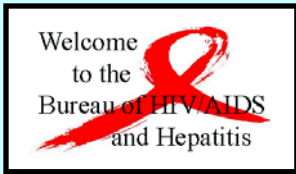


# HEPATITIS HEALTH

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### Celebrating the Power of ONE to Make A Difference!



[http://www.hepb.org/believe\\_in\\_the\\_cure/index.htm](http://www.hepb.org/believe_in_the_cure/index.htm)

John Ellis and Jamaal Warren completed the Believe in the Cure Cycling Tour on Monday, June 23rd, in Philadelphia. John and Jamaal were joined by a dozen cyclists for the last leg of their journey. Dr. Baruch Blumberg, the person who discovered the hepatitis B virus and won the 1976 Nobel prize for this discovery, was one of these cyclists. (For more info on Dr. Blumberg and his discovery, see page 6.) Several hepatitis B researchers also took part in cycling to the finish line with John and Jamaal.

The Believe in the Cure Cycling Tour was initiated by 17-year-old John Ellis, a remarkable young man with chronic hepatitis B. John, along with his best friend, Jamaal Warren, began their 1,287 mile journey in their hometown of Pensacola, Florida, on June 2nd. For three weeks, these young men braved the sweltering heat to raise awareness about hepatitis B. In true Philadelphia style, they were greeted by a Mummers band as they cycled across the finish line.

**ABOUT THE CYCLIST:** John Ellis is a 17-year-old young man who was diagnosed with hepatitis B in 2006. Instead of being discouraged, John has turned the news into an opportunity to raise awareness about the seriousness of hepatitis B and to share a message of hope that hepatitis B is preventable and treatable. According to John, "I don't simply wish to sit around and fight for myself because I'm not the only one that this has affected."



Dr. Baruch Blumberg greets John Ellis



Jamaal Warren & John Ellis crossing the finish line



**Name that Tune!**

"Take me back to a south Tallahassee. Down cross the bridge to my sweet sassafrassy."

**Answer: Page 9**

## CDC Launches Online Forum for Exchanging Ideas about HIV, Hepatitis, STD, and TB Prevention



HEALTH PROTECTION PERSPECTIVES

Dr. Kevin Fenton's Blog on  
HIV, Hepatitis, STD and TB Prevention

A forum for exchanging ideas about HIV, Hepatitis, STD, and TB prevention and CDC's efforts to reduce health disparities, increase program collaboration and service integration, and improve global health.

You are invited to exchange ideas on HIV/AIDS, viral hepatitis, STD, and TB prevention research and programs on Health Protection Perspectives, the new blog by Dr. Kevin Fenton, Director of CDC's National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.

To access this new resource, go to <http://www.cdc.gov/nchhstp/blog>

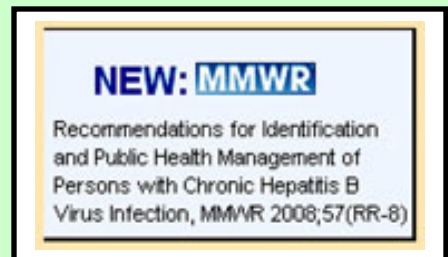
### New Hepatitis B Testing Recommendations Issued by CDC

On September 19, 2008, CDC published an MMWR outlining new testing recommendations for chronic hepatitis B virus (HBV) infection. An estimated 800,000 to 1.4 million Americans are living with chronic HBV infection, and many are unaware of their infection. Recognizing the significant recent improvements in therapies available for persons with chronic HBV infection, CDC recommends routine testing for

- persons born in Asia, Africa, and other geographic regions where the prevalence of chronic HBV infection is 2 percent or greater (including immigrants, refugees, asylum seekers, and internationally adopted children).
- unvaccinated persons who were born in the United States and whose parents are from regions where the prevalence of chronic HBV infection is 8 percent or greater.
- men who have sex with men.
- injection drug users.
- persons with selected medical conditions, including unexplained abnormal liver function tests and persons who require immunosuppressive therapy.

