



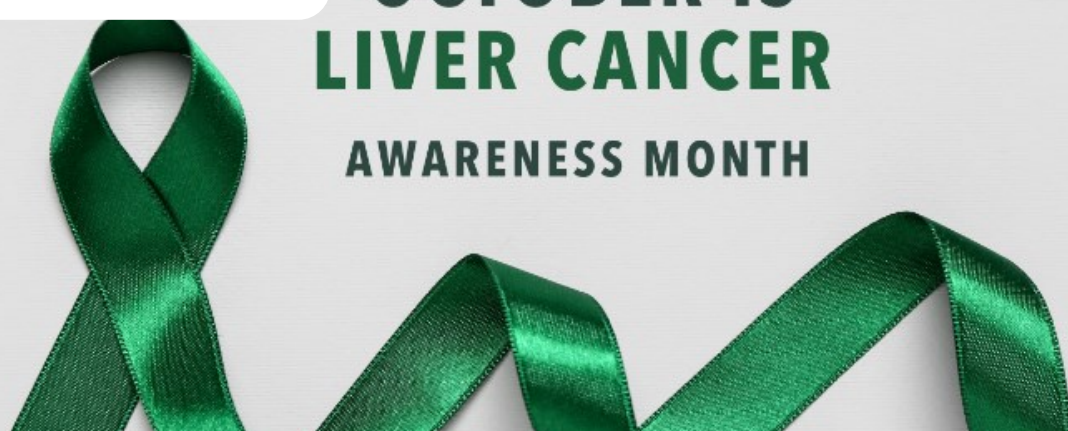
**Indiana
Department
of
Health**

Viral Hepatitis Newsletter

October 2023

Spotlight

OCTOBER IS LIVER CANCER AWARENESS MONTH



#Octoberis4Livers

October is Liver Cancer Awareness Month! Liver Cancer Awareness Month aims to raise awareness about liver cancer, which is the third deadliest cancer in the United States. The American Cancer Society estimates that 41,210 adults will be diagnosed with liver cancer in 2023, and since 1980 the incidence of liver cancer has more than tripled. According to the Center for Disease Control and Prevention (CDC) hepatitis B and C are the major causes of chronic liver disease and liver cancer, approximately 65% of liver cancer cases are related directly to hepatitis B or C, with nearly 50% related to hepatitis C alone.

[CLICK THIS LINK](#)

How Can We Prevent Liver Cancer?

The most significant risk for liver cancer is chronic infections with the hepatitis B and C virus. Many liver cancers could potentially be prevented by:

- Hepatitis B vaccine
- Screening and testing for hepatitis B and C infections
- Treating chronic hepatitis B and C
- Limiting alcohol and tobacco use
- Get to and stay at a healthy weight
- Limit exposure to cancer-causing chemicals
- Treat diseases that increase liver cancer risk

[CLICK THIS LINK](#)

Hepatitis B vaccine gives more than 90% protection to people who get the vaccine.

U.S. Department of Health and Human Services

Health Literacy Month

Health Literacy Month is celebrated every October, reminding us that health literacy affects everyone, it is important to have health information and a health system that are easy to understand and navigate. Health literacy matters because at some point in our lives we will need to be able to find, understand and access health information services or make important health care decisions.

This year the Office of Disease Prevention and Health Promotion is highlighting Healthy People 2030, and the [newly updated definitions for health literacy](#). Everyone, no matter how educated is at risk for misunderstanding complex health information, nearly 9 out of 10 adults struggle with health literacy according to the Center for Disease Control and Prevention (CDC).

To learn more about health literacy [CLICK THIS LINK](#)

Person First Language

Person first language is considered the most respectful way to address people with a diagnosis, disease, condition or disability; person first language puts the focus on the individual and not the diagnosis they might have.

Examples of Person First Language:

Try this:

- Person living with hepatitis B/C
- Person who has hepatitis B/C

Instead of:

- Carrier, contaminated, infected, diseased with hepatitis B/C

[CLICK THIS LINK](#)

October is Health Literacy Month!

Share your health literacy resources and use #HealthLiteracyMonth to follow the conversation.



ODPHP

Office of Disease Prevention and Health Promotion

Surveillance

2021 Executive Summary Reports for Hepatitis B and C in Indiana

The Executive Summary Reports of hepatitis B and hepatitis C in Indiana during 2021 have been added to the IDOH website. These reports contain information about the 2021 national and state rates, top risk factors reported, case disparities, and more. Please visit IDOH's Viral Hepatitis Surveillance website or the links below to review the reports:

- Hepatitis B in Indiana, 2021 Executive Summary Report: <https://www.in.gov/health/hiv-std-viral-hepatitis/files/2021-HBV-Epi-Profile-Sheet-FINAL.pdf>
- Hepatitis C in Indiana, 2021 Executive Summary Report: <https://www.in.gov/health/hiv-std-viral-hepatitis/files/2021-HCV-Epi-Profile-Sheet-FINAL.pdf>

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

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