

# Moms with HBV

## You're important to do!

### Remember to get screened for liver disease

You probably have no symptoms and feel healthy, but are still at increased risk for liver damage or liver cancer. However, regular screening and appropriate treatment can reduce this risk and help you lead a normal, healthy life. Ask your doctor for the following tests:

| Every    | Test           | Screens for  |
|----------|----------------|--------------|
| 6 months | ALT blood test | liver damage |
|          | AFP blood test | liver cancer |
| 1 year   | ultrasound     | liver cancer |

### Don't rush into treatment

Not every person with chronic HBV infection needs treatment. But if your ALT level is elevated, treatment with antiviral medication may be appropriate.

Be sure to review all medications with your doctor. Even some over-the-counter or herbal medications can injure your liver.

### Get the hepatitis A vaccine

### Avoid drinking alcohol

### Protect your loved ones

Make sure your family and partner are tested for HBV, and vaccinated if they are not already protected.

Your local health department may contact you to ensure your baby is fully protected against HBV.

## Unite against HBV.



The **Jade Ribbon** is folded like the Chinese character for people “人” to symbolize the united voices of those fighting hepatitis B and liver cancer worldwide.



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# Hepatitis B & Moms-to-Be



## HBV and Moms-to-Be

- ♥ Hepatitis B (HBV) is the most common serious viral infection of the liver, and can lead to premature death from liver cancer or liver failure.
- ♥ In the U.S., approximately 10-15 people die every day as a result of HBV infection.
- ♥ Hepatitis B can be transmitted from an infected mother to her child during the birthing process.
- ♥ Newborns who become infected with HBV have a 90% chance of developing chronic (lifelong) infection.

Fortunately, HBV can be prevented with a very safe and effective vaccine.

### Ask your doctor for the results of your HBV test

Most people with chronic HBV infection have no symptoms. As an expecting mother, you should have already been tested for HBV with the following blood test:

- ♥ **Hepatitis B surface antigen (HBsAg):**  
Tells if you have chronic hepatitis B (also known as being a hepatitis B carrier).

## Protect yourself and your baby with the first "anti-cancer vaccine"

### If you have not been infected, get vaccinated

Hepatitis B can still be transmitted through unprotected sex and contaminated blood (sharing toothbrushes, razors, or needles for tattoos/piercings).

The 3 shots given over 6 months are safe, even during pregnancy. The hepatitis B vaccine is so effective in preventing HBV and liver cancer that it is known as the first "anti-cancer vaccine."

### Make sure your baby is vaccinated at birth

Since 1991, U.S. national guidelines have recommended that all newborns be vaccinated against HBV. The 3 shots can protect your baby for life against hepatitis B, reducing the risk of liver cancer and liver damage in the future.

| Time       | Infant should receive             |
|------------|-----------------------------------|
| At birth   | birth dose of hepatitis B vaccine |
| 1-2 months | 2nd dose of hepatitis B vaccine   |
| 6 months   | 3rd dose of hepatitis B vaccine   |

The vaccine is safe, even for premature babies.



## Take extra precautions if you are a mom with HBV

### During pregnancy:

Currently, antiviral HBV treatments are not recommended during pregnancy. If you are already on treatment, talk to your doctor.

### At time of birth:

In addition to the first shot of the hepatitis B vaccine, make sure your newborn receives the hepatitis B immunoglobulin (HBIG) shot.

| Time               | Infant born to mother with HBV should receive                                  |
|--------------------|--|
| <b>At birth</b>    | birth dose of hepatitis B vaccine <b>and</b> hepatitis B immunoglobulin (HBIG) |
| 1-2 months         | 2nd dose of hepatitis B vaccine  |
| 6 months           | 3rd dose of hepatitis B vaccine  |
| <b>9-18 months</b> | <b>HBsAg and anti-HBs* tests to confirm that your child is protected</b>       |

\* The hepatitis B surface antibody (anti-HBs) blood test checks for protection against HBV.

**Cesarean sections** (C-sections) have not been found to prevent HBV transmission from mother to child. Hepatitis B vaccination along with the HBIG shot is the best way to protect your newborn against HBV infection.

### In the first 6 months:

It is critical for your child to complete the hepatitis B vaccine series on time. This will be more than 95% effective in protecting your newborn against HBV infection.

**Breastfeeding** is safe for your baby. HBV is not transmitted through breast milk.