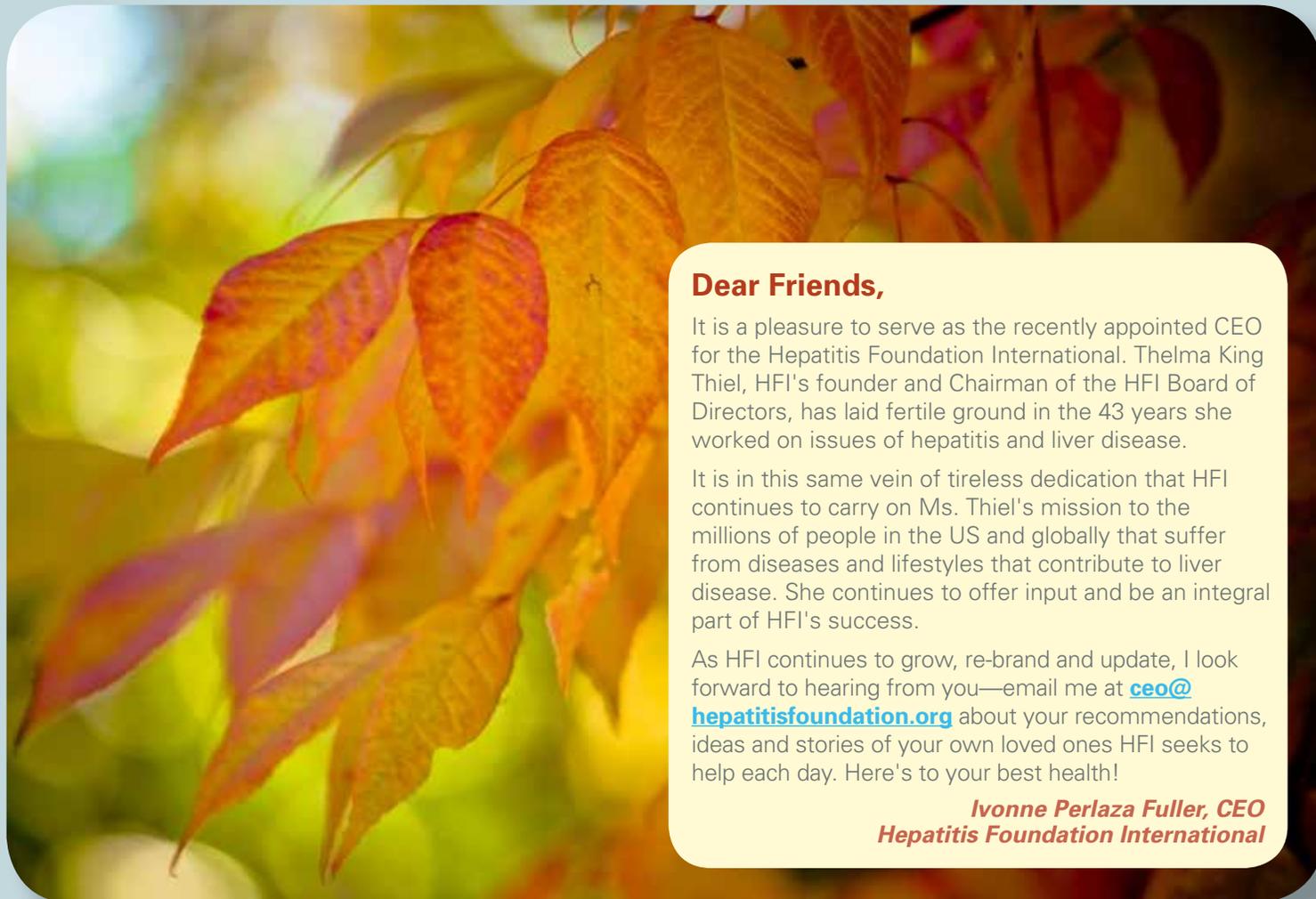


# Health-e Bytes™

An eNewsletter published by Hepatitis Foundation International

Vol. 1, No 2 • Oct.-Nov. 2013



## Dear Friends,

It is a pleasure to serve as the recently appointed CEO for the Hepatitis Foundation International. Thelma King Thiel, HFI's founder and Chairman of the HFI Board of Directors, has laid fertile ground in the 43 years she worked on issues of hepatitis and liver disease.