The recommendations also call for continuing to test pregnant women, infants born to HBV-infected mothers, and persons infected with HIV. For more information, please visit

<http://www.cdc.gov/hepatitis/HBV/TestingChronic.htm>



## United States Conference on AIDS

The Twelfth Annual USCA took place September 18–21, 2008, at the Ft. Lauderdale Convention Center. Sponsored by the National Minority AIDS Council, this national conference offered the opportunity for over 3000 individuals from all walks of life and from around the world to meet and learn new information about HIV/AIDS and other public health issues.

The opening plenary was moderated by Teresa Rodriguez, newscaster, reporter, author, and winner of eleven Emmys for her work with Univision, the largest Spanish language television network in the United States. She introduced a series of new public service ads that highlight HIV/AIDS in the Latino communities of the US.

More than 200 exhibitors provided information for the conference attendees, including educational materials on hepatitis. Carl McKissick, Hepatitis Program Data Manager, and Phil Reichert, Hepatitis Program Administrator, both attended the conference.



Teresa Rodriguez



Carl McKissick, at one of the plenary sessions with HIV/AIDS Program staffers, Linda Friedlander and Stefanie White



Lillian Rivera, Administrator of the Miami-Dade County Health Department, Phil Reichert, Dr. Ana Viamonte Ros, State Surgeon General, & Tom Liberti, Chief of the Bureau of HIV/AIDS

**More pictures from USCA on page 4.**

### Organ Donors

By [Charles Daniel](#), About.com

[Charles Daniel](#)



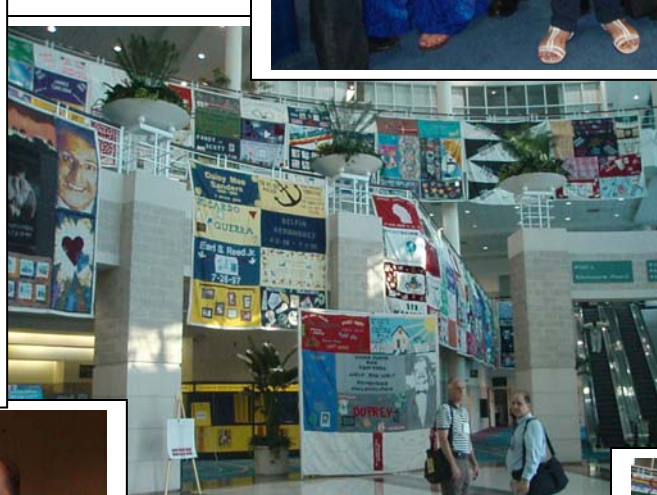
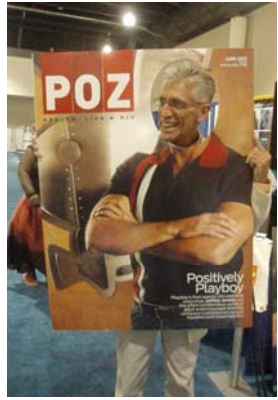
**Question:** Can I be an organ donor, even if I have hepatitis?

**Answer:** Yes, you can! Some people think that having hepatitis means that they can't be an organ donor. This is a myth. People can still be an organ donor and have acute or even chronic hepatitis.

Organ donation is a tremendous act of kindness, and there is a great need for organ donors of all ages. In fact, there is no age limit. Even if your liver isn't in good enough shape for donation, perhaps other organs and tissues could be used by someone else.

Here are examples of organs, in addition to the liver, that can be used: heart, intestines, kidneys, lungs and pancreas. In addition, certain tissues can also be used: bones, corneas, sclerae, tendons, and certain veins.

There are, however, diseases that will prevent organ donation. Examples of two relatively common diseases include being HIV positive and having actively spreading cancer.



