How to prevent Liver Cancer?

Liver Cancer & Hepatitis B Screening

Asian American Liver Cancer Education Program in Maryland

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What is Hepatitis B?

• Hepatitis B is a virus in the blood that infects the liver
• Chronic Hepatitis B can cause
  – liver damage
  – cirrhosis
  – liver cancer
What does Hepatitis B do?

Hepatocellular Carcinoma

Acute vs. Chronic Hepatitis B

- Fever
- Tiredness
- Abdominal pain
- Headache
- Nausea
- Vomit
- Dark urine
- Jaundice

1 out of 4 will die from liver disease without monitoring or treatment (WHO)

- Mostly Asymptomatic
- Some continue to have the acute symptoms;
Why should I care?

• You have higher chance of having Hepatitis B

- You or your parents; Immigrated from countries with high prevalence of Chronic Hepatitis B
Why should I care?

FIGURE 3. Geographic distribution of chronic hepatitis B virus (HBV) infection — worldwide, 2006*

* For multiple countries, estimates of prevalence of hepatitis B surface antigen (HBsAg), a marker of chronic HBV infection, are based on limited data and might not reflect current prevalence in countries that have implemented childhood hepatitis B vaccination. In addition, HBsAg prevalence might vary within countries by subpopulation and locality.


Source: MMWR/CDC
Why should I care?

*Hepatitis B Among Asians in the U.S.

1 out of 10 Asian Americans has chronic hepatitis B

- 1 in 8 Vietnamese Americans
- 1 in 10 Chinese Americans
- 1 in 12 Korean Americans
- 1 in 1000 Caucasian Americans
Why should I care?

*Liver Cancer Among Asians in the U.S.

- Asian Americans have the highest liver cancer Incidence rates & Mortality rates
Why should I care?

*Liver Cancer Among Chinese in the U.S.; Rankings

**Male Mortality**
- Lung: 47.00
- Liver: 20.30
- Colorectum: 19.50
- Stomach: 11.70
- Prostate: 10.40

**Female Mortality**
- Lung: 23.8
- Colorectum: 12.8
- Breast: 12.3
- Liver: 7.4
- Stomach: 7.3

Average annual per 100,000, SEER(2008)
Why should I care?

*Liver Cancer Among Korean in the U.S.; Rankings

**Male Mortality**
- Lung: 50.6
- Stomach: 31.5
- Liver: 26.3
- Colorectum: 17.6
- Pancreas: 11.4

**Female Mortality**
- Lung: 20.7
- Stomach: 14.5
- Colorectum: 12.1
- Liver: 11.7
- Breast: 7.8

Average annual per 100,000, SEER(2008)
Why should I care?

*Liver Cancer* Among Vietnamese in the U.S.; Rankings

**Male Mortality**
- Lung: 43.9
- Liver: 33.8
- Stomach: 12.7
- Pancreas: 8.9
- Colorectum: 8.8

**Female Mortality**
- Lung: 20.2
- Liver: 10.9
- Breast: 7.6
- Colorectum: 7.4
- Stomach: 7.0

Average annual per 100,000, SEER(2008)
Why should I care?

• You have higher chance of having Hepatitis B

- Hepatitis B is 50 to 100 times more infectious than HIV, the AIDS virus
How do I get infected?

You can get infected by:
How do I get infected?

You won’t get infected by:

- Sharing utensils
- Eating contaminated food
- Coughing or sneezing in public
- Touching a baby
- Exchanging bodily fluids
How do I know if I have Hepatitis B?

• The only way to know is...

to get a **Hepatitis B screening**

≠ liver function test (LFT)

– A simple blood test
– Testing: antigen and antibody
– Ask your doctor and request one
Hepatitis B Screening

Do you have Hepatitis B?

- No, hepatitis B
  - Do you have antibody?
    - No (not immune)
      - Need vaccines!
    - Yes (Immune)
      - No action needed

+ Yes, hepatitis B
  - Treatment
    - Ask Doctor
    - Check viral load every six months
Hepatitis B Vaccination

- Get vaccinated
  - 3 shots given over 6 months

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Take Home Message

• Chronic Hepatitis B can cause serious liver disease
• Get screening to know your status
  – If you are infected, ask a doctor for Treatment
  – If you are not infected and not immunized,
  – If you are not infected and also immunized, you are free!
• Where to start?
Thank You!

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