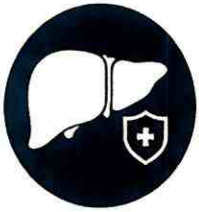




KNOW VIRAL HEPATITIS



— HEPATITIS A, B, C, D & E —



HEPATITIS A

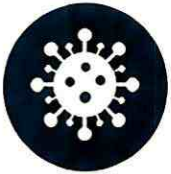
A highly contagious liver infection spread through contaminated food and water. Usually a mild disease in most cases and recovers without going to chronic infection.



HEPATITIS B & C

A serious liver disease. Chronic infection is common leading liver cirrhosis and liver cancer. Vaccine is available for prevention.

- Contaminated blood and blood products
- Infected mother to her new born child
- Sharing of infected needles and syringes
- Unsafe sex
- Accidental needle prick injury from a known Hep B infected patient



HEPATITIS D

Infection occurs in the presence of Hepatitis B. Modes of transmission similar with Hepatitis B & C.



HEPATITIS E

Transmitted through contaminated food and water. During pregnancy may be fatal.



HEPATITIS B

Available under UIP (Universal Immunisation Programme)



PREVENTION

- Safe & effective vaccine for Hepatitis B (HBV) available
- New born infants must be given birth dose of Hep B vaccine within 24 hrs of delivery
- HBIG available



TREATMENT

- **Hep A & E** – Supportive care and Symptomatic Management only
- **Hep C** – Medication can cure Hepatitis C. Medicine available free of cost at RIMS & JNIMS
- **Hep B** – Medicine available. It can be controlled

• — Get tested today at **RIMS**, Imphal — •



KNOW THE WARNING SIGNS

Early attention can make a difference.

- ! Yellowing of the skin or eyes (jaundice)
- ! Persistent fatigue
- ! Swelling of the abdomen or legs
- ! Dark urine
- ! Pale stools
- ! Persistent nausea
- ! Unexplained weight loss

SEEK MEDICAL EVALUATION

Talk to a healthcare professional if you notice these symptoms or have ongoing concerns.



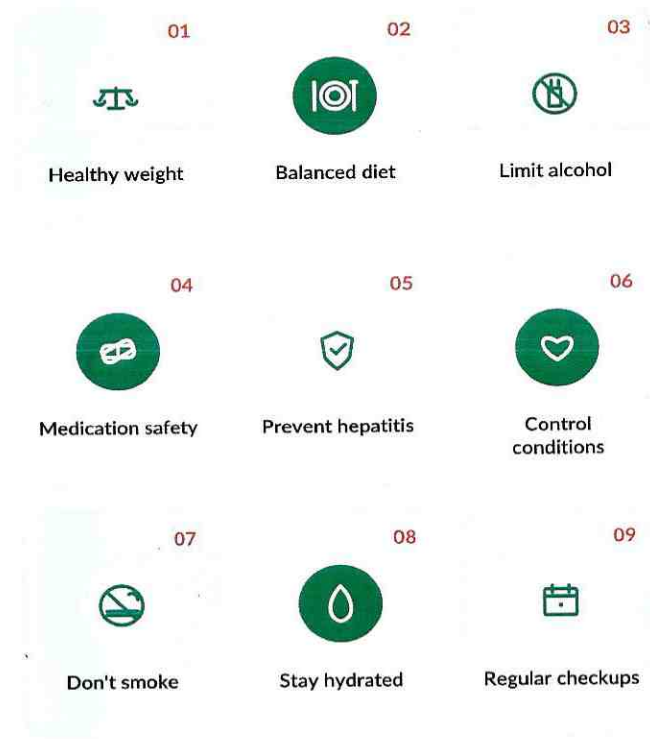
REGIONAL INSTITUTE OF
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In the service of humanity

9-POINT CARE PLAN

Everyday actions that add up

Keeping your liver healthy mostly comes down to habits that reduce unnecessary stress and support overall metabolic health.

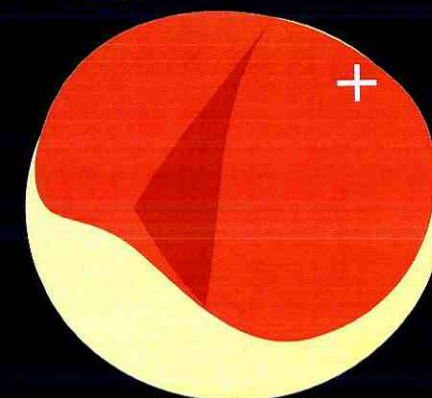


CONSISTENCY MATTERS MORE THAN PERFECTION



LIVER HEALTH

LOVE YOUR LIVER



Small habits. Lifelong protection.

A practical guide to everyday food choices, safer habits and timely health checks.

KEEP IT ACTIVE | KEEP IT PROTECTED

START HERE

Build the foundation

1

Maintain a healthy weight

Aim for regular physical activity and gradual, sustainable weight control.



2

Eat a balanced diet

Choose fruits and vegetables, whole grains, lean proteins such as fish or poultry, and healthy fats from nuts, seeds and olive oil. Limit sugary drinks and sweets, refined carbohydrates, fried or highly processed foods, and excess saturated fat.



3

Limit or avoid alcohol

Reducing alcohol lowers avoidable strain on the liver.



A SIMPLE PLATE GUIDE



Fill half with vegetables and fruit, then add whole grains and lean protein.

PROTECT IT

Reduce avoidable stress

4

Be careful with medicines and supplements

Do not exceed the recommended dose of acetaminophen (paracetamol). Avoid mixing medicines with alcohol unless advised by your doctor. Use caution with herbal supplements, because some can harm the liver.



5

Prevent viral hepatitis

Get vaccinated against hepatitis A and B when recommended. Practise safer sex, and avoid sharing needles or personal items such as razors that may have blood on them.



6

Manage related health conditions

Keep diabetes, high cholesterol and high blood pressure under good control. These conditions can affect long-term liver health.

SAFETY REMINDER

Always follow the dosage and advice given by a qualified healthcare professional.

KEEP GOING

Daily habits + smart checks

7

Don't smoke

Stopping smoking supports overall health and reduces avoidable disease risk.



8

Stay hydrated

Drink water regularly throughout the day.



9

Get regular checkups if you are at risk

Get regular checkups if you have diabetes, obesity, heavy alcohol use, hepatitis, or a family history of liver disease. Ask whether you need liver function tests or imaging.

FOODS ASSOCIATED WITH LIVER HEALTH

Add variety and keep portions balanced.



Coffee

2-3 cups daily, if caffeine is tolerated, has been linked with a lower risk of chronic liver disease.



Leafy green vegetables

A nutrient-dense choice for everyday meals.



Oats + high-fibre foods

Support a balanced eating pattern.



Fatty fish

Salmon and similar fish provide omega-3 fats.



Nuts

Walnuts and almonds are useful options.