**USCA PHOTOS**

## 10 Complications of Hepatitis

By Charles Daniel, *About.com*

- 1. Fibrosis:** Fibrosis is a type of scarring of the liver. The liver is damaged by constant inflammation and creates the scar tissue to repair itself. Unfortunately, this scar tissue keeps the liver from working as it once did. The good news is that if fibrosis is controlled in time and limited to a small part of the liver, the rest of the organ can work harder and keep up with the liver's functions.
- 2. Cirrhosis of the Liver:** Extensive fibrosis is called cirrhosis. Hepatitis C and alcoholic hepatitis are two very common causes of cirrhosis, though there are many others.
- 3. Cancer of the Liver:** One of the complications of cirrhosis is liver cancer, which is usually one of two types. Hepatocellular carcinoma is a type of cancer that affects the liver cells. The other type is cholangiolar carcinoma, which affects the bile ducts.
- 4. Liver Failure:** Liver failure is a serious, but uncommon, complication of hepatitis. Basically, the liver no longer functions and this leads to the body shutting down, and eventually, death. There are many specific causes of liver failure, but in general, failure results when the liver is so damaged that it is unable to keep up with the body's needs.
- 5. Glomerulonephritis:** Glomerulonephritis is a complicated disorder of the kidneys caused by inflammation and is seen in chronic hepatitis B and hepatitis C infections.
- 6. Cryoglobulinemia:** Seen in chronic hepatitis B and hepatitis C infection, cryoglobulinemia is an uncommon disease caused by an abnormal cluster of a kind of protein that blocks small blood vessels leading to circulation problems.
- 7. Hepatic Encephalopathy:** Severe loss of liver function, such as liver failure, can lead to inflammation in the brain called encephalopathy. This causes mental problems, like confusion, and can lead to coma. Advanced hepatic encephalopathy is a serious condition and is usually fatal.
- 8. Portal Hypertension:** One of the liver's important jobs is to filter blood. However, cirrhosis and other problems can interfere with the liver's portal circulation system. When this portal system is blocked, blood can't return to the liver from the digestive system and pressure increases, called portal hypertension. This is a serious complication and can be fatal.
- 9. Porphyria:** Porphyria is a group of diseases caused by problems processing important chemicals in the body called porphyrins. One type, called porphyria cutanea tara, leads to blistering of the hands and face and is a rare complication of chronic hepatitis C infection.
- 10. Viral Co-Infection:** A challenging complication of hepatitis is the possibility of having two viral infections at the same time. Hepatitis doesn't cause the second infection, but it does make it more difficult for the immune system to successfully attack. Common co-infections include HIV and the hepatotropic viruses, named A through E.

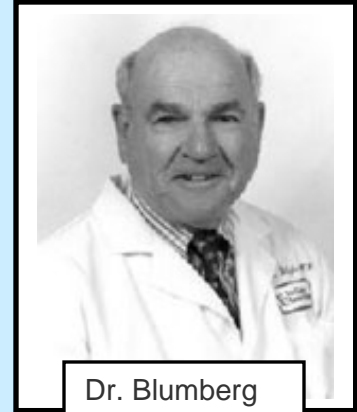
The logo for About.com, featuring the word "About.com" in a bold, black, sans-serif font. The letter "o" in "About" is replaced by a large, 3D-rendered red sphere. The ".com" part is in a smaller font size. The entire logo is enclosed in a thin red rectangular border.

## Baruch S. Blumberg

<http://www.hepb.org>

In 1976, Dr. Baruch S. Blumberg won the Nobel Prize in Medicine for his discovery of the hepatitis B virus. He and his colleagues discovered the virus in 1967, developed the blood test that is used to detect the virus, and invented the first hepatitis B vaccine in 1969.

Currently, Dr. Blumberg is Senior Advisor to the President of Fox Chase Cancer Center, and Professor of Medicine and Anthropology at the University of Pennsylvania, both located in Philadelphia, Pennsylvania.



Dr. Blumberg

Dr. Blumberg has a long and distinguished career with broad-ranging interests that include clinical research, epidemiology, virology, genetics and anthropology. He received his medical degree from Columbia University, and his doctoral degree from Balliol College of the University of Oxford.

As a medical anthropologist in the early 1950's, Dr. Blumberg was interested in the genetics of disease susceptibility. He wondered whether inherited traits could make different groups of people more or less susceptible to the same disease.

Dr. Blumberg and his team traveled the globe to collect blood samples from native populations in remote parts of the world. They planned to look for genetic differences, and then study whether these differences were associated with a disease. However, since they did not have the technology to analyze these blood samples at the genetic level, a new indirect method had to be developed; they turned their attention to hemophiliac patients.

