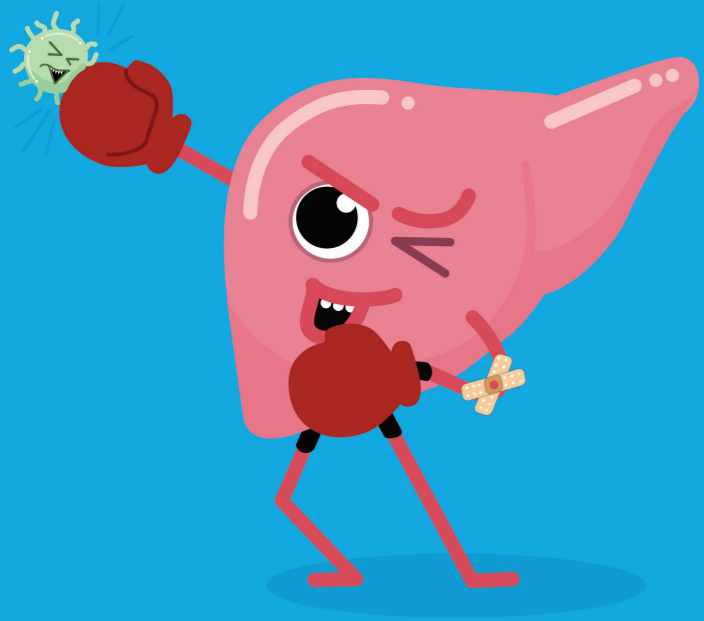


Hepatitis B



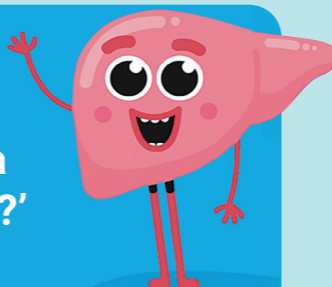
Zeitung dah na thin hi a biapi mi a si?

Zeitung poah te kan ei, kan din mi hi kan chung lei um mi kan thin (liver) tiang ah a kal dihi mi a si. Na taksa nih thil (chemicals) a tongh mi le cun sivai phun a si mi si lo ah thli thur kan dawp mi zong khi kan pum chung i a um mi kan thin tiang a kal dihi mi si.

Kan thin hi kan pum a tthatnak ding caah rian phun 500 hrawng a tuan mi a si. Thil phunhni a bia pi deuh in a ttuan mi cu kan thi a thianh mi le rawlriak caah a si. A ngan dam mi thin nih cun kan thazaang a bawmh, pornak (infection) a doh, cun kan pum caah thil thalo kha a hlauh tlaw ter hna.

Asinain, a rawk mi thin nih cun mah a cung lei rian a ttuan mi hna hi ttha tein a tuah kho hna lo. Cu caah kan thin a ngam dam mi a sinak ding hi a herh ngaingaimi a si.

Rian a har bikmi a ttuan mi na thin kha 'NA DAM NAW?' Tiah ti tuah.



Thin a sining pawl

- Pum chung riantuantu thil pakhat lak ah a ngan bik.
- Na pum orhle i na hnakruh hnulei ah a um.
- A ngandam mi liver tissue (thin tisa) sinak ding caah a mah le mah aa remh i a thar in aa ser kho tthan.
- Na pum chung ah a thau mi thil pawl kha a dawp i cun a fa tein a tthencheu hna.
- Minit pakhat chung ah thisen (blood) 1.5 litres na thin ah a kal.

Thlopbul Ning

Caan saupi zawtnak a si cang mi hepatitis B zawtnak caah cun a ttha mi thlopbulnak le zohkhenhnik nih mah zawtnak tthanchnak hi a zor ter khawh.

Caan saupi zawtnak a si cang mi hepatitis B zawtnak a ngei mi poah nih hin hi thlopbulnak hi an herh dihi lem lo, a ruang cu mi cheukhat chung ah cun zawtnak rungrul (virus) hi a tlawm te lawng in a um. Asinain a hopaoh mah zawtnak a ngei mi nih cun caan hman tein an thin caah siibawi te sin ah an i zohter lengmang ding kha a biapi ngaingaimi a si.

Thlopbul ning ah aa tel mi cu sii (medication) pakhat a si mi (anti-viral) kha asi. Mah sii nih hin mah zawtnak hi a damter dihi tak tak lai lo nain a karh lonak ding ah a bawmh i a nuar ter fawn. Cun mah thin zawtnak ngeihnak lam a tlawmter deuh.

Mah sii hi nifatein din ding a si, cun kum khat si lo ah a tam deuh zong in din a si tawn. Sii din ding mi cu na zawtnak he aa tlak ning in, cun hlanlio na sii din mi pawl le a tulio na din mi cung ah a hngat. Siibawi te nih na din ding mi sii cu an in chimh lai.