It is in this same vein of tireless dedication that HFI continues to carry on Ms. Thiel's mission to the millions of people in the US and globally that suffer from diseases and lifestyles that contribute to liver disease. She continues to offer input and be an integral part of HFI's success.

As HFI continues to grow, re-brand and update, I look forward to hearing from you—email me at [ceo@hepatitisfoundation.org](mailto:ceo@hepatitisfoundation.org) about your recommendations, ideas and stories of your own loved ones HFI seeks to help each day. Here's to your best health!

*Ivonne Perlaza Fuller, CEO  
Hepatitis Foundation International*

**International Rally  
for Liver Disease  
Awareness  
Friday, Nov. 1, 2013**



11.1.13

[Read More...](#)

## Inside Health-e Bytes...

T.I.P.S... HFI in the Know...  
Lifestyle... Grand Rounds...

[Read More...](#)

## In the Pipeline...

AbbVie Oral HCV Trial.

[Read More...](#)

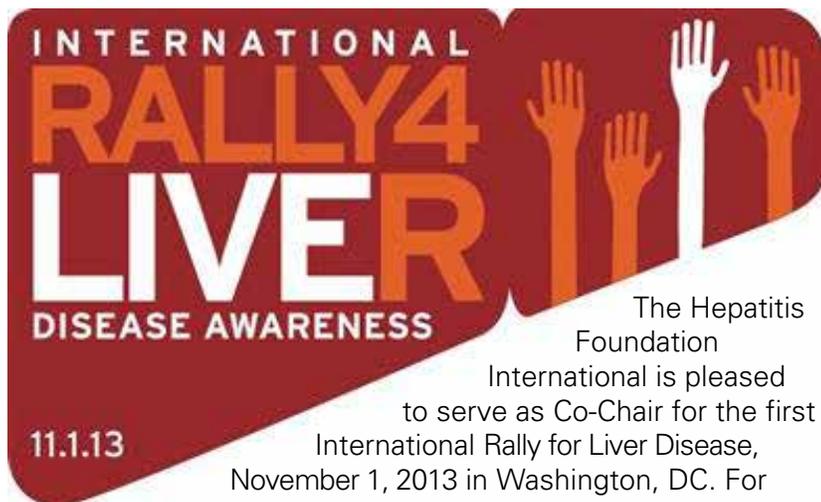
## Thelma Thiel Honored by National Viral Hepatitis Roundtable

NVHR's Exceptional  
Service Award recipient,  
HFI Chair Thelma King  
Thiel, earned an award  
for her lifetime dedication  
to liver health and  
education...

[Read More...](#)



## International Rally for Liver Disease Awareness November 1, 2013



The Hepatitis Foundation International is pleased to serve as Co-Chair for the first International Rally for Liver Disease, November 1, 2013 in Washington, DC. For the first time patients, patient advocates, clinicians, and researchers representing the entire spectrum of liver diseases impacting communities around the world—will come together to demand that liver diseases be recognized by the public and policymakers as a global public health emergency. Join us at the 1st International Rally for Liver Disease Awareness in Washington, DC prior to the 64th Liver Meeting® by registering at <http://liverdiseaserally.org/> or attend virtually via the live streaming video at <http://new.livestream.com/CanLiv/liverrally>.

**Speakers will include:**

- Howard Koh, MD, MPH  
*Assistant Secretary for Health, HHS*
- Thelma Thiel, Founder & Chair  
*Hepatitis Foundation International*
- Kathleen Schwarz, MD  
*Director, Pediatric Liver Center, Johns Hopkins  
President, International Societies of Pediatric  
Gastroenterology, Hepatology, and Nutrition*
- Martha Saly  
*Executive Director, National Viral Hepatitis Roundtable*
- Ricky Safer, Founder, PSC  
*Partners Seeking a Cure*
- Donna Cryer, JD  
*Patient Advocate, Liver Transplant Recipient*
- Melanie Thomas, MD  
*President, CanLiv*

Follow the Rally on social media via Twitter @Liverrally and tweet your comments, questions and Liver Rally Pictures using #liverrally2013.