Dr. Blumberg reasoned that hemophiliacs who had received multiple blood transfusions would have been exposed to blood serum proteins that they themselves had not inherited, but had been inherited by their donors. As a result of this exposure, the immune systems of the hemophiliac patient would produce "antibodies" against the foreign blood serum proteins, or "antigens," from the donors. Since antibodies are programmed to lock onto specific antigens, Dr. Blumberg decided to use antibodies from hemophiliac patients to test the blood samples collected around the world.

Using this new lab technique for matching antibodies with antigens, an unusual match was identified between an antibody from a New York hemophiliac and an antigen found in the blood sample of an Australian aborigine, which they called the "Australia antigen."

A series of research and clinical observations led to confirmation that the "Australia antigen" caused hepatitis B and thus, this was how the hepatitis B virus was discovered in 1967.





## Tattoos and HCV

There is a very real chance that a person could get HCV while having a tattoo if safety practices are not followed very carefully.

The risk is much higher if you get a tattoo in prison, on the streets or from a friend because there is usually less attention to safety.

If you have received a tattoo from a person or in a place that does not follow proper safety

measures, it might be a good idea to get tested for HCV since there is a greater risk of catching it in these unsafe settings.

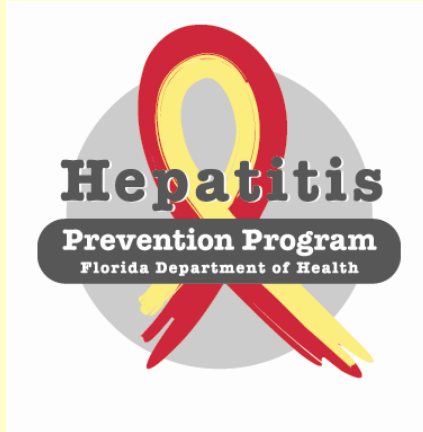
If you decide to get a tattoo, ask the tattoo artist about safety procedures. You might even want to ask if you can watch while they work on someone else so that you can see that they are following the correct procedures.

### Safety Tips

*We recommend that people get a tattoo in a commercial tattoo parlor that practices the following safety measures:*

- ◆ Use only new needles and separate ink pots for each person.
- ◆ Sterilize any equipment that may come into contact with blood.
- ◆ Use clean safety gloves.
- ◆ Clean and disinfect all surfaces.
- ◆ Cover fresh tattoos with a dressing to prevent infection or HCV transmission.
- ◆ Properly dispose of all equipment that may have come into contact with blood; use a "sharps" bin or a puncture-proof container.
- ◆ Contact [www.safe-tattoo.com](http://www.safe-tattoo.com) for information to keep you safe.





## The Florida Hepatitis Prevention Program Presents: Hepatitis 101 Training

On January 14, April 8, June 10, August 12, September 9, October 14, and December 9, 2009, from 2:00-3:00pm Eastern Time, the Florida Hepatitis Prevention Program will offer "Hepatitis 101: for Nurses, Counselors and Outreach Workers." This telephone conference call is a one-hour basic introductory training. **All you need is a phone and a computer!**

The course is presented in a telephone conference call format, and provides an introduction to hepatitis A, hepatitis B, and hepatitis C. Prior to each course date, the conference call phone number, along with the PowerPoint Presentation, is emailed to all registrants. Any healthcare worker can participate in Hepatitis 101. Continuing education credit of one (1) contact hour is available for all licensed nurses in the state of Florida. There is no charge for this training.

To register for this course, please complete the form found on the following link:  
[http://www.doh.state.fl.us/disease\\_ctrl/aids/hep/Hep101/101regform.htm](http://www.doh.state.fl.us/disease_ctrl/aids/hep/Hep101/101regform.htm)

Please register early, as each session will be limited to the first 50 registrants. It's recommended that you allow 15 minutes during registration to take the mandatory pretest.

### **Learning Objectives:**

After participating in the introductory Hepatitis 101 Class, participants will have a basic understanding of the following:

1. Hepatitis A, hepatitis B and hepatitis C: clinical features, methods of transmission and prevention messages.
2. Patients/clients who should be referred for hepatitis vaccination and testing.
3. How to use hepatitis information to counsel patients/clients about hepatitis A, hepatitis B and hepatitis C.
4. Test results for hepatitis A, hepatitis B and hepatitis C.
5. How HIV/AIDS affects the progression of hepatitis C.