Na lungretheih ah cun

Na thin a rian tuan ningcang ah na lungretheih ah cun, na siibawi te kha chimh le i hneksak(test) ter khawh a si.

Na thin thlopbul na herh a si ahcun na siibawi te nih sii din awk an in pek lai i na thin riantuan ning cang a than cho le cho lo caan hman tein an zoh lai.

Hepatitis B zawtnak caah thin thlopbul lei ah Medicare in man tlawm tein tuah khawh a si.

Na siibawi te nih thin lei in thiamcawnnak sang deuh a ngeimi (specialists) pawl sin ah an in pektlai ter khawh.

Hepatitis Victoria website ah thin lei in thiamcawnnak sang deuh a ngeimi (liver specialists) pawl le thin zohkhenhnik hmun pawl (update tuah lengmang mi) zoh khawh an si.

Lungdamnak lei le adang lei in bawmhchanhnik na herh ah cun na hawi siloah na chungkhar kha chimh hna. Cun ngandamnak ding caah rian a ttuan mi pawl zong chimh khawh an si thiam.

Ngan damnak ding caah tuah ding mi pawl

Hepatitis Victoria nih an tuah mi free app LiverWELL ah na thin a ngandam mi sinak ding ah tuah ding mi tam pi an ngei.



ei ding ttha mi: rawl ei tik ah thanthling raang le a thau mi aa tel mi i sum ding



thawhzaang ttha mi: nifatin te pum ngamdarnak ding caah exercise tuah ding



lungthin caah ttha mi: lungduhnak(emotionally) he aa pehtlai mi, na thlarau (spiritually) ca he aa pehtlai mi, cun na takpum (physically) ca he aa pehtlai mi nangmah nih ttha tein i zohkhenh ding



din hrial ding mi: zuu din lo ding

Tam deuh theih hngalh na duh ah cun www.liverwell.org.au ah len khawh si cun LiverWELL app zong download khawh a si



Bawmh chanhnik

Hepatitis Infoline - Call 1800 703 003

Na lungretheihnak vialte a man lo tein le ho theih lo ding a thiam ngaingaimi (trained professionals) mi sin ah chawh khawh an si.

A tthahnemmi websites pawl

www.liverwell.org.au

www.hepvic.org.au

www.loveyourliver.com.au

www.cancervic.org.au

www.health.gov.au

www.betterhealth.vic.gov.au

LiverWELL
Incorporating HEPATITIS VICTORIA

www.hepvic.org.au

info@hepvic.org.au

Hepatitis Victoria nih tuah mi a si. Mah theihhngalhnak kan rak ttial mi hi a huap pi in rak ttial mi a si caah na siibawi te kha thuk deuh le fiang deuh in hal ah a ttha.

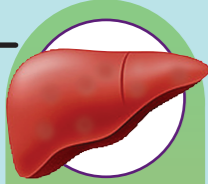
Hepatitis B hi zeidah a si?

Hepatitis cu zeidah i chawnh khawh si?

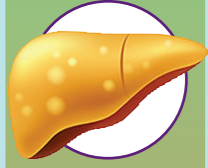
Hneksaknak

Na Thin

A tthanchon ning hi kum 20-30 a rau kho mi a si



A phing lai



A hak lai i hmape ah aa cang lai



Hmape chia/tha lo tak mi ah aa cang lai



Thin khensar



Thin rian ttuan kho ti lo

Hepatitis B cu thisen in i chawnhkhawh (blood borne) mi zawtnak a si i kan thin kha a phin ter.

Thlobbul lo ah cun, hepatitis B nih na thin titsa (liver tissue) kha hmape ah a can ter i a hah ter khawh. Mah a can tik ah min an bunh mi cu fibrosis ti a si. Hmape chia/tha lo tak mi aa can ah cun cirrhosis tiah auh a si. Mah hmape ah aa can ah cun na thin kha ttha tein rian a ttuan kho ti lo.

Thlobbul lo mi hepatitis B cu thin rawhnak tiang a chuak kho cun thin khensar (liver cancer) tiang in a cang kho mi thil a si.

Hmelchunnak

A caan ah cun Hepatitis B a ngeimi chung ah hmelchunnak zong a lang tawn lo. Nain Hep B langhnak ah aa tel mi pawl cu:

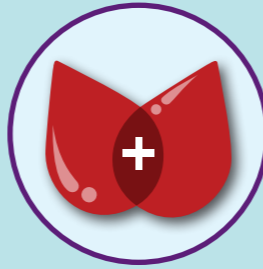
- na tha a baa lai/na tha a dii lai
- na lung a mit lai cun rawl duhnak a zor lai
- tlangrai bantuk langhnak a um lai
- tak aihre zawtnak (na mit le na tak aihre zawng ah aa thleng lai)
- na paw le na hnakruh hrawng ah fahnak a um lai

Thawng ttha a si!

