

Report on
World Hepatitis Day
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On 29th July 2024, MITS Radio 90.8 hosted an informative talk under the supervision of Shri M. Narasimhacharlu, Program Manager of MITS Radio 90.8 CRS, featuring Dr. R. Chennaiah, Deputy Civil Surgeon, MITS. The talk aimed to educate the public about various types of hepatitis, including their transmission, prevention, and treatment options. It emphasized the importance of vaccination, safe practices, and regular screening. The key insights shared during the informative talk:

World Hepatitis Day, observed annually on July 28, aims to raise global awareness about viral hepatitis and the public health burden it poses.

1. What is Hepatitis?

Hepatitis is an inflammation of the liver, a vital organ responsible for processing nutrients, filtering the blood, and fighting infections. The inflammation can be triggered by various factors,



including viral infections, alcohol use, toxins, certain medications, and autoimmune diseases.

2. Effective organs

Hepatitis primarily impacts the liver, which performs essential functions such as detoxification, protein synthesis, production of digestive biochemicals, and blood clot regulation. Key issues associated with hepatitis include:

- **Liver Cell Damage:** Inflammation caused by hepatitis leads to damage and impaired function of liver cells (hepatocytes).
- **Scarring and Fibrosis:** Chronic hepatitis (especially types B and C) can result in scar tissue formation (fibrosis). Extensive scarring can progress to cirrhosis, a severe liver condition where the liver loses its functionality.
- **Liver Failure:** Severe, chronic hepatitis can lead to liver failure, where the liver cannot perform its essential functions.
- **Liver Cancer:** Chronic infections with hepatitis B and C significantly increase the risk of developing hepatocellular carcinoma, a type of liver cancer.

3. Symptoms

- **Fever:** Mild to moderate fever, particularly in the early stages of hepatitis A and E infections.
- **Loss of Appetite:** Reduced desire to eat, potentially leading to weight loss.
- **Nausea and Vomiting:** Feelings of sickness in the stomach, often accompanied by vomiting.
- **Abdominal Pain:** Discomfort or pain, especially in the upper right abdomen where the liver is located.
- **Jaundice:** Yellowing of the skin and the whites of the eyes due to an accumulation of bilirubin, a yellow pigment processed by the liver.
- **Dark Urine:** Urine may appear dark (like tea or cola) due to increased bilirubin levels in the blood.

4. Precautions

- **Hand Hygiene:** Wash hands thoroughly with soap and water, especially after using the bathroom and before preparing or eating food.

- **Rest and Hydration:** Ensure adequate rest and drink plenty of fluids to stay hydrated and support recovery.
- **Regular Check-ups:** Schedule regular check-ups and liver function tests to monitor disease progression and treatment effectiveness.
- **Balanced Diet:** Maintain a diet rich in fruits, vegetables, whole grains, and lean proteins to support liver health. Avoid fatty and processed foods that may strain the liver.

Outcomes

- Enhanced understanding among the general public about hepatitis, its types, transmission methods, symptoms, prevention, and treatment.
- Instantiated launched on World Hepatitis Day support people living with hepatitis, advocating for their rights and improving access to care, treatment, and social services.

Conclusion:

By achieving these outcomes, World Hepatitis Day helps in the global fight against viral hepatitis, aiming to save millions of lives and improve the quality of life for those affected and Greater awareness and advocacy can lead to increased funding and resources dedicated to researching new treatments, vaccines, diagnostic tools, and potential cures for hepatitis.

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