## Answer to Music Trivia from Page 1: "Last Child" by Aerosmith

"Last Child" was written by Steven Tyler and Brad Whitford. It was released as the first single from the band's album *Rocks* in 1976. The song peaked at #21 on the Billboard Hot 100, one of many in a string of hit singles for the band in the mid-1970s.

In May of this year, Steven Tyler, the 60-year-old front-man for Aerosmith, checked himself into Las Encinas Hospital's drug rehabilitation clinic in Pasadena, California.

The news comes just two years after Tyler publicly revealed he'd been diagnosed with **hepatitis C**. Tyler claims he has since cleared the disease from his bloodstream, and while it's not known how he contracted it, users who inject illicit drugs can transmit the disease by sharing needles or other drug paraphernalia.

Tyler's no stranger to addiction. In the 1970s and early 1980s, "the Demon of Screamin' " was known for his drug and alcohol abuse both on and offstage, which garnered him and lead guitarist Joe Perry the nickname "the Toxic Twins." Tyler successfully received treatment for his disease and was going on over 20 years of sobriety before his setback.

<http://www.mtv.com/news/articles/1587860/20080521/aerosmith.jhtml>

So, this is what 60 looks like?  
Dude looks like a lady!



### More on Steven Tyler

The son of a music teacher, Steven Tyler was born Stephen Victor Tallarico on March 26, 1948, in Yonkers, New York. After moving to Boston in the late 1960s, Tyler eventually met the musicians that would form the rock group Aerosmith.

In 1972, Aerosmith signed a contract with Columbia Records. The following year their self-titled debut album was released. It featured the song "Dream On." In the early days of the group many comparisons were drawn with the Rolling Stones because their similar bluesy sound and the physical resemblance between Mick Jagger and Steven Tyler. But with their third album, *Toys in the Attic* (1975), the band emerged as a leading rock group in its own right. Showcasing their talent for creating hard rock, Aerosmith scored with such songs as "Sweet Emotion" and "Walk This Way."

Their follow-up album *Rocks* (1976) also had strong sales as did *Draw the Line* (1977). But by the end of the decade the band was coming apart at the seams because of Tyler's drug addiction.

By the mid-1980s, Tyler had gotten his act together after going through a rehabilitation program. The original members of Aerosmith reformed and made a remarkable comeback with 1987's *Permanent Vacation*, which featured the hits "Dude (Looks Like a Lady)" and "Rag Doll." The revitalized rock super-group had more commercial success with its next effort, *Pump* (1989). It featured such songs as "Love in an Elevator" and "Janie's Got a Gun."

Aerosmith's winning streak continued with 1993's *Get a Grip*, driven in part by such singles as "Livin' on the Edge," "Cryin'," and "Crazy."

Continued on page 10

**Steven Tyler continued from:** <http://www.biography.com/search/article.do?id=16472561>

Health problems have cropped up for the famed performer. He underwent throat surgery in 2006 that could have ended his singing career. Fortunately the procedure was a success, but Aerosmith had to cancel half of its North American tour for that year. Also in 2006, Tyler announced that he had been treated for hepatitis C.

Tyler is the father of four children. In 1976, he had a relationship with model Bebe Buell; they have a daughter, actress Liv Tyler. He was married to model Cyndia Foxe from 1978 to 1988; they have a daughter, model Mia Tyler. He married Teresa Barrick in 1988, with whom he has two children, Chelsea and Taj Monroe. The couple separated in 2005.

Age be darned! These guys still rock!



“Drugs will get you out of your own way, but we lived it, and that’s dangerous. It can actually turn around on itself and steal your soul, and that’s what happened.”

**Steven Tyler**



### NOTE FROM THE EDITOR

*Hepatitis Health* is brought to you by the Hepatitis Prevention Program, Bureau of HIV/AIDS in the Division of Disease Control at the Florida Department of Health. We want to know what you are doing in your community to prevent viral hepatitis. Please submit your articles and photos to:

[April.Crowley@doh.state.fl.us](mailto:April.Crowley@doh.state.fl.us)



April Crowley with the Master of Funk, George Clinton