

HEPATITIS is a term used to describe inflammation (swelling) of the liver. It can be caused due to viral infection or when liver is exposed to harmful substances such as alcohol. It may occur with limited or no symptoms, but often leads to jaundice, anorexia (poor appetite) & malaise.

## CAUSES

- Hepatitis viruses: Type A, B, C, D & E
- Bacteria like anaplasma, nocardia and many more
- Auto immune conditions: systemic lupus erythematosus
- Drugs: Paracetamol, amoxicillin, antituberculosis medicines, minocycline, etc.
- Metabolic diseases: Wilson's disease
- Other factors like alcohol, ischemic hepatitis (circulatory insufficiency)

## SYMPTOMS

- Muscle & joint pain
- High fever 38°C/ 100.4°F or above
- A general sense of feeling unwell/ tired all the time
- Headache, Jaundice

## DIAGNOSIS (Biochemical assessment of liver function)

- Bilirubin, alanine aminotransferase (ALT), aspartate aminotransferase (AST), alkaline phosphatase, prothrombin time, total protein, albumin, globulin, complete blood count & coagulation Hepatitis A, B,C,D, E diagnosis depends on demonstration of specific antigen and/or antibody detected by an ELISA.
- Liver biopsy tests are also conducted to know the extent of liver damage.

## TRANSMISSION

HEPATITIS	A & E	transmitted by fecal or oral route & contracted through contaminated drinking water/food & sewage.
	D	responsible for propagation of contamination in humans.
	B & C	transmitted through body fluids like, saliva, blood products, semen.

## TREATMENT

Hepatitis A & E get well on their own after a few weeks

Hepatitis B is treated with drugs

Hepatitis C is treated with a combination of drugs

Bed rest, refrain from alcohol & take medication to relieve symptoms

## Medical Nutrition Therapy



Aims to regenerate liver cells as quickly as possible with a balanced diet

- Select food from all food groups to meet up the daily requirement and support healthy weight maintenance
- Include lean protein and limit saturated fats in each meal
- Ensure food is well cooked, safe and hygienic
- Alcohol and tobacco consumption is strictly prohibited

## PREVENTION

- Eat healthy diet and get regular exercise
- Immunization is important
- Don't share needles used for diagnostic procedures, medications or tattoo purpose
- Don't share personal items such as toothbrushes, razors & nail clippers with an infected person
- Follow safe sex to lower the risk of transmission
- Frequent hand washing after going to the washroom & before handling food or eating

**Right Nutrition is Important  
Consult a Qualified Dietitian**

### REFERENCES:

1. <https://www.niddk.nih.gov/health-information/liver-disease/viral-hepatitis/hepatitis-a>
2. <https://www.hepatitis.va.gov/cirrhosis/patient/nutrition-ald.asp>
3. <https://medlineplus.gov/ency/article/000278.htm>

Issued in Public Interest by:

**INDIAN DIETETIC ASSOCIATION (IDA)**