## Health-e Bytes

October 2013

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# HFI in the Know...

## Thelma Thiel Honored by National Viral Hepatitis Roundtable



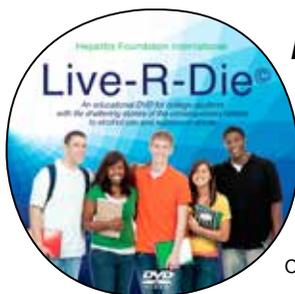
Dr. Jonathan Mermin, Director of CDC's National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention and Thelma King Thiel

On Thursday, September 19, 2013, NVHR celebrated their 10th anniversary in Washington, DC with a gala themed "Dream of a World Without Hepatitis". More than 150 NVHR members and supporters attended the event. Five members from the national hepatitis advocacy community were recognized for their commitment

and contributions to the work to ending hepatitis infections worldwide. Representatives Mike Honda (CA) and Representative Hank Johnson (GA) spoke eloquently and personally about their lifelong support for the eradication of viral hepatitis.

The award for Exceptional Service given to the Hepatitis Foundation International's founder and chair, Thelma King Thiel. She was recognized for her dedication to liver health and education. Both Ms. Thiel and HFI's newly appointed CEO, Ivonne Perlaza Fuller, were also acknowledged as members of NVHR's founding steering committee.

Other awards were presented to Dan Riedford, Centers for Disease Control, Lorren Sandt, Caring Ambassadors Program, Jane Pan, Hepatitis B Initiative of Washington, DC, and Sue Simon, Hepatitis C Association.



◆◆◆◆◆◆◆◆◆◆  
**Live-R-Die®** is the power-packed production resulting from decades of research in effective techniques to motivate young adults to avoid the life altering consequences of alcohol and drug abuse.

To order the DVD: contact:

**Media@hepatitisfoundation.org**

Live-R-Die © is \$15 with \$5.00 S & H charge.

## Upcoming HFI Events

- **Oct. 23** – [HIV and Chronic Hepatitis Webcast](#)
- **Nov. 1** – [International Rally for Liver Disease Awareness](#)
- **Nov. 1-5** – [The Liver Meeting: American Association for the Study of Liver Diseases](#)
- **Other Important Events** – [HFI Calendar](#)

## National Health Observances

### October 2013

- National Liver Awareness Month
- American Heart Walk
- Prevent Blindness America
- Eat Better, Eat Together Month
- Domestic Violence Awareness Month
- Healthy Babies Month
- Healthy Lung Month
- National Breast Cancer Awareness Month
- National Depression and Mental Health Screening Month
- National Disability Employment Awareness Month
- National UNICEF Month
- Talk About Prescriptions Month
- 20-26 International Infection Prevention
- National Health Education Week
- National Healthcare Quality Week

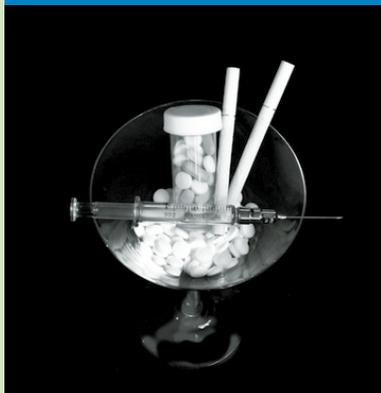
### November 2013

- American Diabetes Month
- Native American Heritage Month
- Great American Smokeout Month
- National Alzheimer's Disease Awareness Month
- National Child Mental Health Month
- National Family Caregivers Month
- Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- 17-23 American Education Week
- 13 World Kindness Day
- 14 World Diabetes Day
- 15 National Philanthropy Day
- 21 Great American Smokeout
- 21-Jan. 1 Tie One On For Safety Campaign (MADD)
- 22 National Family Health History Day



## Lifestyle...

### HIV and Hepatitis Risk for Steroid Users



A *Public Health England* (PHE) study found that one in 18 men using image- and performance-enhancing drugs have been exposed to hepatitis C (HCV), one in 11 have been exposed to hepatitis B (HBV), and one in 15 have HIV. Overall, 10% of people who

use injectable image or performance enhancers have been exposed to one or more of HIV, HBV, or HCV—suggesting that transmission of blood borne viruses is common in this group. The use of psychoactive drugs such as cocaine was also high in this population (46%) along with increased sexual risk behaviors.

