~ Your liver is the largest internal organ in your body and is located on the upper right side of your abdomen.

~ Your liver is responsible for over 500 functions including acting as the body's filtration system, storing vitamins and minerals, and assisting in digestion.

~ Hepatitis or inflammation of the liver can be caused by hereditary conditions, injury, poor nutrition, or substance abuse. Viral hepatitis is the result of a viral infection.

~ Conditions affecting the liver usually do not cause symptoms however, if symptoms are present they include fatigue, fever, jaundice or yellow skin, loss of appetite, nausea, diarrhea, and vomiting.
Indiana Adult Viral Hepatitis Prevention Program

Indiana’s Adult Viral Hepatitis Prevention Program was established in 2007 to prevent the transmission of viral hepatitis through education, awareness, and increased adult vaccination for hepatitis A and B. The primary goals of the program are to:

~ Decrease the transmission of hepatitis viruses.
~ Increase hepatitis A and B immunization levels.
~ Increase the percentage of newborns receiving the hepatitis B vaccine birth dose.
~ Increase awareness to identify and treat persons with chronic hepatitis.
~ Increase awareness among public health and medical providers and the general public about their role in viral hepatitis prevention.

The program works with partner state agencies, professional and community organizations, local public health departments, and faith based organizations to provide education and training opportunities for health care professionals and the community around viral hepatitis prevention. Contact us to arrange a training or make us part of your next event!

Liver Health is Whole Body Health!

A,B,C’s of Viral Hepatitis

~ **Hepatitis A (HAV)** is caused by the hepatitis A virus. The hepatitis A virus is spread via the oral/fecal route and can cause an acute (short term) infection.

~ **Hepatitis B (HBV)** is caused by the hepatitis B virus. The hepatitis B virus is spread via blood, semen, vaginal fluids, and from mother to child at birth. The virus can cause an acute (short term) or chronic (long term) infection.

~ **Hepatitis C (HCV)** is caused by the hepatitis C virus and is spread via infected blood. The virus can cause an acute but usually causes a chronic infection.

What Can You Do To **Love Your Liver**

~ There are a number of things you can do to protect yourself from liver damage and maintain overall health.

~ Eat a balanced and colorful diet high in fiber and lean proteins. Try and avoid high fat foods and avoid or limit consumption of alcohol and other substances.

~ Drink plenty of water! Divide your total body weight by 2 and drink that number of ounces per day. For example 150lbs ÷ 2 = 75 or 75 ounces of water per day.

~ Talk to your health care provider about your liver health and being vaccinated for hepatitis A and B.

1 in 12 people worldwide are chronically infected with hepatitis B or C worldwide.

Hepatitis B and C are more infectious and occur at higher rates than HIV.