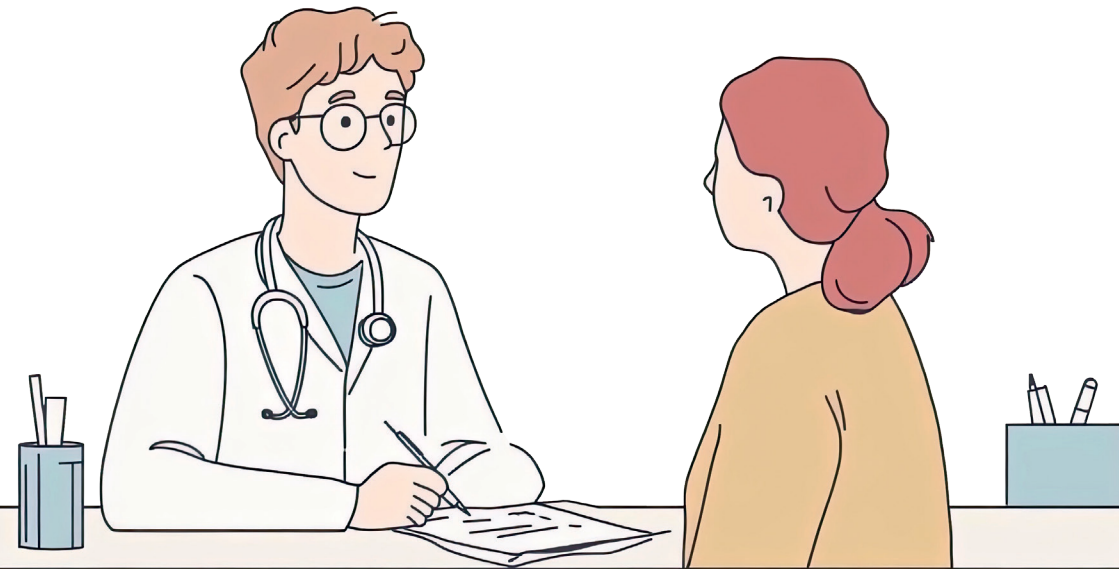


Answers to your questions
about

HEPATITIS DELTA

Take care of your liver



GILEAD

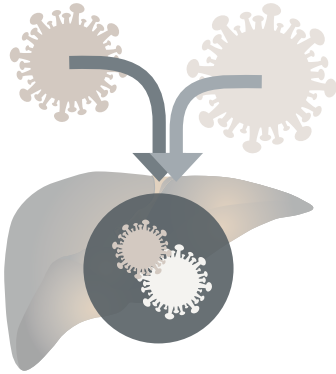
Creating Possible



WHAT IS HEPATITIS DELTA?



Hepatitis Delta (or hepatitis D) is a **chronic inflammation of the liver** caused by the **infection of two viruses**, the hepatitis B virus (HBV) and the hepatitis D virus (HDV)^{1,2}



The **HDV cannot cause the infection on its own**, indeed, in order to multiply in liver cells, **it needs the presence of HBV**^{2,3}



Routine testing

It is essential that **all patients with hepatitis B** and **most at-risk subjects** undergo **frequent testing** for HDV, in order to **diagnose the disease as soon as possible** and **avoid severe liver damage**⁴



Anyone with hepatitis B is at risk of hepatitis D²



HOW IS IT TRANSMITTED?



Hepatitis Delta is transmitted through **contact with blood and other body fluids** of an infected person⁶

This can occur through:^{2,5}



infected
needlesticks and
sharp objects



sharing personal
items (e.g. razors
and toothbrushes)



sharing needles,
syringes



birth by an
infected mother



unprotected
sex



piercings and tattoos
performed with
non-sterile instruments



Hepatitis Delta does not spread through food or water, sharing cooking utensils, breastfeeding, hugging, kissing, shaking hands, coughing, or sneezing⁵



WHAT ARE THE SYMPTOMS?



The infection **does not often cause noticeable symptoms**; these can include:²

- muscle and joint pain
- fever
- malaise
- exhaustion
- loss of appetite
- abdominal pain
- itching
- dark urine and pale faeces (grey colour)
- jaundice (yellow eyes and skin)



Even in the absence of symptoms, **all persons with HDV can transmit the infection**²

