

# World Hepatitis Day, 2021

July 30, 2021

## In news

World Hepatitis Day is celebrated every year on July 28.

## About World Hepatitis Day

- It intends to spread awareness about viral hepatitis, an inflammation of the liver that can cause severe liver disease and hepatocellular cancer.
- This day is marked on July 28 on the birthday of Nobel Prize-winning scientist Dr Baruch Blumberg to honour him.
- He discovered the Hepatitis B virus (HBV).
- He also developed a diagnostic test and vaccine to treat the Hep-B virus.
- **Theme** – This year the theme is ‘Hepatitis Can’t Wait’, conveying the urgency of efforts needed to eliminate hepatitis as a public health threat by 2030.

## Fact sheet on the disease

- WHO has identified hepatitis as a **major health concern for India**.
- As per WHO, in India 2020, about 4 crore people were chronically infected with hepatitis B, and 60 lakh to 1.2 crore people with hepatitis C.
- According to the Indian Journal of Medical Research, in India, about 2,50,000 people die of viral hepatitis or its sequelae every year.
- **Together, hepatitis B and C are the most common** which result in 1.1 million deaths and 3 million new infections per year.

## About Hepatitis

- Hepatitis refers to a highly contagious liver infection

that causes an inflammation of the liver in which tissues react to irritation or injury which generally results in swelling and pain.

- Hepatitis is a group of **infectious diseases known by its various variants, like A, B, C, D, and E.**
- Hepatitis is commonly **caused by a viral infection**, but there are several risk factors, such as excessive consumption of alcohol, toxins, some medications and certain medical conditions.

## Types of Hepatitis

There are 5 viruses that can cause viral hepatitis. These include:

Disease	Pathogen	Symptoms	Incubation period	Method of transmission	Diagnostic test
Hepatitis A	HAV, Picornaviridae	Fever, headache, malaise, jaundice	2-6 weeks	Ingestion	IgM antibodies
Hepatitis B	HBV, Hepadnaviridae	Severe liver damage, chronic disease occurs	3-26 weeks	Parenteral, sexual contact	IgM antibodies
Hepatitis C	HCV, Flaviviridae	Same as HBV, more chronic	2-33 weeks	Parenteral	PCR of viral RNA
Hepatitis D	HDV, Deltaviridae	Severe liver damage, high mortality rate	6-26 weeks	Parenteral, when co-infected with HBV	IgM antibodies
Hepatitis E	HEV, Caliciviridae	Pregnant women may be at high risk and show high mortality, not chronic disease	2-6 weeks	Ingestion	IgM antibodies, PCR of viral RNA