

Hepatitis B Project „Recommendations for the improvement of dealing with hepatitis B in Munich“

The group of experts on hepatitis-B from European Parliament is involved through „Recommendations for the improvement of dealing with hepatitis B“ in prevention of chronic infection of liver and liver cancer.

The Department of Health and Environment (RGU) in collaboration with partners in „Hepatitis BProject“ fight against hepatitis B in Munich by:

- > Diffusing information at festivals, in the local government and in the press
- > Doing outreach work: Local information and tests, e.g. in the Department of the City of Munich or in migrants organizations
Information events for medical staff and related organizations

Our cooperation partners are:

- > The Turkish German Health Foundation
- > Donna Mobile
- > Council of Foreigners of the LH München
- > Department of Migration and Health of RGU
- > Vaccination department of RGU
- > Office of the 3. Mayor
- > Mr. Prof. Dr. Zchoval, Medical Clinic and Polyclinic II of LMU, The German Liver Foundation

Other partners are welcomed to join the initiative.

For more information:
www.muenchen.de/infektionen

Counselling Centre for Sexually Transmitted Diseases including AIDS

Bayerstr. 28 a, 80335 München

Test consultation:

Monday, Wednesday, Thursday 8.00 – 11.00
Tuesday 14.00 – 18.00
Thursday 14.00 – 15.00
and by appointment

Outpatients' department for sexually transmitted diseases:

Wednesday 13.00 – 15.00
or if necessary during the test consultation or by
appointment

Telephone advice

Tel.: 089 / 2 33 – 2 33 33
Monday to Friday from 8 to 12 am and
Monday to Thursday from 14 to 15 pm
<http://www.muenchen.de/aidsberatung>
E-Mail: aids-sti-beratung.rgu@muenchen.de

Transport connection

Suburban train: S 1 to S 8, stops: Hauptbahnhof
and Hackerbrücke
Metro: U 1/2, U 4/5, stop Hauptbahnhof
Tram: lines 18 and 19, stop Hermann-Lingg-Straße
Bus: line 58, stop Holzkirchner Bahnhof



Herausgeberin: Landeshauptstadt München, Referat für Gesundheit und Umwelt, Bayerstr. 28a, 80335 München, Stand Okt. 2010

*The best thing to do is an
anonymous and free test:*

Hepatitis B

Information > Counselling > Test at the

Counselling Centre for
Sexually Transmitted
Diseases including AIDS

englisch

What is Hepatitis B?

- > Hepatitis B is a liver disease caused by a virus which is infectious.
- > Anyone can get infected by hepatitis B; but not everyone is aware of the infection.
- > In countries with high rates of hepatitis B (particularly Southern and Eastern Europe, Southeast Asia, Africa) the infection is mostly transmitted from infected mothers to the new born baby at birth or from child to child.
- > In Germany hepatitis B is most commonly transmitted through unprotected sexual contact and also through contact with other body fluids or blood.
- > The infection of the liver with the hepatitis B virus is often unnoticed; the most treacherous is: without any treatment even after many years hepatitis B can cause serious consequences, including cirrhosis and liver cancer or death.
- > The hepatitis B virus is worldwide the most common reason for cancer after tobacco.
- > The hepatitis B is hundred times more infectious than HIV.
- > Approximately 500.000 people in Germany are chronically infected with hepatitis B, most of them are unaware of it.

Who is at risk of getting infected?

- Although anyone may get the infection if not vaccinated against hepatitis B, some people are in a high-risk group:
- > People with many sexual partners
 - > People from countries where the virus is most prevalent (particularly Southern and Eastern Europe, Southeast Asia, Africa)
 - > Family and household members or sexual partners of HBV-infected people (parents, siblings, partners)
 - > Newborns to infected mothers
 - > Health care workers
 - > Dialysis patients
 - > Current or past intravenous drug users
- If you think you belong to one of the high risk groups, or you are not sure of your current risk, please contact us!
- Risk consultation and test can provide you certainty.

The best thing is a free test

after personal anonym and free of charge consultation and a specific blood test at the Counselling Centre for Sexually Transmitted Diseases including AIDS

How can I protect myself?

- > Get more information – about risk factors, infection ways and possibilities, we are pleased to help you!
- > The best thing is a free test –A Hepatitis B test is fast and easy to do. Who is afraid of getting infected, or belongs to a high-risk group, should get examined immediately.
- > Protected sexual contact using a condom
- > Every drug user should always have his/her own syringe kit.
- > Vaccination – there is a vaccination against hepatitis B that can prevent the infection.
Who should get vaccinated: all children, contact persons, high-risk groups, patients before serious operations, with chronic infection of the liver and HIVpositive persons.
The vaccination is also important for people from countries with high rates of hepatitis B-infection.
- > Get treated – the therapy of hepatitis B infections can be often successful in many cases