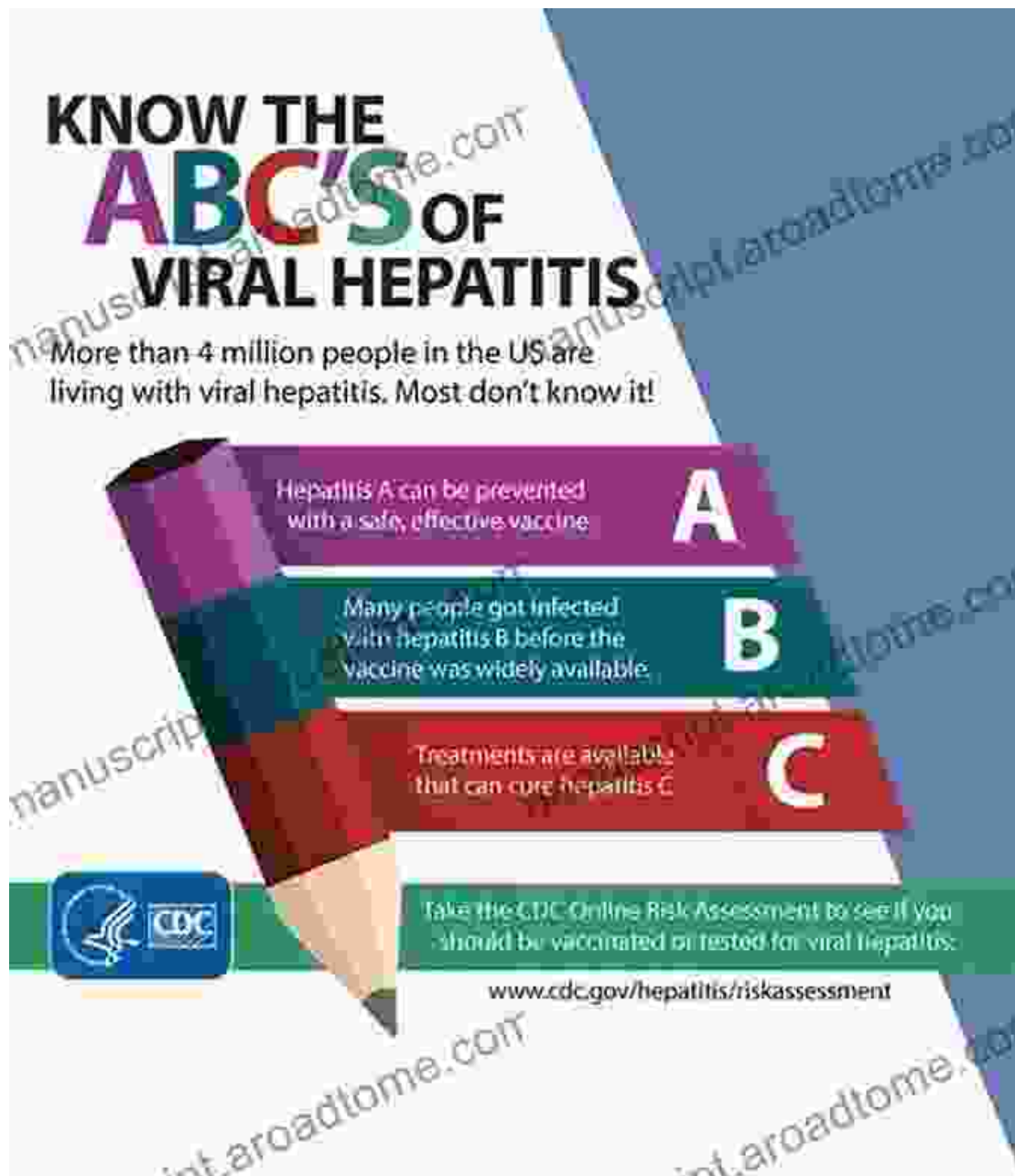
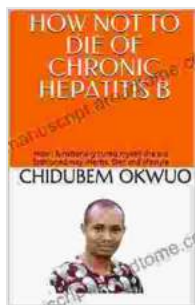


# How Not To Die Of Chronic Hepatitis: A Comprehensive Guide to Prevention, Treatment, and Recovery



Hepatitis is a serious liver disease that can lead to liver failure, cirrhosis, and even death. There are five main types of hepatitis: A, B, C, D, and E.

