

## HEPATITIS

Hepatitis refers to an inflammatory condition of the liver. It's commonly caused by a viral infection, but there are other possible causes of hepatitis. These include autoimmune of hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins, and alcohol. Autoimmune hepatitis is a disease that occurs when your body makes antibodies against your liver tissue.

The 5 types of viral hepatitis:

Viral infections of the liver that are classified as hepatitis include hepatitis A, B, C, D and E. A different virus is responsible for each type of virally transmitted hepatitis.

Hepatitis A:

Hepatitis A is caused by an infection with the hepatitis A virus (HAV). This type of hepatitis is most commonly transmitted by consuming food or water contaminated by feces from a person infected with hepatitis A.

Hepatitis B:

Hepatitis B is transmitted through contact with infectious body fluids, such as blood, vaginal secretions, or semen, containing the hepatitis B virus (HBV).

An infected person increase your risk of getting hepatitis B.

## Hepatitis C:

Hepatitis C comes from the hepatitis C virus (HCV). Hepatitis C is transmitted through direct contact with infected body fluids, typically through injection drug use and sexual contact. HCV is among the most common bloodborne viral infections in the United States.

## Hepatitis D:

Also called delta hepatitis, hepatitis D is a serious liver disease caused by the hepatitis D virus (HDV). HDV is contracted through direct contact with infected blood.

Hepatitis D is a rare form of hepatitis that only occurs in conjunction with hepatitis B infection.

## Hepatitis E:

Hepatitis E is a waterborne disease caused by the hepatitis E virus (HEV). Hepatitis E is mainly found in areas with poor sanitation and typically results from ingesting fecal matter that contaminates the water supply. This disease is uncommon in the United States.

## Causes of noninfectious hepatitis:

### Alcohol and other toxins:

Excessive alcohol consumption can cause liver damage and inflammation. This is sometimes referred to as alcoholic hepatitis.

### Autoimmune system response:

In some cases, the immune system mistakes the liver as a harmful object and begins to attack it. It causes ongoing inflammation that can range from mild to severe, often hindering liver function.

Symptoms of hepatitis:

Signs and symptoms of acute hepatitis appear quickly.

They include.

fatigue

flu-like symptoms

dark urine

pale stool

abdominal pain

loss of appetite

Unexplained weight loss

yellow skin and eyes, which may be signs of jaundice.

Hepatitis diagnosed:

History and physical exam

Liver function tests.

Other blood tests.

Ultrasound

Liver biopsy.

Treatment:

Treatment options are determined by which type of hepatitis you have and whether the infection is acute or chronic.

Hepatitis A:

The hepatitis A vaccine is available to prevent this infection. Most children begin vaccination between ages 12 and 18 months. Vaccination for hepatitis A is also available for adults and can be combined with the hepatitis B vaccine.

## Hepatitis B:

Hepatitis B can be prevented with vaccination. The CDC recommends hepatitis B vaccination for all newborns. The series of three vaccines is typically completed over the first six months of childhood.

## Hepatitis C:

Antiviral medications are used to treat both acute and chronic forms of hepatitis C. People who develop cirrhosis (scarring of the liver) or liver disease as a result of chronic hepatitis C may be candidates for a liver transplant. Currently, there is no vaccination for hepatitis C.

## Hepatitis D:

Hepatitis D can be prevented by getting the vaccination for hepatitis B, as infection with hepatitis B is necessary for hepatitis D to develop.

## Hepatitis E:

Currently no specific medical therapies are available to treat hepatitis E. People with this type of infection are often advised to get adequate rest, drink plenty of fluids, get enough nutrients, and avoid alcohol.

## Prevent hepatitis:

**Hygiene:** If you are traveling to a developing country, you should avoid: local water, ice, raw or undercooked shellfish and oysters, raw fruit and vegetables.

**Vaccines:** The use of vaccines is an important key to preventing hepatitis. Vaccinations are available to prevent the development of hepatitis A and B. Experts are currently developing vaccines against hepatitis C. A vaccination for hepatitis E exists in China, but it isn't available in the United States.