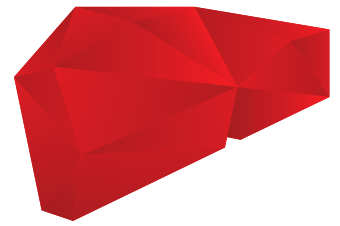


Sticking to Your Treatment Plan for Chronic Hepatitis B



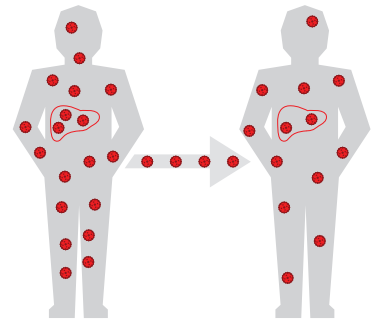
What is hepatitis B and how is it spread?



Hepatitis B (hep B) is the most common liver infection in the world. It is caused by the hep B virus (HBV).

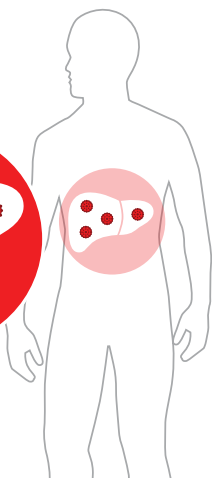
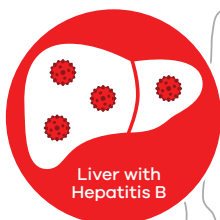
Hep B is spread by contact with an infected person's blood, semen, or vaginal fluids. Contact can happen through:

- An infected mother passing the virus to her baby at birth
- Unprotected sex with an infected person
- Sharing personal items that may have traces of infected blood on them, such as razors, toothbrushes, nail clippers, blood glucose monitors, or recreational drug needles
- Direct contact with open sores on an infected person's body
- The use of unsterilized tattoo or body-piercing tools



Hep B is **not** spread through sneezing, coughing, holding hands, hugging, kissing, sharing utensils, or breastfeeding.

What is chronic hepatitis B?



Chronic hep B is the long-term form of hep B infection. Chronic hep B is sometimes called a silent killer because most people have no symptoms until signs of advanced liver disease appear. But even if people have no symptoms, they can still spread the virus to others.

If left untreated, up to 1 in 4 people with chronic hep B develop liver problems such as cirrhosis (severe scarring) and liver cancer.

How can treatment help?

There is no cure for chronic hep B. But there are several effective medicines that can help lower the amount of virus in the body, delay or reduce the risk of liver problems, reverse the effects of liver disease, and lower the risk of passing the virus to others. Talk with your healthcare provider to see if there is a treatment option right for you.



Why is sticking to treatment so important?

Taking your medicine exactly as prescribed by your healthcare provider can help lower your risk for serious liver problems. Skipping doses or stopping your medicine without telling your healthcare provider may cause your chronic hep B to get worse. Ask your healthcare provider about what side effects to expect and what to do if you get them. Tell your healthcare provider if there is anything that keeps you from taking your medicine.

Some tips for sticking to your treatment plan



- Take your medicine exactly as prescribed by your healthcare provider



- Keep your medicine nearby in a handy place



- Use a 7-day pill box for any pills that you have been prescribed



- Use a cell phone app or alarm clock, or place a sticky note on the bathroom mirror, to help you remember to take your medicine



- If you are going away on a trip, take along enough medicine to last the whole time



- Go to all of your medical appointments, and bring along someone to translate for you if necessary



- Tell your healthcare provider if you are having a hard time sticking to your treatment plan



- Talk with your healthcare provider about all of your treatment options

Gilead is committed to increasing awareness and education of hepatitis B in the community.

Talk with your healthcare provider about any questions or concerns you may have about hep B.

To learn more about chronic hepatitis B, visit hepBsmart.com.



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