Hepatitis A

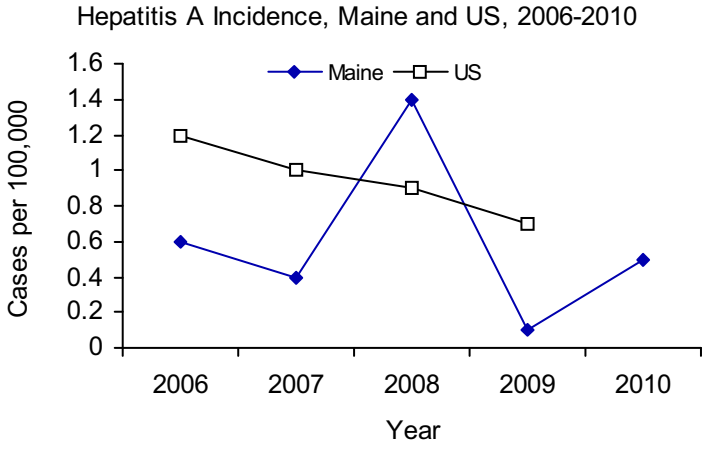
2010 Case Total	**7**
Maine Rate	**0.5 per 100,000**
U.S. rate (2009)	**0.7 per 100,000**

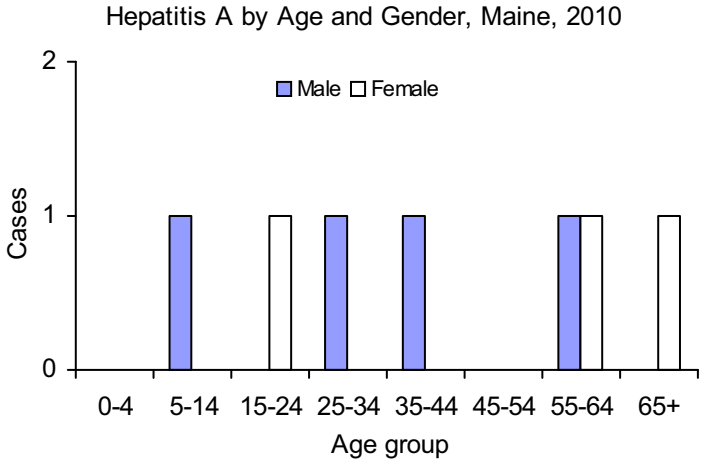
Hepatitis A is a liver disease caused by hepatitis A virus. The virus is spread from person to person by putting something in the mouth that has been contaminated with the stool of a person with hepatitis A. Poor handwashing by persons with infection increases the risk of transmission. The virus spreads more easily in areas where sanitary conditions and personal hygiene practices are poor. Most infections result from exposure during international travel, or contact with a household member or a sexual partner who has hepatitis A.

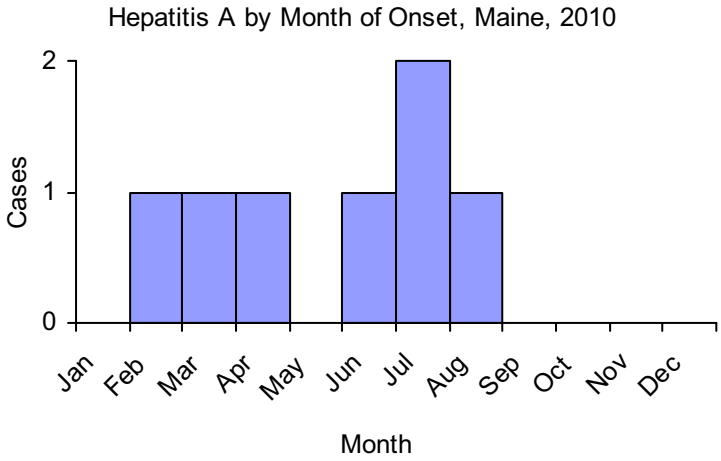
Onset of symptoms is usually abrupt with fever, malaise, anorexia, nausea and abdominal discomfort followed by jaundice a few days later. Children are often asymptomatic. Upon recovery, a person is immune to hepatitis A.

