

Hepatitis C, Hepatitis B, and HIV

and the Chinese community in Canada

According to Statistics Canada in 2011,
1.5 million people reported being of Chinese origin. Of those surveyed:

40%
live in Toronto and
29%
in Vancouver

29%
were born in
Canada

72%
speak a Chinese language
as their first language

For the most part, this first language is Cantonese, except for those under the age of 15, who are more likely to speak Mandarin.

60%
report no religious
affiliation

Hepatitis C, Hepatitis B, and the Human Immunodeficiency Virus (HIV)

- Hepatitis C is a major public health concern in certain immigrant ethnic communities in Canada.
- These communities have also been identified as being at higher risk for other viral infections that are spread in a similar way, such as hepatitis B and HIV.
- It's important to get tested for these three viruses because many people's home countries have high rates of infection.
- Even though these infections are preventable, they continue to spread. This is because people in the community often do not know how the viruses are spread and how to protect themselves and others. Also, they may not know how to get tested or seek treatment.
- In Canada, it is illegal for anyone to treat a person differently because they have an illness. So, people who think they are at risk should not be afraid to ask their doctor for a test.
- These viral infections are treatable. With proper support and access to healthcare – including treatment – in Canada, many people can still live well with these illnesses.

Statistics in China and the Chinese population in Canada

In Canada, there is very little information about the infection rates of hepatitis C, hepatitis B, or HIV specifically in immigrant populations. However, high rates of infection worldwide make it important for people to get tested and know their status.

- It is estimated that 3% of people in China are infected with the **hepatitis C** virus (40 million people).
- China has the third-highest rate of chronic hepatitis C infection in the world.
- **Hepatitis B** affects 8 to 10% of China's adult population (up to 93 million people).
- One-third of all the people in the world chronically infected with hepatitis B live in China.
- Approximately 300,000 people die from hepatitis B-related diseases annually in China.
- There are almost one million people living with **HIV** in China.
- Although the overall prevalence of HIV in China is low, even relatively minor increases in HIV infection rates in a country of more than one billion people signify that large numbers of people have become newly infected.
- In 2011, there were 48,000 new infections. Most of them were sexually transmitted.
- About 71% of people infected are male.



Some Facts about Hepatitis C, Hepatitis B, and HIV

Hepatitis C

What is it?

- Hepatitis C is a liver disease caused by the hepatitis C virus.
- Approximately 25% of people clear the virus after initial infection. However, in 75% of cases, it becomes a chronic (long-term) infection.
- Chronic hepatitis can lead to cirrhosis (scarring) of the liver and/or liver cancer.
- Treatment available in Canada can cure the infection.

Who is at risk?

- The virus is spread through blood-to-blood contact with a person carrying the virus.
- Those most at risk are:
 - People born between 1945 and 1975 (age group with the highest risk for HCV);
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need blood tests to confirm whether you have the virus.
- If you have hepatitis C, it can be treated and cured. Talk to your doctor!
- There is currently no vaccine for hepatitis C, but it can be prevented.

Hepatitis B

What is it?

- Hepatitis B is a liver disease caused by the hepatitis B virus.
- In 90% of adults, the hepatitis B virus can be cleared on its own. But, if contracted early in childhood, it becomes chronic in 90% of cases and treatment is necessary.
- Chronic hepatitis B can lead to cirrhosis (scarring) of the liver and/or liver cancer.

Who is at risk?

- The virus is spread through contact with the blood, semen, or vaginal fluid of an infected person.
- Those most at risk are:
 - Children born to mothers with hepatitis B;
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- Treatment for chronic hepatitis B is available; it controls the virus and limits its ability to replicate. However, there is no complete cure.
- Hepatitis B is preventable with safe and effective vaccines. Talk to your doctor about getting vaccinated!

HIV

What is it?

- HIV is a virus that affects the immune system and weakens an individual's ability to fight against infections. Acquired Immunodeficiency Syndrome (AIDS) is the most advanced stage.

Who is at risk?

- HIV is spread through contact with the blood, semen, vaginal fluid, or breast milk of an infected person.
- Those most at risk are:
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected;
 - Children born to mothers with HIV.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- There is no cure for HIV, but there is treatment that can effectively control the virus.
- Without treatment, the individual can develop severe illnesses like tuberculosis and cancer.
- There is currently no vaccine for HIV but it can be easily prevented. Talk to your doctor!

Getting tested is the only way to know your status. There are effective treatments, and they work best when started early.