The study recommends the need to strengthen public health interventions, including ensuring that providers of confidential testing services are aware of the risks of injecting steroids or image-enhancing drugs.

The liver is important to digestion and processing nutrients. Fat begins to accumulate in the liver causing inflammation in the liver and interferes with liver functions. Normally pink and smooth, a fatty liver becomes yellow and enlarged while most of those affected do not have any symptoms or discomfort.

There are no treatments except recommended weight loss. A major public health concern is that NAFLD at ages 12, 13, 14 may require a liver transplant at ages 30 or 40.

### High Cost of Addiction Centers

The U.S. addiction treatment industry is expected to have revenues of \$34 billion by 2014, an increase of 55% from 2005. The vast majority of that spending, nearly 80%, is underwritten by public funding, and the remaining portion is paid for by insurance or private fees. There are more than 11,000 addiction treatment centers nationwide, according to the Substance Abuse and Mental Health Services Administration.

Dr. Marvin Seppala, the Chief Medical Officer at Hazelden Addiction Treatment Center, suggests the prevalence of drug and alcohol problems in the entertainment industry, where discretion and luxury have high value, has driven the growth of expensive treatment centers.

Shows like *Celebrity Rehab* and *Intervention* have shed more light than ever on the recovery process, but some experts in the industry worry that this type of attention misplaces the focus on the amenities and drama, rather than the actual mental and physical healing.

### Fatty Liver Among Children Rising

One in 10 children is believed to have Non Alcohol Fatty Liver Disease (NAFLD) according to Dr. Dale King, pediatric gastroenterologist at Children's Hospital of Pittsburgh. He has noted a significant annual increase of NAFLD among children.



Children are at increased risk if considered obese.

Routine blood tests used for diabetes and high cholesterol can pick up the abnormal liver function results and fatty liver can be detected in these tests.



## Lifestyle...

### Triglycerides And Your Liver

Did you know that one of your liver's functions is to produce a type of fat known as triglycerides, a chemical compound digested by the body to give it energy for metabolism? Triglycerides facilitate the production of important hormones needed for new cell production and support the production of estrogen, testosterone, and adrenal hormones.

The liver metabolizes fat from the food we eat. To be absorbed, the fat particles are broken apart in the small intestine and reassembled with cholesterol to form chylomicrons. This process is the main source of energy for cells in the body. Fat cells and liver cells are used as storage and released when the body needs the energy.

Fatty liver syndrome occurs when the liver starts to accumulate large droplets of fat consisting mainly of triglycerides. Alcohol consumption and diets high in refined carbohydrates (carbohydrates accounting for more than 60% of the total energy intake) can increase triglyceride levels. Triglyceride levels are a risk factor for atherosclerosis, the narrowing of arteries with the buildup of fatty plaques. The narrowed arteries slow or block the oxygenated blood flow to the heart. This may lead to heart attacks or strokes. Hardening of the arteries is associated with other diseases including diabetes and kidney disease.

Improving health must include decreasing the intake of sugar. High-fiber foods are digested more slowly and do not cause spikes in blood sugar levels like white bread, potatoes and sweets do. Check the levels of sugar content in both food and beverages. Change to brown rice and switch to whole-wheat products. Limit or avoid foods with saturated and trans fat including fried foods, lard, butter, whole milk, ice cream, commercial baked goods, meats, and cheese. Switch to monounsaturated and polyunsaturated fats found in olive oil, canola oil, nuts, fatty fish like salmon. Exercise, eat foods known to lower cholesterol and increase iron intake to keep triglycerides at a healthy level.