Sii bawi sin ah caan hman te in i zohter le sii a ttha mi din ah cun thin zawtnak ngeihnak ding a zor ter khawh.

Hepatitis B cu mi thisen tongnak a um ah cun i chawnh khawh a si cun nu le pa sualnak tuahnak zong in a chuak kho.

Cu si caah hepatitis B zawtnak mi thisen/nu le pa sual tuahnak nih mi dang tak pum chung ah a luh ah cun a chawnh khawh hna.



Khulreng deuh in i chawnh khawhnak

- nu le pa sualnak
- nu nih fa a hrin tik ah
- sii chunhnak thilri pawl i hrawm tik ah
- tattoo suai le pum ah tonh mi tthim a thiang lo mi in
- ram thangcho lio mi ram ah thi rawnh le sii lei i thlobbul tik ah
- Australia ram chung um 1990 hlan ah thi aa rawnh mi paw

Khulnuar deuh in chawnh khawhnak

- tthim chunhnak i khawnnak um tik ah
- i velh tik i thisen a chuah tik ah
- ha ttawlnak le hmulziahnak pawl i hrawm tik ah
- hnuk tinh tik ah

Hepatitis B cu mah hna pawl hin chawnh khawh si lo

- hathionak in
- i hnamhnak in
- khuhnak in
- i kuhnak bu in
- rawk einak keu le rawl i hrawm in

Hepatitis B hneksaknak ding caah thi chek (blood test) a hau. Zei GP chungkhar siibawi (family doctor) poah nih an tuah khawh ko.

HEP B HNEKSAKNAK A PHICHUAK NIH NA NGEIH LE NGEIH LO A FIAN TER LAI...

Atu lio ah Hep B na ngei		Zawtnak in khamhnak (sii chunhnak)	Zawtnak in khamhnak (a luancia pornak)	Zawtnak khamhnak a um lo
Voihnihnak Hep B hneksaknak (thla 6 rau hnu ah). Hneksaknak kha i tuah tthan law Hep B na ngeih le ngeih lo (thla 6 leng si i na ngeih ah cun na pum nih a tei kho lo tinak si)		Sii naa chun cang i hep B in khamh na si cang. Hep B na ngei kho ti lo.	Hep B in khamh na si. A luancia caan ah Hep B na ngei nain na pum nih a tei cang. Cucaah hep B na ngei kho ti lo.	Hep B na ngei lo nain sii naa chunh lo caah na ngei kho ko.
Caan sau pi zawtnak si cang mi Hep B zawtnak Hep B kha thla 6 leng na ngeih ah cun, na nun chung tiang na ngei lai tinak si.	Hep B a pornak kha a thiang Hep B kha na ngei ko nain na pum nih a tei khawh. Cucaah, Hep B kha na ngei kho ti lai lo.	Tuah ding um ti lo Hep B in huhphenh na si cang. Hep B na ngei kho ti lo.	Na chungkhar bal hep B an ngei kho. Hneksaknak tuah ding in fial ve hna.	Hep b caah sii i chunh Siibawi si lo ah siinn sayama (nurse), cun a dang si chunhnak hmum pawl kha chawn hna law sii i chun.
Thla 6 leng mang siibawi i zohter ding. Na ih pi (nu le pa sinak tuah) hawi pawl, cun na chungkhar zong kha Hep B an ngei kho ve. Hneksaknak tuah ding in fial ve hna.	Nain na ih pi (nu le pa sinak tuah) hawi pawl, cun na chungkhar zong kha Hep B an ngei kho ve. Hneksaknak tuah ding in fial ve hna.			

Sii chunhnak

Hep B zawtnak hi lo lak in damh khawh mi a si ri h lo nain him te le a ttha mi sii chunhnak nih cun a khamh khawh ko. Upa nih mah zawtnak Hep B huhphenhkhawhnak ding caah sii voi 3 i chunh a hau. A tang lei ah i chunh ding caan kan langhter lai:

Upa Sii Chunhnak

Thla 0 (sii i chunhni)	>	voi 1nak sii i chunhnak
Thla 1	>	voi 2nak sii i chunhnak
Thla 6	>	voi 3nak sii i chunhnak

Khamh Ning Cang

Hep B huhphenhkhawhnak caah bawhte le hngakchia hna nih voi 4 tiang sii i chunh an herh. Bawhte nih a chuah sin in nazi 24 chung ah sii i chunh ding a si.

Hngakchia Sii Chunhnak

Chuah kaa	>	voi 1nak sii i chunhnak
Thla 2	>	voi 2nak sii i chunhnak
Thla 4	>	voi 3nak sii i chunhnak
Thla 6	>	voi 4nak sii i chunhnak

*Ram chung si chunhnak program ah aa tel mi chung in Australia hngakchia a chuak mi cu Hep B sii chunhnak an ngei.