Hepatitis C, Hepatitis B, and HIV

and the Egyptian community in Canada

According to Statistics Canada in 2011,
73,250 people reported being of Egyptian
origin. Of those surveyed:

52%
are male

33%
were born in
Canada

56%
are Christian &
33%
are Muslim

35%
live in Toronto
29%
in Montreal

Hepatitis C, Hepatitis B, and the Human Immunodeficiency Virus (HIV)

- Hepatitis C is a major public health concern in certain immigrant ethnic communities in Canada.
- These communities have also been identified as being at higher risk for other viral infections that are spread in a similar way, such as hepatitis B and HIV.
- It's important to get tested for these three viruses because many people's home countries have high rates of infection.
- Even though these infections are preventable, they continue to spread. This is because people in the community often do not know how the viruses are spread and how to protect themselves and others. Also, they may not know how to get tested or seek treatment.
- In Canada, it is illegal for anyone to treat a person differently because they have an illness. So, people who think they are at risk should not be afraid to ask their doctor for a test.
- These viral infections are treatable. With proper support and access to healthcare – including treatment – in Canada, many people can still live well with these illnesses.

Statistics in Egypt and the Egyptian population in Canada

In Canada, there is very little information about the infection rates of hepatitis C, hepatitis B, or HIV specifically in immigrant populations. However, high rates of infection worldwide make it important for people to get tested and know their status.

- Egypt has the world's highest prevalence rate of **hepatitis C**.
- According to the World Health Organization, the overall prevalence rate of hepatitis C is 22% (almost 17.8 million people). For people older than 50, the rate can be as high as 41%.
- The high prevalence of HCV in Egypt is mainly due to an aggressive public health campaign in the 1960s and 1970s that aimed to treat patients for schistosomiasis (known in Egypt as *Bilharzia*, a parasitic disease caused by snails living in the Nile) using medication administered through glass syringes that were not properly sterilized due to limited resources. At present, the virus continues to spread through blood transfusions and other medical and dental procedures.
- **Hepatitis B** affects about 10% of Egypt's population (8.1 million people). Infection rates are higher among young adults and in males.
- The number of **HIV** cases remains low in Egypt (around 11,000).
- However, Egypt has one of the world's highest increases in the number of HIV cases.
- Most people are infected through unprotected sexual intercourse.

Hepatitis C

What is it?

- Hepatitis C is a liver disease caused by the hepatitis C virus.
- Approximately 25% of people clear the virus after initial infection. However, in 75% of cases, it becomes a chronic (long-term) infection.
- Chronic hepatitis can lead to cirrhosis (scarring) of the liver and/or liver cancer.
- Treatment available in Canada can cure the infection.

Who is at risk?

- The virus is spread through blood-to-blood contact with a person carrying the virus.
- Those most at risk are:
 - People born between 1945 and 1975 (age group with the highest risk for HCV);
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need blood tests to confirm whether you have the virus.
- If you have hepatitis C, it can be treated and cured. Talk to your doctor!
- There is currently no vaccine for hepatitis C, but it can be prevented.

Hepatitis B

What is it?

- Hepatitis B is a liver disease caused by the hepatitis B virus.
- In 90% of adults, the hepatitis B virus can be cleared on its own. But, if contracted early in childhood, it becomes chronic in 90% of cases and treatment is necessary.
- Chronic hepatitis B can lead to cirrhosis (scarring) of the liver and/or liver cancer.

Who is at risk?

- The virus is spread through contact with the blood, semen, or vaginal fluid of an infected person.
- Those most at risk are:
 - Children born to mothers with hepatitis B;
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- Treatment for chronic hepatitis B is available; it controls the virus and limits its ability to replicate. However, there is no complete cure.
- Hepatitis B is preventable with safe and effective vaccines. Talk to your doctor about getting vaccinated!

HIV

What is it?

- HIV is a virus that affects the immune system and weakens an individual's ability to fight against infections. Acquired Immunodeficiency Syndrome (AIDS) is the most advanced stage.

Who is at risk?

- HIV is spread through contact with the blood, semen, vaginal fluid, or breast milk of an infected person.
- Those most at risk are:
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected;
 - Children born to mothers with HIV.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- There is no cure for HIV, but there is treatment that can effectively control the virus.
- Without treatment, the individual can develop severe illnesses like tuberculosis and cancer.
- There is currently no vaccine for HIV but it can be easily prevented. Talk to your doctor!

Getting tested is the only way to know your status. There are effective treatments, and they work best when started early.

Hepatitis C, Hepatitis B, and HIV

and the Filipino community in Canada

According to Statistics Canada in 2011,
662,600 people reported being of Filipino origin.
Of those surveyed:

56%
are female

50%
speak Tagalog as
their first language

25%
were born in
Canada

37% live in Toronto
18% in Vancouver
9% in Winnipeg

Nearly all identify
as Christian.