### Dramatic Progress In Fight Against AIDS Reports United Nations

## HIV/AIDS 2012 WORLDWIDE STATISTICS

More than  
**34 MILLION PEOPLE**  
now live with HIV/AIDS



**3.3 MILLION**  
are under the age of 15



**300 PEOPLE**  
contract HIV per hour

The global rate of HIV infection and the number of AIDS-related deaths have been dramatically reduced, thanks to expanding access to treatment, the United Nations said in a report issued on September 23, 2013. Since 2001, the UN report stated, there has been a 52% drop in annual new HIV infections among children and a 33% reduction in newly infected adults and children combined.

In its annual update on HIV, which it said now infects around 35.3 million people worldwide, UNAIDS said deaths from AIDS and HIV infection rates were falling, while the number of people getting treatment is going up.

The human immunodeficiency virus (HIV) that causes AIDS can be transmitted via blood, breast milk and semen during sex, but can be kept in check with cocktails of drugs known as antiretroviral treatment or therapy.



# Grand Rounds...

## Success of Taiwan HBV Immunization Program

In 1984, Taiwan began a nationwide HBV immunization program due to the definitive association between chronic hepatitis B virus (HBV) infection, the development of both chronic liver disease (CLD), and hepatocellular carcinoma (HCC). Data shows the program reduced the incidence of hepatocellular carcinoma (HCC), the prevalence of chronic HBV carriage, and mortality from infant fulminant hepatitis in vaccinated birth cohorts. HCC mortality was 92% lower for the 2001–2004 birth cohort than for the 1997–1980 group. Chronic Liver Disease mortality was 89% lower. These results confirm a substantial benefit from the nationwide hepatitis B virus immunization program.



## Hepatitis E Alert in Great Britain

Scientists in Great Britain have raised the alert that up to 10% of all processed pork products sold in Britain are infected with hepatitis E, a deadly virus discovered in 1955. Those most at risk of falling seriously ill or dying from an infection include those with compromised livers or weak immune systems, like the elderly, cancer and transplant patients. The findings in the *Defra Study* discovered the disease was also dangerous for pregnant women where it can cause fulminant hepatitis of the liver. Middle-aged men were also found to be at great risk and accounted for half of all those infected due largely to a heavy alcohol

consumption which can impair the liver's functions. About 85% of pigs from Britain carry the virus and the public is advised to cook sausages at 158 F for 20 minutes to kill the virus. Hepatitis E remains endemic in many parts of the Far East and Africa.

## Patient's Own Blood Used as a Vaccine

The team at Singapore Institute for Clinical Sciences (SICS) discovered that monocytes, a type of white blood cell that can activate an immune response, are able to capture the HCV virus in chronically-infected patients, and use the captured virus to boost the patient's own immune response. Using the viral antigen already present redefines therapeutic vaccines by cutting down on time and resources needed to create a vaccine. All the proteins present within the virus can be used to create a personalized vaccine for each individual.

This also means that many of the complex issues associated with current vaccine therapy against chronic infections can be overcome, including genetic diversity of viruses. By tailoring vaccines to be more specific to each virus and each patient, vaccine production can be simplified and ultimately less costly. Professor Judith Swain, Executive Director of SICS said, "I believe that these findings will go a long way in improving future therapeutic treatments for chronic infections."



## Embryonic Stem Cells Used to Develop Liver Cells

The Microlivermaturation Project, funded by the European Union, has found a way to create viable liver cells from embryonic stem cells (ESCs). ESCs can differentiate into any desired cell or tissue type. Scientists developed a protocol for differentiating ESCs into hepatocytes. Viable immature fetal-like hepatocytes expressing alpha-fetoprotein (AFP) and albumin were generated. These cells were highly homogenous and similar to human hepatocytes. Three compounds that bind to receptors and activate biological response were identified that play a critical role in transcription factor activity and metabolic maturation of the cells were identified. This project also identified the role of nutrition in the maturation of neonatal cells to mature hepatocytes.



## In the Pipeline...

### AbbVie Oral HCV Trials Gets Expedited Review by FDA

AbbVie has been awarded breakthrough status by the Food and Drug Administration (FDA) for a combination regimen for hepatitis C virus (HCV) infections currently in phase III testing. AbbVie's HCV regimen consists of three direct-acting antivirals; the protease inhibitor ABT-450 (boosted with ritonavir), NS5A inhibitor ABT-267, and non-nucleoside polymerase inhibitor ABT-333, which are being positioned as an all-oral alternative to therapies based on injectable interferon alpha. The combination considered by the FDA shows a substantial improvement over existing therapies and will receive expedited review through the regulatory process.

