



Health Reminder Card for Hepatitis B Carriers

- ☆ A hepatitis B carrier refers to a subject who is infected with hepatitis B virus (HBV) and the virus remains hidden in the body after infection. Anyone who remains HBsAg-positive or HBV DNA-positive for more than 6 months is considered as a hepatitis B carrier. Hepatitis B carriers are at risk of developing liver cirrhosis and hepatocellular carcinoma (HCC), regardless of their liver function.
- ☆ Hepatitis B carriers should firstly receive liver function tests and ultrasound examination, those having normal liver function are advised to follow up liver function tests and ultrasound examination every 6-12 months. For patients with abnormal liver function, the doctors will determine the interval of follow-up examinations. Not all hepatitis B carriers require medical treatment, and the doctors will make therapeutic decisions on the basis of clinical data. It is known that appropriate follow-up and medical treatment significantly reduce the risk of liver cirrhosis and HCC development.



☆ What should hepatitis B carriers know :

- Hepatitis B carriers must follow medical advice to receive blood tests and ultrasound examination.
- Consult qualified medical personnel when ill. Do not take patent medicines or folk prescriptions that might injure the liver further.
- Hepatitis B carriers must not donate blood or share toothbrushes, razors or personal items with others.
- The spouse or sexual partners of a hepatitis B carrier should be tested for hepatitis B markers. Unexposed individuals are advised to receive hepatitis B vaccination.

☆ Ministry of Health and Welfare has implemented the “**National Health Insurance Program: Reinforced Treatment for Patients with Chronic Hepatitis B and C**” since October, 2003. For more information, please visit the National Health Insurance Administration website at <http://www.nhi.gov.tw>

☆ For more information on infectious diseases, please visit the Taiwan Centers for Disease Control website at [http : //www.cdc.gov.tw](http://www.cdc.gov.tw) or call the toll-free Communicable Disease Reporting and Consultation Hotline at **1922**.