Hepatitis C, Hepatitis B, and the Human Immunodeficiency Virus (HIV)

- Hepatitis C is a major public health concern in certain immigrant ethnic communities in Canada.
- These communities have also been identified as being at higher risk for other viral infections that are spread in a similar way, such as hepatitis B and HIV.
- It's important to get tested for these three viruses because many people's home countries have high rates of infection.
- Even though these infections are preventable, they continue to spread. This is because people in the community often do not know how the viruses are spread and how to protect themselves and others. Also, they may not know how to get tested or seek treatment.
- In Canada, it is illegal for anyone to treat a person differently because they have an illness. So, people who think they are at risk should not be afraid to ask their doctor for a test.
- These viral infections are treatable. With proper support and access to healthcare – including treatment – in Canada, many people can still live well with these illnesses.

Statistics in the Philippines and the Filipino population in Canada

In Canada, there is very little information about the infection rates of hepatitis C, hepatitis B, or HIV specifically in immigrant populations. However, high rates of infection worldwide make it important for people to get tested and know their status.

- **Hepatitis C** is a major public health issue in the Philippines.
- According to the World Health Organization, approximately 3 million people in the Philippines are living with hepatitis C (3.6% of the population).
- **Hepatitis B** is considered a “silent infection,” with 16 million Filipinos being chronically infected with the hepatitis B virus (16.5% of the population).
- Officially, the Philippines has a low prevalence rate of **HIV** (Less than 0.1% of the population or 10,514 total cases).
- However, HIV cases in the Philippines increased by more than 25% from 2001 to 2009.
- Most cases are sexually transmitted.
- 95% of those with HIV are men, most of whom are between 20 and 29 years old.



Some Facts about Hepatitis C, Hepatitis B, and HIV

Hepatitis C

What is it?

- Hepatitis C is a liver disease caused by the hepatitis C virus.
- Approximately 25% of people clear the virus after initial infection. However, in 75% of cases, it becomes a chronic (long-term) infection.
- Chronic hepatitis can lead to cirrhosis (scarring) of the liver and/or liver cancer.
- Treatment available in Canada can cure the infection.

Who is at risk?

- The virus is spread through blood-to-blood contact with a person carrying the virus.
- Those most at risk are:
 - People born between 1945 and 1975 (age group with the highest risk for HCV);
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need blood tests to confirm whether you have the virus.
- If you have hepatitis C, it can be treated and cured. Talk to your doctor!
- There is currently no vaccine for hepatitis C, but it can be prevented.

Hepatitis B

What is it?

- Hepatitis B is a liver disease caused by the hepatitis B virus.
- In 90% of adults, the hepatitis B virus can be cleared on its own. But, if contracted early in childhood, it becomes chronic in 90% of cases and treatment is necessary.
- Chronic hepatitis B can lead to cirrhosis (scarring) of the liver and/or liver cancer.

Who is at risk?

- The virus is spread through contact with the blood, semen, or vaginal fluid of an infected person.
- Those most at risk are:
 - Children born to mothers with hepatitis B;
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- Treatment for chronic hepatitis B is available; it controls the virus and limits its ability to replicate. However, there is no complete cure.
- Hepatitis B is preventable with safe and effective vaccines. Talk to your doctor about getting vaccinated!

HIV

What is it?

- HIV is a virus that affects the immune system and weakens an individual's ability to fight against infections. Acquired Immunodeficiency Syndrome (AIDS) is the most advanced stage.

Who is at risk?

- HIV is spread through contact with the blood, semen, vaginal fluid, or breast milk of an infected person.
- Those most at risk are:
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected;
 - Children born to mothers with HIV.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- There is no cure for HIV, but there is treatment that can effectively control the virus.
- Without treatment, the individual can develop severe illnesses like tuberculosis and cancer.
- There is currently no vaccine for HIV but it can be easily prevented. Talk to your doctor!

Getting tested is the only way to know your status. There are effective treatments, and they work best when started early.

Hepatitis C, Hepatitis B, and HIV

and the East Indian community in Canada

According to Statistics Canada in 2011,
1,615,925 people reported being of South Asian origin
(this includes India, Pakistan, Bangladesh, Sri Lanka, and Nepal).

Of those surveyed:



Hepatitis C, Hepatitis B, and the Human Immunodeficiency Virus (HIV)

- Hepatitis C is a major public health concern in certain immigrant ethnic communities in Canada.
- These communities have also been identified as being at higher risk for other viral infections that are spread in a similar way, such as hepatitis B and HIV.
- It's important to get tested for these three viruses because many people's home countries have high rates of infection.
- Even though these infections are preventable, they continue to spread. This is because people in the community often do not know how the viruses are spread and how to protect themselves and others. Also, they may not know how to get tested or seek treatment.
- In Canada, it is illegal for anyone to treat a person differently because they have an illness. So, people who think they are at risk should not be afraid to ask their doctor for a test.
- These viral infections are treatable. With proper support and access to healthcare – including treatment – in Canada, many people can still live well with these illnesses.

