

Happy World Hepatitis Day! July 28th is a day dedicated to raising awareness about viral hepatitis, which is an inflammation of the liver that can lead to severe liver disease and liver cancer, impacting individuals and communities. This year's theme, "Let's Break It Down," calls on us to take urgent action to eliminate financial, social, and systemic barriers—including stigma—that hinder the prevention of hepatitis and liver cancer.

It is a day to remind us of the urgent need to act now. We must expand access and end hepatitis as a public health issue by 2030, thus preventing 2.8 million deaths. The time to act is now.

We encourage everyone to get tested for hepatitis B and C. Your decision to get tested and discuss early testing and treatment options with your healthcare provider can make a significant difference. By sharing accurate information, we can help reduce stigma, eliminate hepatitis, and prevent deaths and liver cancer. Your contribution is crucial.

#### **Here are some facts**

- **Hepatitis is the world's deadliest virus, after COVID-19.**
- **There are over 2 million new cases of hepatitis every year.**
- **More than 300 million people are living with hepatitis.**
- **Hepatitis is the leading cause of liver cancer.**
- **We have everything we need to eliminate hepatitis by 2030 – but the world is moving backwards.**

#### **The goal of this day**

- Ensure everyone has the knowledge and understanding they need to make informed hepatitis testing, treatment, and vaccination decision
- End stigma for people living with hepatitis
- That everyone sees hepatitis elimination as not only possible but achievable

Join us in raising awareness about hepatitis and the importance of prevention, testing, and treatment. Together, as a united front, we can work towards eliminating hepatitis and ensuring a healthier future for everyone. Your participation is not just welcome, it's vital!

For more information and support on Hepatitis B and C visit your local health center or our website at [www.nitha.com](http://www.nitha.com) Take charge of your health today!