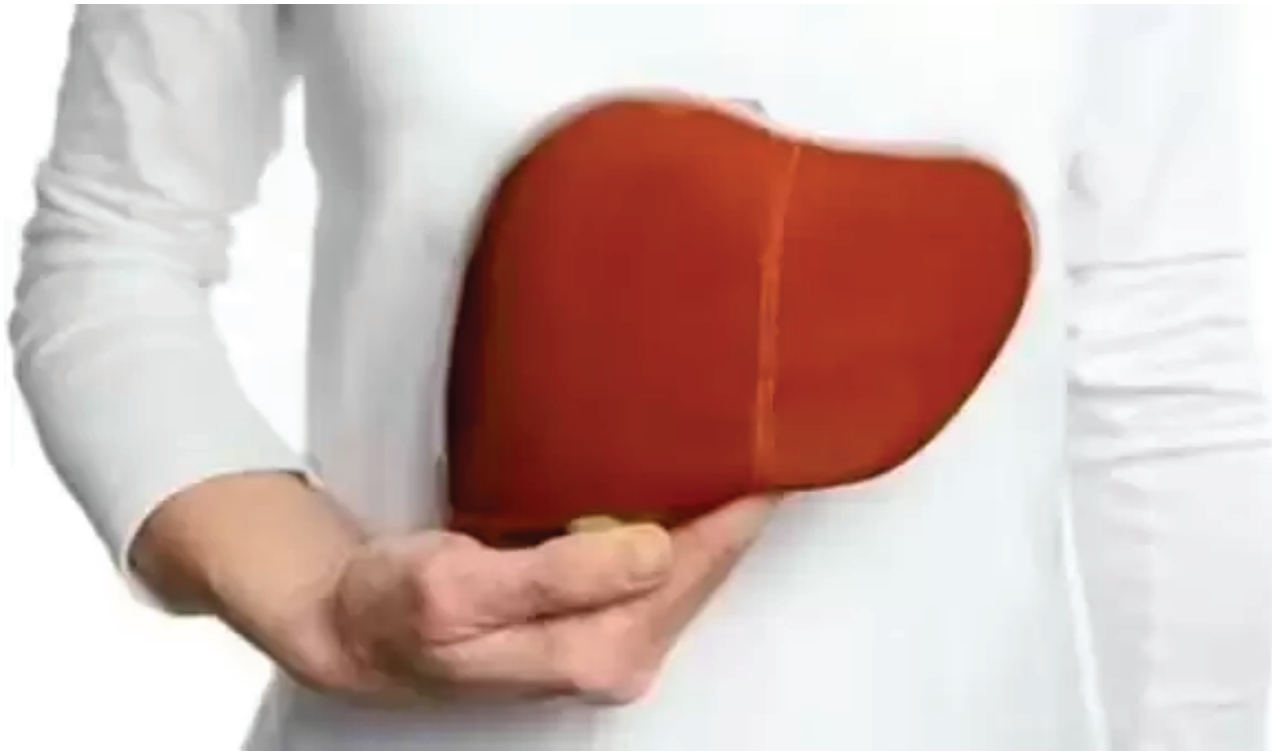


Liver health: Why it is important to take care of your liver health

The prevalence of hepatitis B in India is moderate to high and the number of chronic HBV-infected patients is approximately 400 million. This number accounts for about 11 percent of the global burden. The prevalence of acute HBV infection in India is about 3 to 4 percent. Additionally, according to Indus Health Plus Preventive Health [...]



The prevalence of hepatitis B in India is moderate to high and the number of chronic HBV-infected patients is approximately 400 million. This number accounts for about 11 percent of the global burden. The prevalence of acute HBV infection in India is about 3 to 4 percent. Additionally, according to Indus Health Plus Preventive Health Screening data, it was found that 1% of people tested positive for HBsAg were found to be infected. This test is an antigen test for the hepatitis B virus. This information was collected during routine inspection tests. Data on liver enzymes and proteins that help the liver function properly showed that 2% of women and 9% of men were in the abnormal range. A second liver function test measuring bilirubin showed abnormal levels in 1% of women and 6% of men. Bilirubin is a yellow pigment in the blood that indicates jaundice. For this study, 6 thousand 500 samples were examined. Hepatitis treatment, prevention measures and other information Mr. Amol Nayakwadi, Preventive Healthcare Specialist, Indus Health Plus.

What are the causes of hepatitis?

- **Alcohol and other toxins:** Excessive drinking can cause inflammation of the liver. Liver cells are often damaged by alcohol. This can eventually lead to irreversible damage, hardening or scarring of liver tissue (cirrhosis), and liver failure.
- **Inflammatory response:** Sometimes, the immune system attacks the liver because it considers it dangerous. It causes persistent inflammation that can range from mild to severe and often impairs liver function. Women are three times more likely to experience it than men.
- **Lifestyle factors:** Heavy drinking, unhealthy lifestyle and high fat intake can all contribute to fatty liver. It is a condition in which too much fat accumulates in the liver and the natural structure of liver cells is disturbed.
- **Needlestick infection:** Accidental infection can be caused by a needlestick injury or contact with infected blood or body fluids.

Some preventive measures:

- **Routine testing:** Liver cancer and other serious liver diseases can be prevented with early viral hepatitis testing and treatment. It helps to know about the problems and maintain good health.
- **Healthy Lifestyle:** Lifestyle changes, timely diagnosis and prompt medical advice can help prevent liver problems.
- **Hygiene Habits:** Maintaining good personal hygiene is important to prevent the spread of the HAV virus. Wash your hands with soap and water after using the bathroom, changing diapers, and after preparing, handling or eating food.
- **Get vaccinated:** Vaccination is the most effective preventive measure against hepatitis A. A good option for people traveling to countries with a high risk of infection. However, hepatitis vaccination is not just for children and medical personnel. You should ask your doctor about vaccinations if you think you are at risk.
- **Strictly avoid used objects:** Avoid using syringes, shaving razors, toothbrushes, tattoos or body piercings used on your body.

Our liver is an important part of the body and we need a healthy liver to maintain overall good health. Any stress on the liver can impair the functioning of the liver. Liver function status can be assessed through liver function tests which measure serum bilirubin level, liver enzymes like SGPT, total protein level etc. Radiological tests such as ultrasound, CT and MRI can estimate the structure of the liver. If abnormal test results are found, you should consult with your treating doctor or gastroenterologist.