

Hepatitis A virus is passed in the feces (stool) of the infected person. Hepatitis A can also be spread through contaminated food or water. This can happen when fruits and vegetables are grown or handled in unsanitary (dirty) conditions or when human waste gets in the water supply. In the US, drinking water is purified so that hepatitis A virus is killed before it enters the water supply.

The most common ways that people get hepatitis B are sexual contact with a person infected with hepatitis B, exposure to needles, medical or dental procedures where instruments are contaminated with hepatitis B virus, or when a mother passes hepatitis B to an infant at birth. In the US, activities that can increase a person's risk of getting hepatitis B include but are not limited to: sexual contact with a person infected with hepatitis B. Other ways include:

- Using injectable illegal drugs and/or sharing needles
- Getting a tattoo or body part pierced or having acupuncture

Hepatitis C—sometimes called HCV—is a virus that leads to inflammation of the liver. The virus causes the immune system to attack healthy liver cells. Ways to contract Hepatitis C are sharing dirty needles or straws for drug use, Tattoos done with contaminated needles or by a nonprofessional, Blood transfusions and organ transplants (infections caused this way are much less common in the United States since 1992), Mother-to-child transfer at birth, Hemodialysis, Sexual contact with someone who has hepatitis C (in rare cases) The disease affects about 3.2 million people in the United States. For every 100 people with the virus, 75 to 85 will develop chronic Hepatitis C. Of the people with chronic Hepatitis C:

- 60% to 70% will develop chronic liver disease
- 5% to 20% will eventually develop cirrhosis
- 1% to 5% with cirrhosis will develop liver cancer each year

For more information please visit the CDC website: <http://www.cdc.gov/hepatitis/>



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Compatible Home Care Agency also holds an Alzheimer's support group in the main office once a month and also holds educational seminars on various diseases and conditions for community members. Please feel free to contact our office for further information.