- Case total of 7 represents an increase from 1 case in 2009
- The 2005-2009 median number of cases per year was 8

Washing hands after using the bathroom, changing a diaper, or before preparing or eating food can help prevent infection. Hepatitis A can be prevented through vaccination and use of immune globulin. The vaccine is recommended for all children at 12 months of age and for persons who are more likely to get hepatitis A or become seriously ill if they get hepatitis A.







Hepatitis B, acute

2010 Case Total	**13**
Maine Rate	**1.0 per 100,000**
U.S. rate (2009)	**1.1 per 100,000**

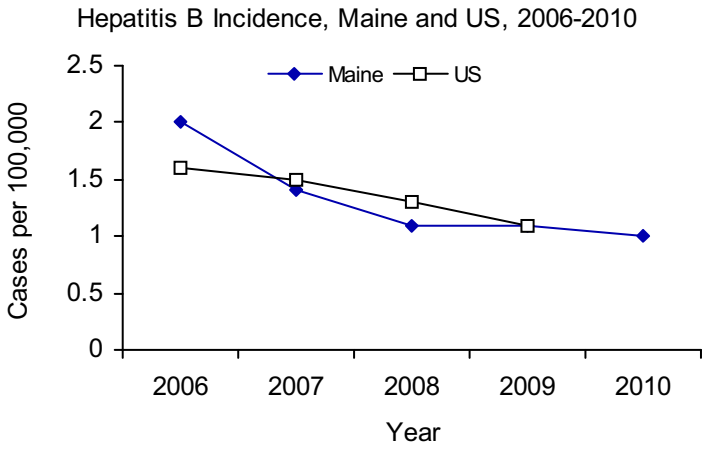
Hepatitis B is a liver disease caused by the hepatitis B virus. Acute Hepatitis B infection is a short-term illness that occurs within the first six months after someone is exposed to the virus. In some cases, acute infection can lead to chronic infection.

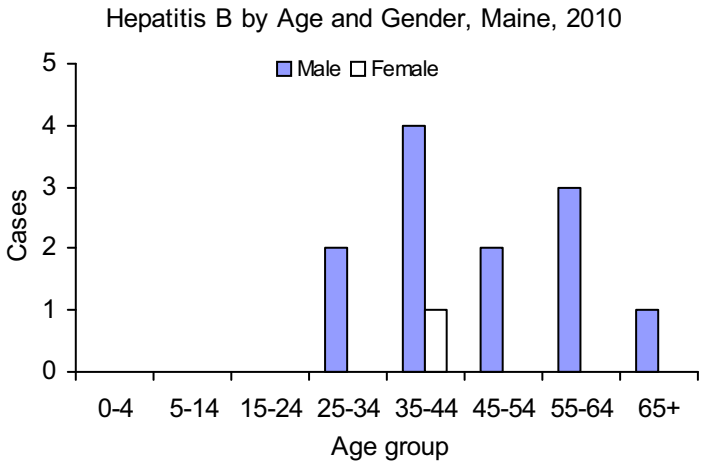
Hepatitis B can be transmitted through exposure to blood from an infected person (needle sticks and other sharps exposures, sharing hypodermic syringes for drug injection), through sexual contact with an infected person, and from an infected mother to her child during childbirth. Sexual transmission is especially common among men who have sex with men.

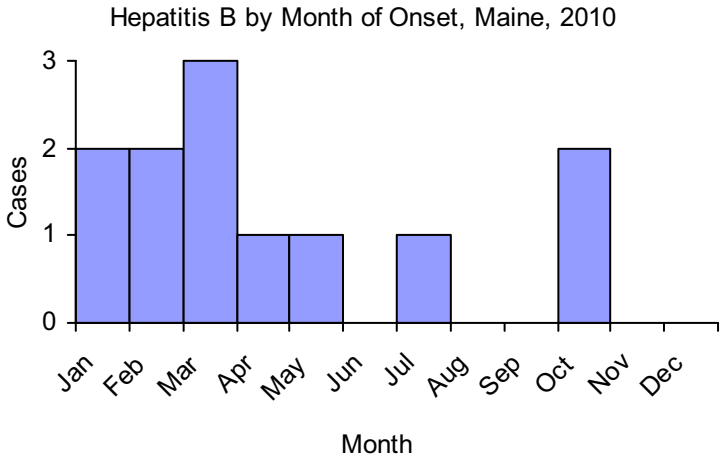
Symptoms include anorexia, abdominal discomfort, nausea and vomiting followed by jaundice. Many young children do not develop symptoms.

