



## **SF Hep B Free: First Quarterly Newsletter**

SF Hep B Free would like to thank all of you for your continued support in our efforts to make San Francisco the first City and County in the nation to be hepatitis B free. We are proud to announce that 2016 marks our 9<sup>th</sup> year of service to the community!

As a new quarterly tradition, we will be sending updates to all of our partners, supporters, and friends to keep everyone up-to-date on all of SF Hep B Free's happenings, including new dedicated supporters of our efforts, our new and upcoming projects, and our latest and greatest planned and partnered events.

If you or anyone you know is interested in being a part of our efforts, please email Arcadi Kolchak, Executive Director for SF Hep B Free, at [Arcadi.Kolchak@SFHepBFree.org](mailto:Arcadi.Kolchak@SFHepBFree.org) for more information or volunteer opportunities.

To a bigger and better 2016. Happy New Year!

**Who We Are**

San Francisco Hep B Free is a citywide campaign to turn San Francisco into the first hepatitis B free City in the nation. This unprecedented campaign provides free and low-cost hepatitis B testing and vaccinations to Asian and Pacific Islander (API) adults throughout San Francisco.

***The three objectives of the SF Hep B Free Campaign are:***

- 1) To create public and healthcare provider awareness about the importance of testing and vaccinating APIs for hepatitis B.
- 2) To promote routine hepatitis B testing and vaccination within the primary care medical community.
- 3) To ensure access to treatment for chronically infected individuals.

**Structure**

SF Hep B Free is currently comprised of seven Governance Council Members, two Advisory Board Members, one Honorary Chair, and one full-time staff Executive Director.

**Governance Council Members**

Dr. Stuart Fong - ***Chair***  
Caryl Ito - ***Vice Chair***  
Francis Tsang - ***Treasurer***  
Genevieve Jopanda  
Katie Burk  
Dr. Samuel So  
David Sewell

**Advisory Board Members**

Ted Fang  
Janet Zola

**Honorary Chair**

State Board of Equalization Member, Fiona Ma

**San Francisco Business Initiative**

Because Employee Health Matters!

In September 2015, SF Hep B Free launched a new Initiative aimed at getting small and large businesses that employ in or are based out of San Francisco more engaged in employee



Special thanks to State Board of Equalization

health. The Initiative, coined the "San

Member, Fiona Ma for her support with the Business Initiative launch!

Francisco Business Initiative," formed

a partnership with San Francisco State University School of Nursing and their

Community Ambassador program to enlist the help of their culturally diverse

student body. This program serves as the base for the grassroots community

outreach and education effort; the goal of the Business Initiative is to partner with

and educate 100 businesses by December 2016.

Businesses that partner with SF Hep B Free in this Initiative are asked to sign a Business Honor Roll, which acknowledges their recognition of hepatitis B as a significant issue in the Asian and Pacific Islander Community and San Francisco as a whole, and signifies their commitment to addressing this issue. This allows us access to provide direct, in-person, or indirect (brochure distribution) education to their employees.

The lead business in this Initiative, JINS Union Square, was the first business to sign onto the Business Honor Roll, and graciously allowed SF Hep B Free to host our Press Conference to launch the Initiative at their venue in Union Square. Several other businesses have since joined the Business Initiative as official partners, extending our reach throughout San Francisco to make this City and County the first in the nation to truly be hepatitis B free!

**Official Business Initiative Partners as Of December 2016:**

San Francisco State University School of Nursing

JINS Union Square

Crossings TV

Walgreens

Mission Wellness Pharmacy

YMCA Chinatown

O3 Bistro & Lounge

Hayahon SF

Artistics Nails and Spa

Brayden Fashion

Asia Trends

Lucky Massage

Vietnamese Chinese Mutual Aid & Friendship Association

CK Color Stone & Beads

Canton Flower Shop

Pharmacists' Society of San Francisco-Region 4

### 2nd Annual AJ Strong Memorial Run



On March 5th, 2016, join Team Cancer Sucks for our 2nd annual AJ Strong Memorial

Run for hepatitis B (HBV) and liver cancer awareness. In partnership with **SF Hep B Free** & Lazarex Foundation. we will be running to commemorate Team Cancer Sucks co-founder & Iron Man. AJ Jabonero. and to honor those battling or who have lost their battle to the disease. All proceeds from the event will help change the level of hepatitis B and liver cancer awareness in the local community.

The run/walk will begin at Sports Basement, Presidio, and will be followed by a potluck, health fair, and music. This is a family friendly event. Participants can register as a solo runner/walker, or register as a team, in honor of a loved one who has been impacted by HBV. For those unable to join in person, there is an option to join us virtually.

**When:** Saturday, March 5, 2016

**Where:** Sports Basement Presidio, 610 Old Mason Street, San Francisco

**Time:** 8:30am-11:30am

There will be refreshments available after the run along with various vendors and **free hepatitis B screening**.

