

*Kalitheerthalkuppam, Madagadipet, Puducherry- 605 001* *The official podcast of*

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**Podcast Title: Hepatitis Awareness program**

**Department: Microbiology**

**Category: Public awareness**

### **TRANSCRIPT**

Hello everyone this is Dr. **Aswani**, from the department of Microbiology, and you are listening to a special podcast episode on the occasion of **World Hepatitis Day which falls on July 28<sup>th</sup> 2025**

**World Hepatitis Day** is observed every year on **July 28**. July 28 marks the birth anniversary of **Dr. Baruch Samuel Blumberg**, who discovered the **Hepatitis B virus** and also developed the **vaccine** for it. Therefore, this day is observed both to remember his achievements and to raise awareness about the **hepatitis virus**.

#### **What is Hepatitis?**

**Hepatitis is inflammation of the liver**, which is the largest organ in the human body.

The liver plays a crucial role in **digesting food, storing energy, and eliminating toxins** from the body, making it a vital organ.

## Types of Hepatitis:

Hepatitis is classified into the following types: **A, B, C, D, and E.**

- **Hepatitis A and E** — viruses spread through the **fecal-oral route**
- **Hepatitis B, C, and D** — spread through **blood and body fluids**, that is:
  - Unprotected sexual contact
  - Sharing needles or syringes
  - Transmission from infected mother to baby at birth
  - Accidental needle-stick injuries during treatment
  - Transfusion of previously untested blood.

## Symptoms of Hepatitis:

1. Joint pain
2. Tiredness, fatigue, fever
3. Vomiting and dizziness
4. **Jaundice** – Yellow discoloration of the eyes and skin; **dark-colored urine** and **pale-colored stools**
5. Abdominal pain – particularly pain in the **liver region** (upper right side of the abdomen)

## How do I know if I have hepatitis infection?

"A simple blood test can find out if you have a hepatitis infection. If the result is positive, additional tests will be needed to check the type and stage of the infection. These tests help doctors decide whether you need treatment or just regular monitoring."

## How can I avoid the infection?

### Hepatitis A Vaccine:

- Formaldehyde inactivated vaccine: it is given to children after 12 months of age. Single intramuscularly followed by booster at 6–12 months gap.
- Live attenuated vaccine: It is given as single dose, subcutaneously.

**Hepatitis B vaccines** are generally given to children as follows:

- At birth (first dose)
- 6 weeks (second dose)
- 10 weeks (third dose)
- 14 weeks (booster dose)

For **adults**, the hepatitis vaccine schedule usually includes **three doses**:

- First month (1<sup>st</sup> dose)
- Second month (2<sup>nd</sup> dose)
- Sixth month (3<sup>rd</sup> dose)

#### **Side Effects of the Vaccine:**

- Pain or redness at the injection site
- Mild fever
- Tiredness or drowsiness
- Headache
- Muscle or joint pain
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#### **PREVENTION:**

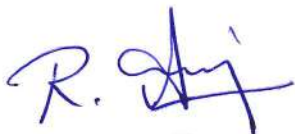
- Hand washing before and after use of toilet
- Sanitary disposal of infected fecal material by disinfection with 0.5% hypochlorite
- Screening of blood bags, semen and organ donors
- safe sex practices by using condoms
- safe injection practices—use of the disposable syringes and needles
- safe aseptic surgical practices
- Health education.
- Vaccination with hepatitis A and B

## Conclusion:

This is why the **World Health Organization (WHO)** wants to raise awareness about hepatitis because it is a **significant global health issue**. **More than 350 million people worldwide** are living with **Hepatitis B or C infections**. Many of them are **unaware of their infection**, and because of **delayed diagnosis**, their liver suffer with **severe damage**.

Let us remember that hepatitis is preventable, treatable, and in many cases, curable. Early diagnosis, timely vaccination, and raising awareness are our most powerful tools in fighting this silent threat. On this World Hepatitis Day, let's pledge to protect ourselves and our communities by spreading knowledge, encouraging testing, and eliminating stigma. Together, we can move toward a future free from hepatitis. **Know hepatitis, act now — because every life matters.** "From Awareness to Action: End Hepatitis"

Thank you!



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