

# Get tested for hepatitis B today! 1 in 10 Asians is infected!

Take this form to your doctor! We encourage you to get tested at your OWN doctor's office so that your doctor can properly monitor your health.

Dear Dr. \_\_\_\_\_,  
(your doctor's name)

I would like to:

\_\_\_ Be tested for hepatitis B.

\_\_\_ Get vaccinated.

\_\_\_ Know my hep B status.

I think that I've already been tested but am not certain.

If you don't have a doctor, free or low-cost testing is available for San Francisco residents at the clinics below. Please call ahead for hours of operations:

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API Wellness Center	730 Polk Street, 4/F	(415) 292-3400
Chinatown Public Health Center	1490 Mason Street	(415) 364-7910
Chinese Hospital	845 Jackson Street	(415) 677-2303
Excelsior Health Services	888 Paris Street	(415) 677-2488
North East Medical Services (NEMS)	2574 San Bruno Ave.	(415) 391-9686
South of Market Health Center	551 Minna Street (new location TBA)	(415) 626-2951
Sunset Health Services	1800 31 <sup>st</sup> Avenue	(415) 677-2388
Sutter Pacific @ CPMC	2340 Clay Street, 3/F	(415) 600-1360
UCSF Medical Center at Mt. Zion	2330 Post Street	(415) 885-3580



This message is brought to you by the San Francisco Hep B Free Campaign. To learn more, visit us online at [SFhepBfree.org](http://SFhepBfree.org).



## BREAKING THE SILENCE ABOUT HBV

- » Hepatitis B virus (HBV) is the most common serious infection of the liver, and can lead to premature death from liver cancer or liver failure.
- » 1 in 10 Asian and Pacific Islanders is living with chronic (life-long) hepatitis B.
- » Most don't even know that they're infected.
- » 1 in 4 people with chronic hepatitis B will die from liver cancer or liver failure, but this can be avoided with appropriate monitoring and treatment.

## EVEN IF YOU FEEL HEALTHY, YOU MAY ALREADY BE INFECTED

Hepatitis B is dangerous because there are often no symptoms. Even liver blood tests may be normal. By the time symptoms such as abdominal pain or jaundice (dark urine and yellow discoloration of the skin or eyes) appear, it is often too late for treatment to be effective.

## EARLY DETECTION IS KEY

It is important for you and your family to get tested for HBV because hepatitis B is one of the greatest health threats for Asians.

## » Get Tested

Ask your doctor for these blood tests:

### Hepatitis B surface antigen (HBsAg):

Tells if you have chronic hepatitis B (also known as being a hepatitis B carrier).

### Hepatitis B surface antibody (anti-HBs):

Tells if you are protected against HBV.

Only the HBsAg blood test can tell if you have chronic hepatitis B.



## » Get Vaccinated

If both your HBsAg and anti-HBs blood tests are negative, then you are not protected and should get vaccinated. Make sure your baby also gets vaccinated at birth.

The hepatitis B vaccine is a 3 shot series given over 6 months that can protect you for life.

The vaccine is so effective at preventing HBV and liver cancer that it is called "the first anti-cancer vaccine" by the World Health Organization.

Source: Asian Liver Center at Stanford University