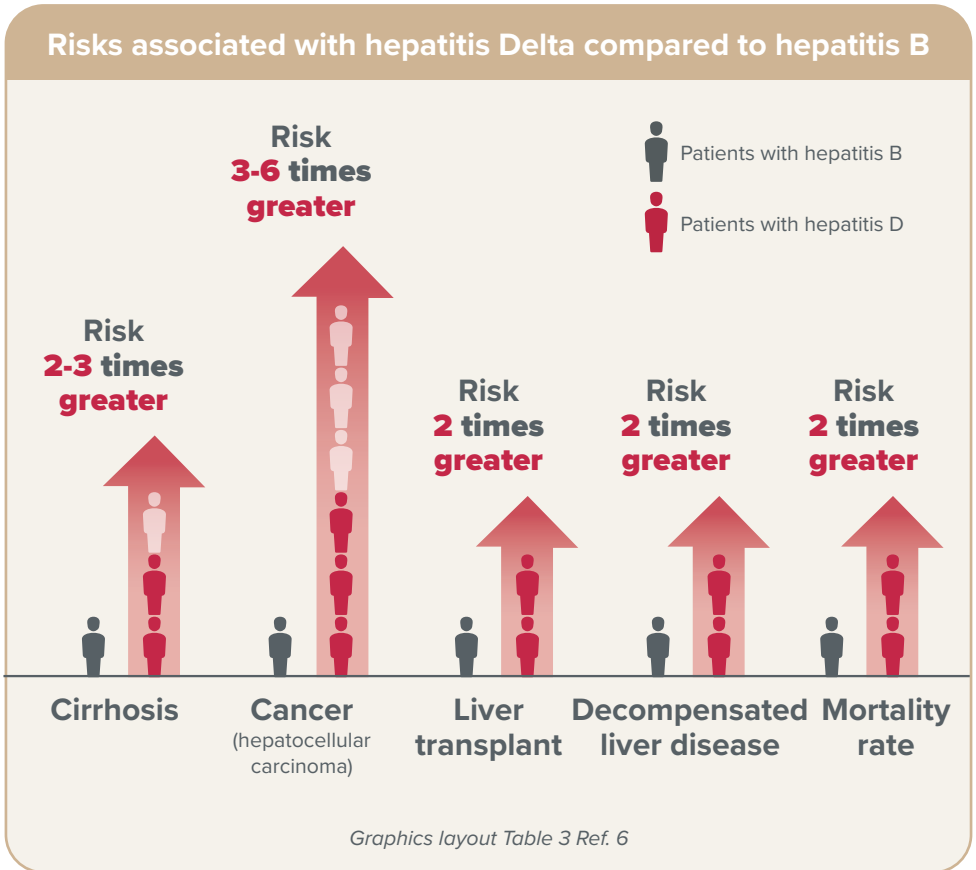


WHAT ARE THE POSSIBLE COMPLICATIONS?



Hepatitis Delta is the **most severe form of viral hepatitis**¹

Complications, such as cirrhosis and cancer, **often require a liver transplant** or **can cause patients to die**, even at a young age¹



Having hepatitis Delta has **more serious consequences** than hepatitis B⁷



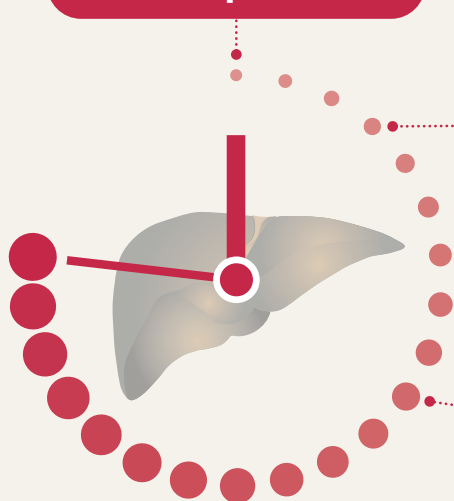
HOW QUICKLY DOES THE DISEASE PROGRESS?



Hepatitis Delta is characterised by a more **rapid progression than hepatitis B**^{7,8}

Time to disease progression

Chronic hepatitis Delta



Cirrhosis

within 3.5 years
in 54% of cases⁷

Cancer
(hepatocellular carcinoma)

within 10 years
in 14% of cases⁷

Graphics layout from text Ref. 7



Hepatitis Delta is characterised by an accelerated course towards liver complications, so that **it is important to undergo diagnostic testing** and **to contact the specialist reference centre**^{7,9}



HOW IMPORTANT IS IT TO REFER TO YOUR GASTROENTEROLOGIST, INFECTIOUS DISEASE SPECIALIST AND HEPATOLOGIST?



Trust your Doctor, **they will take care of you!**

Your Doctor **will evaluate the disease and will help you understand and manage it** through clear and simple information^{1,4}



You **will be given all the instructions you need to correctly follow therapies**



HOW IMPORTANT IS FOLLOWING A CORRECT LIFESTYLE?



In addition to therapies, it is very important to have a **healthy lifestyle**, to **promote the proper functioning of the liver:**^{4,9}



avoid alcohol



dedicate yourself to your interests



make time for meditation



engage in daily physical activity



eat a healthy diet



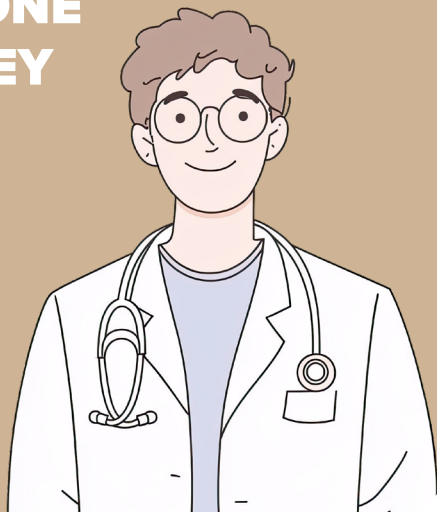
keep a positive attitude



Always follow your Doctor's instructions, **do not skip the prescribed doses** and **do not interrupt the therapies** of your own initiative

YOU'RE NOT ALONE IN YOUR JOURNEY WITH HEPATITIS DELTA

TALK TO YOUR
DOCTOR, TAKE
CARE OF YOUR
LIVER



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To view the manual
in additional languages,
scan the QR code or go to
www.prenditicuradeltuofegato.it



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