The regimen is being tested in patients with genotype 1 (GT1) HCV infections and AbbVie is vying to bring it to market in 2014. New data from the phase IIb AVIATOR study has shown that over 24 weeks the regimen achieved a sustained virologic response (SVR) in 99% of treatment-naïve GT1 patients and 93% of those who had failed interferon-based therapy when given alongside ribavirin. The SVR rate for patients treated without ribavirin was around 87 %, and in all cases the efficacy of the regimen seemed to be unaffected by gender, HCV subtype, extent of liver disease and viral load.

### New Test for Liver Cancer

The inability to definitively identify cancer cells often means the disease is detected late when treatment options are less effective. Unfortunately, early liver cancer also is mostly silent. By the time it's large enough to cause classic symptoms such as abdominal pain and weight loss, the cancer cells look distinctive but the liver is failing. "The myriad of treatment options - from removing the diseased portion of the liver, to liver transplants, or freezing and/or heating cancer cells - have a high chance of failing as well", said Dr. Ravindra Kolhe, pathologist at the Medical College of Georgia at Georgia Regents University. Dr. Kolhe, in collaborating with BioGenex, a company with expertise in cell and tissue testing, developed a probe that gives cancer cells a distinctive red-brown hue. The probe detects and stains a microRNA called mir-21, which is found in liver cancer but not healthy liver cells, Kolhe said.

In the case of diagnosing early liver cancer, the physicians note that cirrhosis, a massive scarring of the liver resulting from chronic infection with hepatitis B and C viruses, further muddies the current diagnostic waters by essentially giving cancer cells cover. These common viruses are the most common cause of liver cancer worldwide. Alcohol abuse, a leading cause of cirrhosis in the United States, also is a risk factor for liver cancer.



### Test For Fatty Liver

With the epidemic of childhood obesity sweeping the nation and the high prevalence of Non-Alcoholic Fatty Liver Disease (NAFLD), noninvasive methods to identify children with NAFLD are urgently needed. Now, a study has found that a quick and simple exhaled breath analysis is a promising, noninvasive method to detect fatty liver disease in obese children. The study found distinctive "breathprints" which can identify children with NAFLD with 90% accuracy.

The human body emits a wide array of volatile organic compounds (VOCs) in the breath that can be considered "breathprints" for each individual. Pathological conditions such as obesity and NAFLD can lead to the production of new VOCs or a change in the ratio of VOCs that are produced normally.

Children are asked to inhale to total lung capacity, followed by exhaling against 10 cm of water pressure into a collection bag at a constant flow. The bag is then taken to the laboratory for analysis via mass spectrometry.

# Helping Hands —Workplace Giving—



Please choose the Hepatitis Foundation International in your CFC workplace campaigns that are beginning now. HFI's CFC number is **11842**. You can [make your donation directly to HFI](#) and simply notify your CFC campaign director of your donation.



## Advocacy Alert: Promote Physical Activity in the Workplace!

HFI signs the CEO Pledge to promote physical activity. The CEO Pledge is a national campaign promoted by the National Coalition for Promoting Physical Activity to encourage CEO's nationwide to recognize physical activity as a key component for employee's health and business performance. To sign your company's CEO pledge and implement workplace wellness strategies review the website: <http://www.ncppa.org/ceo-pledge>.

## T.I.P.S.

*"Everyone should have one of these cards. It doesn't cost much more than a co-pay for a prescription and so many pharmacies accept it. The timing was perfect as I was out of my meds and needed a renewal. Thanks so very much for providing this service to us."*

...Mrs. Leigh V -

The following information, HFI T.I.P.S. (To Insure Public Smarts), are provided as free healthcare resources and information:

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Compliments of:



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- [HepatitisCNews.com](#) — Your Resource for Living Well with HCV
- How does the Affordable Care Act help people like me: [Healthcare.gov](#)

