

PRESS RELEASE

For Immediate Publication

Fortis Hospital Noida commemorates World Hepatitis Day – Shares facts and records to spread awareness on the increase of the disease, causes and treatment solutions

- ❖ *A decade of data and statistics reveals the increase in Hepatitis C numbers*
- ❖ *State Governments taking steps to extend free treatment for Hepatitis C*

Noida, Tuesday 26th July, 2016: Fortis Hospital Noida shared an exclusive data of the Noida city revealing numbers of Hepatitis positive patients to commemorate the World Hepatitis Day. These are statistics of patients treated successfully over the past decade. This initiative was led by **Dr. Ajay Bhalla, Director, Gastroenterology, Fortis Hospital, Noida**. The initiative was also to increase awareness and understanding of viral hepatitis and the diseases it causes.

Hepatitis virus is known to cause infection and inflammation of the liver. Acute hepatitis is usually self-limiting, but can lead to chronic hepatitis or liver cancer. Hepatitis viruses are the most common causative agents followed by other less common causes of hepatitis which include autoimmune diseases, ingestion of toxic substances (such as alcohol and other certain drugs). Hepatitis B & C can lead to severe medical conditions and can lead possibly to death. Hepatitis A and E are both transmitted by the faecal-oral route while Hepatitis B, C and D are spread by blood, semen and other body fluids. Acute hepatitis may occur with limited or complete lack of symptoms, or may include symptoms such as jaundice, dark urine, excessive fatigue, nausea, and vomiting and stomach pain.

Precautions include immunisation of children aged 1-18 years comprises of two of the vaccine, adults require a booster dose 6 to 12 months following the primary dose of vaccine for Hepatitis A. Currently, for Hepatitis B, it is recommended that all new-borns and individuals up to 18 years of age and adults in high at risk group be vaccinated. Three injections over a six to 12 month period are required to provide full resistance. General precautions include washing your hands after going to the bathroom and before eating, use latex condoms, which may reduce the risk of transmission, avoid tap water when traveling, don't share drug needles, don't share personal items such as toothbrushes, razors and nail clippers with an infected person.

According to the data, over the last decade nearly 1000 patients of Chronic Hepatitis B and C have been treated at Fortis Hospital, Noida which includes 700 Hepatitis B patients and 300 Hepatitis C

patients. In addition to these records, every month 5-10 patients of HAV and HEV are treated regularly on OPD basis.

Dr. Ajay Bhalla, Director - Gastroenterology, Fortis Hospital, Noida elaborated on the topic stating, “Hepatitis hinders or stops the normal functioning of the liver, as it is responsible for several critical functions of the body. Types A, B, C, D and E are the five major hepatitis viruses. Among which types B and C cause chronic disease in large number of people, these two together, are the most common causative agents of liver cirrhosis and cancer. Fibroscan can provide us with an idea of the damage to the liver up to some extent. It is imperative for people to practice preventive measures which include safe blood transfusion i.e. assuring quality of all donated blood and blood components used for transfusion through screening, avoiding professional blood donors, complete vaccination and other general precautions like maintaining personal hygiene and appropriate environmental control measures to limit transmission.”

Mr. Gagan Sehgal, Zonal Director, Fortis Hospital, Noida said, “Hepatitis virus are known to cause severe medical conditions that can lead to deterioration of health and even, death consequently. These are also conditions that can be prevented through adopting healthy lifestyle habits and good dietary schedules. Vaccines are available to prevent any chances of contracting the disease and one should take the path of prevention.”

Fortis Hospital, Noida marks the occasion of World Hepatitis Day by organising a half day camp at the healthcare facility which includes complimentary screening of Hepatitis B and C and one dosage of vaccination of Hepatitis B and a complimentary consultation for Hepatitis positive patients by senior consultants.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 314 diagnostic centres.

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