



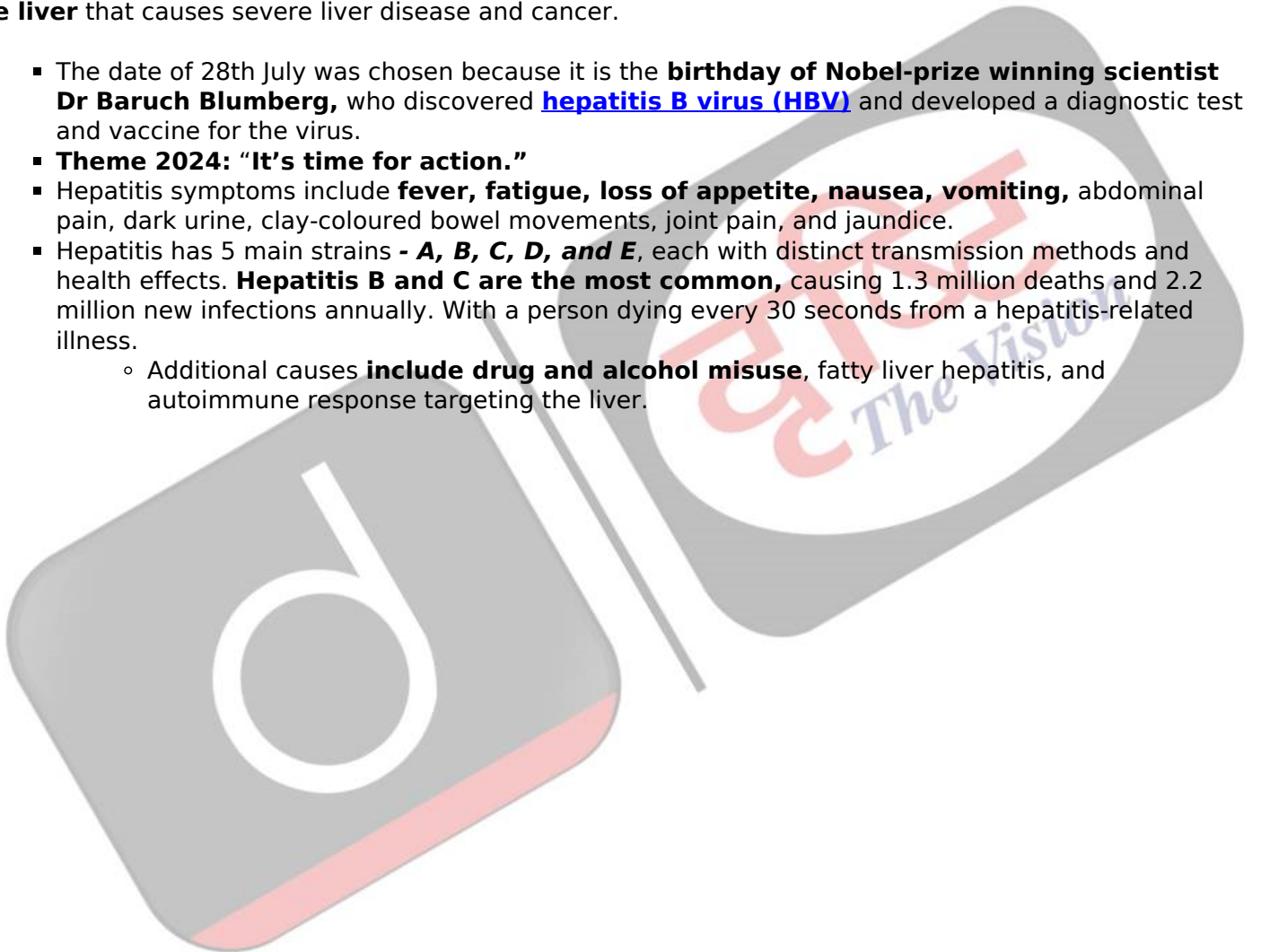
## World Hepatitis Day

[Source: HT](#)

[World Hepatitis Day](#), observed on 28th July, raises awareness of **viral hepatitis**, an **inflammation of the liver** that causes severe liver disease and cancer.

- The date of 28th July was chosen because it is the **birthday of Nobel-prize winning scientist Dr Baruch Blumberg**, who discovered [hepatitis B virus \(HBV\)](#) and developed a diagnostic test and vaccine for the virus.
- **Theme 2024: "It's time for action."**
- Hepatitis symptoms include **fever, fatigue, loss of appetite, nausea, vomiting**, abdominal pain, dark urine, clay-coloured bowel movements, joint pain, and jaundice.
- Hepatitis has 5 main strains - **A, B, C, D, and E**, each with distinct transmission methods and health effects. **Hepatitis B and C are the most common**, causing 1.3 million deaths and 2.2 million new infections annually. With a person dying every 30 seconds from a hepatitis-related illness.
  - Additional causes **include drug and alcohol misuse**, fatty liver hepatitis, and autoimmune response targeting the liver.

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# Types of Hepatitis

	TRANSMISSION	PREVENTION	TREATMENT
Hepatitis A	Eating contaminated food or drinking contaminated water	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Vaccine</li> </ul>	No treatment
Hepatitis B	Through contact with the blood or bodily fluids of an infected person	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Vaccine</li> <li>• Blood screening</li> </ul>	<ul style="list-style-type: none"> <li>• Alpha interferon</li> <li>• Peginterferon</li> </ul>
Hepatitis C	Blood-to-blood contact	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Avoid sharing needles, toothbrushes, razors or nail scissors</li> </ul>	Direct-acting antiviral drugs
Hepatitis D	Contact with infected blood (only occurs in people already infected with hepatitis B)	<ul style="list-style-type: none"> <li>• Hepatitis B vaccine</li> <li>• Avoid sharing needles, toothbrushes, razors or nail scissors</li> </ul>	Interferon
Hepatitis E	Eating contaminated food or drinking contaminated water	<ul style="list-style-type: none"> <li>• Practicing good hygiene</li> <li>• Avoid drinking water that has come from a potentially unsafe source</li> </ul>	No treatment

## ▪ Initiatives to Tackle Hepatitis:

- India: [National Viral Hepatitis Control Program](#) (eliminate viral hepatitis as a public health threat in the country by 2030), [India's Universal Immunization Programme \(UIP\)](#) (offers free vaccination including Hepatitis B).

Global: [World Health Organization \(WHO\)](#) Elimination of hepatitis by 2030 (reduce new hepatitis infections by 90% and deaths by 65% between 2016 and 2030).

Read more: [Global Hepatitis Report 2024](#)

PDF Reference URL: <https://www.drishtias.com/printpdf/world-hepatitis-day-3>