

# Help Stop a Silent Epidemic in the West African Community

Get the facts on hepatitis B



Montefiore Einstein  
Starfish Program

# What is hepatitis B (hep B)?

Hepatitis B is a serious and deadly liver infection



**Most common** liver infection in the world

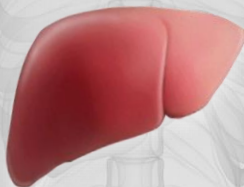


**1 in 10 African-born people** in the US have hep B

Hep B is NOT Hep C or HIV

**You need your liver to:**

- **Process** food and drink
- **Fight** off infection
- **Remove** toxins from blood



**You cannot survive without a functioning liver!**

# How can hep B affect you?

## Hep B can cause serious liver problems over time

Cirrhosis  
(Severe scarring)



Liver cancer



Scarring and cancer can  
impair liver function

## If you have hep B, you can't ignore it



# 2 in 3

people with hep B  
don't know they have it



# ~1 in 3

people develop cirrhosis and  
liver cancer if left untreated

# #1

cause of cancer death  
among men in Africa

# Ways you CAN get hep B

Hep B can ONLY spread through contact with

**infected blood or  
bodily fluids**

## How does hep B spread?

▶ **Your family is from West Africa and**

- Your mother had hep B when you were born
- You were not vaccinated as a child



▶ **Sharing hygiene equipment**

(eg, razors, toothbrushes, nail clippers, etc)



▶ **Unsterile** tattoos, piercings, needles, and circumcision and midwifery practices

▶ **Exchanging bodily fluids** during sex

# Ways you CANNOT get hep B

- ▶ **Touching, hugging, or kissing**
- ▶ **Breastfeeding**
- ▶ **Sharing cups or utensils**
- ▶ **Sharing food, water, or air**
- ▶ **Sneezing or coughing around others**



**Knowing how hep B spreads can help prevent you and your family from getting infected**



# Montefiore Einstein Starfish Program

## Parable: Starfish on the Beach

An old man walked along a beach covered with hundreds of starfish that had washed ashore.



He passed a boy who was throwing the starfish back into the waves. The old man stopped and asked what the boy was doing.

The boy explained that he wanted to help the starfish.

The old man responded that there were far too many starfish on the beach to make a difference.

The boy picked up another starfish and said, "It makes a difference to this one."

**"If we can prevent one newborn from getting infected with hep B or one person from developing liver cancer, we have saved the world for that person."**

# Contact Information



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**Reach out to the Starfish Program or contact your doctor or local health center or clinic to get screened.**

**Take charge of your health and help protect your community.**

# What can I do about hep B?

## Take charge and talk to your doctor

### If you don't know if you have hep B...

#### ✓ Get tested

A simple blood test can show if you have hep B

### If you **DON'T** have hep B...

#### ✓ Get vaccinated

It is safe and effective

### If you **DO** have hep B...

#### ✓ Talk to your doctor about whether treatment is needed and monitoring for liver cancer

Hep B can be managed if treated early

## Help protect your community

- Encourage others to get tested
- Learn and share the right facts about hep B to help prevent it from spreading

**For more information visit [HEPB.COM](https://www.hepb.com)**

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