Chronic hepatitis is a long-term infection with hepatitis B or C virus.



## HOW NOT TO DIE OF CHRONIC HEPATITIS B: Using herbs, diet and lifestyle changes by Chidubem Okwu

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2238 KB
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 66 pages
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Chronic hepatitis can be a silent disease, with no symptoms in the early stages. As the disease progresses, you may experience fatigue, nausea, vomiting, abdominal pain, dark urine, pale stools, and jaundice (yellowing of the skin and whites of the eyes).

There is no cure for chronic hepatitis, but it can be managed with medication and lifestyle changes. Treatment can help slow the progression of the disease and prevent serious complications.

### What Are the Causes of Chronic Hepatitis?

The most common causes of chronic hepatitis are:

- Hepatitis B virus (HBV) infection
- Hepatitis C virus (HCV) infection

HBV and HCV are spread through contact with infected blood or bodily fluids. This can happen through:

- Sharing needles or other drug paraphernalia
- Having unprotected sex with an infected person
- Receiving a blood transfusion or organ transplant from an infected person
- Being born to an infected mother

Other less common causes of chronic hepatitis include:

- Autoimmune hepatitis (an autoimmune disease in which the body's immune system attacks the liver)
- Alcoholic hepatitis (liver damage caused by excessive alcohol consumption)
- Nonalcoholic fatty liver disease (NAFLD, a condition in which fat builds up in the liver)
- Certain medications
- Toxins

## **What Are the Symptoms of Chronic Hepatitis?**

In the early stages of chronic hepatitis, you may not have any symptoms. As the disease progresses, you may experience:

- Fatigue
- Nausea

- Vomiting
- Abdominal pain
- Dark urine
- Pale stools
- Jaundice (yellowing of the skin and whites of the eyes)

If you have any of these symptoms, it is important to see your doctor right away.

### **How Is Chronic Hepatitis Diagnosed?**

Chronic hepatitis is diagnosed with a blood test that looks for antibodies to HBV or HCV. A liver biopsy may also be necessary to confirm the diagnosis and assess the extent of liver damage.

### **How Is Chronic Hepatitis Treated?**

There is no cure for chronic hepatitis, but it can be managed with medication and lifestyle changes. Treatment can help slow the progression of the disease and prevent serious complications.

Medications for chronic hepatitis include:

- Antiviral medications to suppress HBV or HCV
- Corticosteroids to reduce inflammation
- Immunosuppressants to suppress the immune system

Lifestyle changes for chronic hepatitis include:

- Avoiding alcohol
- Eating a healthy diet
- Getting regular exercise
- Maintaining a healthy weight
- Getting vaccinated against hepatitis A and B

### **How Can I Prevent Chronic Hepatitis?**

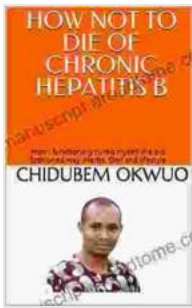
There are several things you can do to prevent chronic hepatitis, including:

- Getting vaccinated against hepatitis A and B
- Avoiding contact with infected blood or bodily fluids
- Using condoms during sex
- Not sharing needles or other drug paraphernalia
- Getting tested for hepatitis if you are at risk

### **What Is the Prognosis for Chronic Hepatitis?**

The prognosis for chronic hepatitis depends on the type of hepatitis, the severity of the disease, and the individual's overall health. With early diagnosis and treatment, most people with chronic hepatitis can live a long and healthy life.

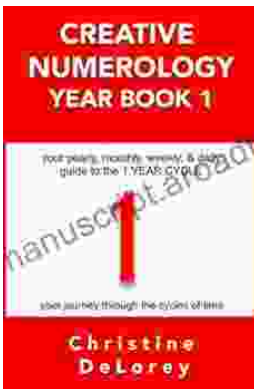
Chronic hepatitis is a serious disease, but it can be managed with medication and lifestyle changes. If you have any of the symptoms of chronic hepatitis, it is important to see your doctor right away.



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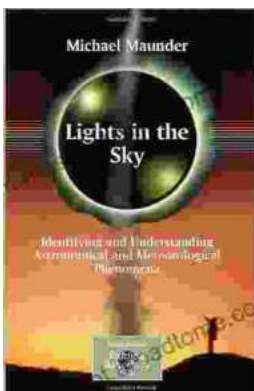
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