- Case total of 13 represents a decrease from 15 cases in 2009
- The 2005-2009 median number of cases per year was 15
- Median age was 44 years
- Age range was 27 to 72 years
- Cases were 8% female and 92% male

A vaccine is available to prevent HBV and Maine CDC's goal is to provide universal childhood immunization by vaccinating all newborn infants prior to hospital discharge and completing the hepatitis B series by the time the child reaches 18 months of age. Hepatitis B can also be prevented by not sharing needles and other drug injecting equipment, using sterile needles and syringes, and using condoms.







Hepatitis B, chronic

2010 Case Total	**101**
Maine Rate	**7.7 per 100,000**
U.S. rate (2009)	**Not available**

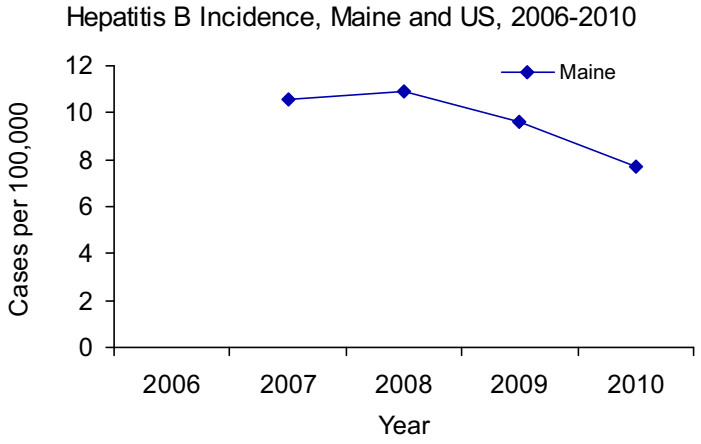
Chronic hepatitis B virus infection is a long-term illness that occurs when the hepatitis B virus remains in a person's body.

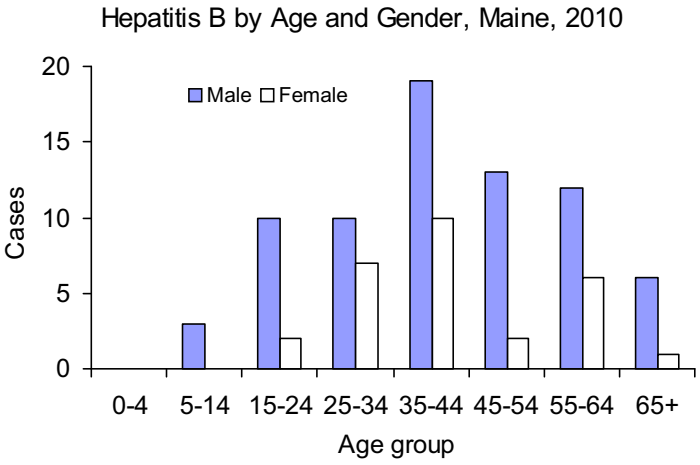
Chronic hepatitis B is a serious disease that can result in long-term health problems, such as cirrhosis (scarring) of the liver, liver cancer, liver failure, and even death. Many people do not have symptoms and may not know they are infected, but can still spread the disease to others.

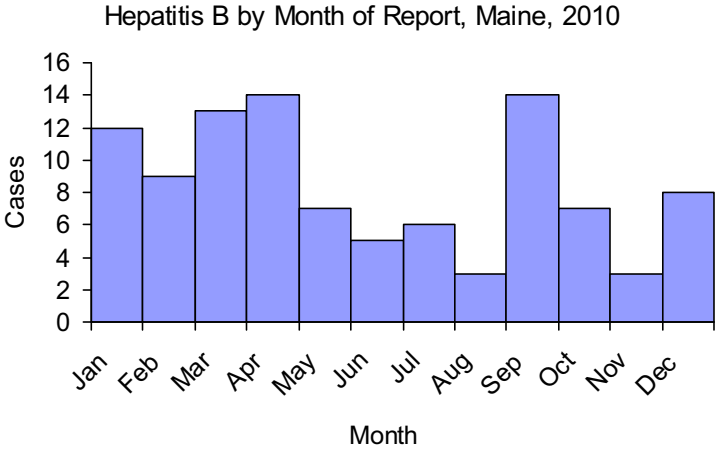
Hepatitis B can be transmitted through exposure to blood from an infected person (needle sticks and other sharps exposures, sharing hypodermic syringes for drug injection), through sexual contact with an infected person, and from an infected mother to her child during childbirth. Sexual transmission also occurs among men who have sex with men.

