

Health Education guidelines for Hepatitis B carriers and Hepatitis C patients

Among the 10 leading cause of death, liver cancer ranks the first or second. According to the survey, 80% of the patients who died of liver cancer had either hepatitis B or hepatitis C.

Diagnosis and follow up:

Because of lack of nerve supply, the patients are symptomless. The most effective way to detect liver cancer is regular check-up.

The living principles for patients with liver disorders:

1. Live on normal life style on a balanced diet and stay away from alcohol and tobacco.
2. Avoid unnecessary contact with body fluids or blood, such as injections, acupuncture, ear piercing, tattoos, sharing toothbrushes, razor; avoid pornographic activities and illegal drugs.
3. Avoid food containing artificial additives; pickled food , or food that may contaminated with aflatoxin (such as peanut products, bean paste, fermented bean curd and other fermented foods).
4. Avoid taking drugs with unknown contents or remedies, to avoid increasing the burden on the liver.
5. If your sexual partner is hepatitis B carrier, and you do not have antibody, you should receive vaccination for hepatitis B, or use condom during the sexual activity.
6. Be cheerful.
7. Have regular check up on your liver function.



Saint Mary's Hospital Luodong