providers. HepTREC's third phase of growth will include implementation of hepatitis treatment services, coordination of clinical trials, and provision of pharmacy and psychological services.

HepTREC is committed to reducing the impact of viral hepatitis in the Delaware Valley and strives to become a model for other communities as they confront the challenges of viral hepatitis. You can visit HepTREC at www.heptrec.org, contact us at (610) 642-5227 or info@heptrec.org.

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Philadelphia Health Management Corporation

PHMC is a nonprofit public health institute that makes communities healthier by being a trusted partner to government, foundations, business and other community groups.

PHMC runs 200 programs in Pennsylvania, New Jersey and Delaware. It fulfills its mission to improve the health of the community by providing outreach, education, research, planning, technical assistance, and direct services.

In addition to running its own programs, PHMC is the parent company to nine smaller nonprofits, called PHMC affiliates. PHMC does back-end office management—accounting, human resources, information systems, and communications/marketing—for them so they can focus on fundraising and program development. With more than two decades of clean audits and an overhead rate of 6%, PHMC is known for its impeccable record of financial management.

Because of this unique business model, PHMC is large, with 1200 employees and a FY08 budget of \$107 million. Because of its size, PHMC can give generous benefits and training opportunities to its staff, and as a result, people stay with PHMC for a long time and become experts in their field. PHMC is as diverse as the communities it serves: more than two-thirds of PHMC's staff are racial or ethnic minorities.

Nine out of ten of PHMC's clients are low-income or at high risk for health and social problems due to issues related to socioeconomic status, gender, sexual identity or race/ethnicity, and linguistic and cultural challenges. PHMC takes a broad, holistic approach to treating each client by addressing physical and mental, educational and economic, and family and neighborhood issues that may prevent a person from becoming self-sufficient.

PHMC is supported by a wide variety of sources, including local, state and federal government, private foundations, nonprofit organizations, businesses and individual donors.

For more information on PHMC, go to www.phmc.org