Please register on our [Eventbrite page](#). We look forward to seeing you at the run!

### Save The Date: 9th Annual B A Hero Awards Gala & 2nd Annual Viral Hepatitis Summit

2016 marks the 9<sup>th</sup> year of SF Hep B Free! Save the date for our 9<sup>th</sup> Annual B A Hero Awards Gala and 2<sup>nd</sup> Annual Viral Hepatitis Summit!

**When:** Wednesday, October 19<sup>th</sup>, 2016

**Where:** InterContinental Hotel San Francisco

Over 400 people showed up to our 1<sup>st</sup> Annual Viral Hepatitis Summit and 8<sup>th</sup> Annual B A Hero Awards Gala. Check out some of our highlights [HERE](#) and [HERE](#).



## Community Ambassador Spotlight

Together we can make a difference!

### **Shawne Jabanero Lopes**



I am hepatitis B positive...

I am a first generation Filipina-American living with hepatitis B. When I was 5-years old, my family and I found out we carried the virus after my younger brother had a severe episode of jaundice. Even then, we never really understood the gravity of the disease or what the implications were. In

2004, my father was diagnosed with end-stage Liver cancer...we lost him in 2005. From then on, my younger brother and I decided to take our health into our own hands. My brother went on to work in medicine and became an Iron Man triathlete; I got into yoga and cycling, and eventually left my job in banking to explore the world and find myself. Along the way I found my passion for complementary and

alternative medicine.

Regardless of his good health and active lifestyle, my brother was diagnosed with liver cancer, just as our father had been, succumbing to the disease at 30 years of age, having passed away in 2015. Since his diagnosis, I have become involved with hepatitis B advocacy, and the SF Hep B Free Campaign. As a recent graduate from Chinese Medicine and Acupuncture school, I am passionate about alternative and preventative medicine, helping others to live a healthy and balanced life, and educating others about hepatitis B.

## ***Kristine Tulio***



The mission of SF Hep B Free speaks strongly to me as a first generation Filipino-American, passionate community advocate, and current graduate nursing student.

I first learned about Hep B Free at a conference held by the Stanford University Medical Minority Alliance in 2010. The shocking hepatitis B health disparity that heavily involved my community drew me in to learn more about the initiative.

In 2012 as a pre-nursing student, I interned for San Mateo Hep B Free. I led the community outreach within my local Filipino community. My initial involvement with Hep B Free revealed to me the powerful and compassionate role of a nurse in community health through preventive care.

Shortly after, I began my graduate nursing education at San Francisco State University (SFSU) with an emphasis in public health. In collaboration with SF Hep B Free, I enhanced my passion for community nursing and hepatitis B eradication as Program Pioneer and current Director of SFSU's Hepatitis B Community Ambassador Program. This innovative student-run, student-based program established a strategic partnership between SF Hep B Free and SFSU's School of Nursing with a similar mission for social justice surrounding hepatitis B.

Ultimately, my extensive involvement with Hep B Free has molded me into a culturally competent graduate student nurse and a strong, passionate community leader with a mission to help make San Francisco "the first hep B-free city in the nation."

## ***Dr. Emily Ting Sung***



In 1994, my seemingly healthy father, at the age of 54, underwent a routine screening for hepatitis B by his primary care doctor and was found to be chronically infected. His doctor then ordered a routine abdominal ultrasound because of his chronic carrier state. To our complete shock, he had a large liver tumor the size of a baseball that had already invaded his portal vein. Despite surgical removal and chemotherapy, he passed away just a year later from hepatocellular carcinoma that had metastasized to his lungs.

Although we were devastated, we were told that my mother had only been infected but was not a chronic carrier because her hepatitis B surface antigen was negative, and thus she was not at an elevated risk for future liver cancer.

Twenty years later, my mother was found to have bile duct cancer spread throughout her liver and a positive hepatitis B core antibody, an indicator of probable chronic hepatitis B infection. Bile duct cancer is extremely rare in the US, but risk factors include chronic hepatitis due to hepatitis B infection. Despite all of our efforts, she passed away less than a year after her diagnosis. My sister and I both feel that had our parents been diagnosed early and monitored closely for hepatitis B infection, they both might still be with us today. This experience has made us realize how little awareness of hepatitis B infection there is in the community and how much more education is needed among the medical community about hepatitis B diagnosis and treatment.

I completed my undergraduate studies at UC Berkeley and received my medical degree from UC San Diego. I have been practicing pediatrics for over 13 years, working in both the Bay Area and southern California and New York. My focus has been primary care and I have worked with diverse socioeconomic populations in a variety of clinical settings, ranging from private practice to managed care and academic settings. I am married and have three children. I am eager to get involved with SF Hep B Free to spread awareness and education among both the general and medical community so that no one has to experience similar tragedies like mine.

## Contact

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