- Case total of 101 represents a decrease from 126 cases in 2009
- Median age was 41 years
- Age range was 9 to 79 years
- Cases were 28% female and 72% male

Prevention, education, evaluation and surveillance continue to be the focus for Maine CDC. Maine CDC's goal is to provide universal childhood immunization by vaccinating all newborn infants prior to hospital discharge and completing the hepatitis B series by the time the child reaches 18 months of age. Hepatitis B can also be prevented by not sharing needles and other drug injecting equipment, using sterile needles and syringes, and using condoms.







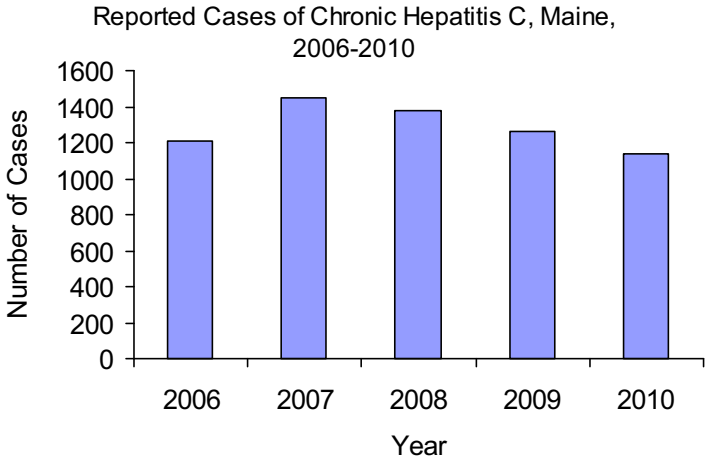
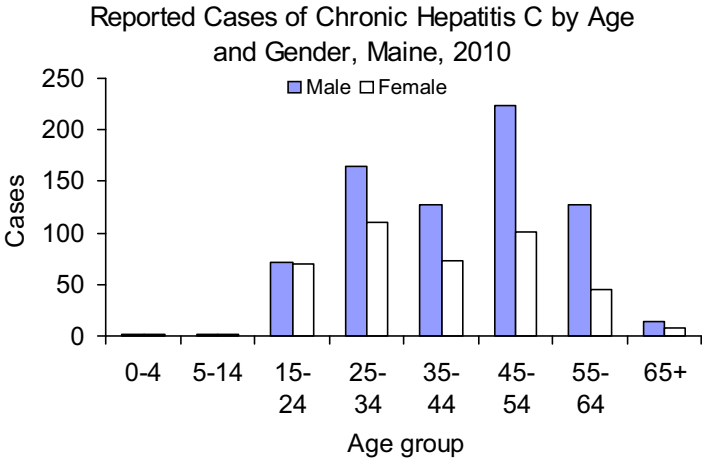
Hepatitis C

2010 Case Total **1142**
Maine Rate **87.0 per 100,000**
U.S. rate (2009) **N/A**

Hepatitis C is a liver disease caused by hepatitis C virus. It can range in severity from a mild illness lasting a few weeks to a serious, lifelong illness or even death. Hepatitis C virus (HCV) is spread when blood from a person infected with the HCV enters the body of someone who is not infected. Many people become infected with the HCV virus by sharing needles or other injection drug equipment.

Most people with chronic HCV do not have any symptoms. In many cases, symptoms only appear when liver problems develop. In persons without symptoms, HCV is often detected during routine blood tests to measure liver function and liver enzyme level.

A hepatitis C positive report is defined as the presence of any positive serologic marker for hepatitis C infection.

- Case total of 1142 represents a decrease from 2009
- Age range was 2 to 83 years
- Highest number of cases reported among people 45-54 years old
- Cases were 64% male and 36% female, with one person unidentified
- Two cases of acute hepatitis C infection were reported

People with HCV should be monitored regularly by an experienced healthcare provider. They should avoid alcohol and check with a health professional before taking any prescription pills, supplements, or over-the-counter medications, as these can potentially damage the liver. Vaccination against hepatitis A and hepatitis B is also recommended.