Statistics in India and the Indian population in Canada

In Canada, there is very little information about the infection rates of hepatitis C, hepatitis B, or HIV specifically in immigrant populations. However, high rates of infection worldwide make it important for people to get tested and know their status.

- Approximately 1.5% of people in India are living with **hepatitis C** (almost 18.6 million people).
- The rate of **hepatitis B** infection in India is between 2 and 10% (up to 123.7 million people).
- The government of India estimates that there are between 1.9 and 3.0 million people living with **HIV**.
- Although the overall prevalence of HIV in India is low, even relatively minor increases in HIV infection rates in a country of more than one billion people signify that large numbers of people have become newly infected.
- The highest rate of infection is in people 15 to 49 years old.
- Most cases are caused by unprotected heterosexual intercourse.

Hepatitis C

What is it?

- Hepatitis C is a liver disease caused by the hepatitis C virus.
- Approximately 25% of people clear the virus after initial infection. However, in 75% of cases, it becomes a chronic (long-term) infection.
- Chronic hepatitis can lead to cirrhosis (scarring) of the liver and/or liver cancer.
- Treatment available in Canada can cure the infection.

Who is at risk?

- The virus is spread through blood-to-blood contact with a person carrying the virus.
- Those most at risk are:
 - People born between 1945 and 1975 (age group with the highest risk for HCV);
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need blood tests to confirm whether you have the virus.
- If you have hepatitis C, it can be treated and cured. Talk to your doctor!
- There is currently no vaccine for hepatitis C, but it can be prevented.

Hepatitis B

What is it?

- Hepatitis B is a liver disease caused by the hepatitis B virus.
- In 90% of adults, the hepatitis B virus can be cleared on its own. But, if contracted early in childhood, it becomes chronic in 90% of cases and treatment is necessary.
- Chronic hepatitis B can lead to cirrhosis (scarring) of the liver and/or liver cancer.

Who is at risk?

- The virus is spread through contact with the blood, semen, or vaginal fluid of an infected person.
- Those most at risk are:
 - Children born to mothers with hepatitis B;
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- Treatment for chronic hepatitis B is available; it controls the virus and limits its ability to replicate. However, there is no complete cure.
- Hepatitis B is preventable with safe and effective vaccines. Talk to your doctor about getting vaccinated!

HIV

What is it?

- HIV is a virus that affects the immune system and weakens an individual's ability to fight against infections. Acquired Immunodeficiency Syndrome (AIDS) is the most advanced stage.

Who is at risk?

- HIV is spread through contact with the blood, semen, vaginal fluid, or breast milk of an infected person.
- Those most at risk are:
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected;
 - Children born to mothers with HIV.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- There is no cure for HIV, but there is treatment that can effectively control the virus.
- Without treatment, the individual can develop severe illnesses like tuberculosis and cancer.
- There is currently no vaccine for HIV but it can be easily prevented. Talk to your doctor!

Getting tested is the only way to know your status. There are effective treatments, and they work best when started early.

Hepatitis C, Hepatitis B, and HIV

and the Vietnamese community in Canada

According to Statistics Canada in 2011,
220,425 people reported being of Vietnamese origin.
Of those surveyed:

52%
are female

66%
speak Vietnamese as
their first language

38%
were born in
Canada

32% live in Toronto
18% in Montreal
14% in Vancouver

Most are Buddhist
but an important
percentage report
no religion.

Hepatitis C, Hepatitis B, and the Human Immunodeficiency Virus (HIV)

- Hepatitis C is a major public health concern in certain immigrant ethnic communities in Canada.
- These communities have also been identified as being at higher risk for other viral infections that are spread in a similar way, such as hepatitis B and HIV.
- It's important to get tested for these three viruses because many people's home countries have high rates of infection.
- Even though these infections are preventable, they continue to spread. This is because people in the community often do not know how the viruses are spread and how to protect themselves and others. Also, they may not know how to get tested or seek treatment.
- In Canada, it is illegal for anyone to treat a person differently because they have an illness. So, people who think they are at risk should not be afraid to ask their doctor for a test.
- These viral infections are treatable. With proper support and access to healthcare – including treatment – in Canada, many people can still live well with these illnesses.

Statistics in Vietnam and the Vietnamese population in Canada

In Canada, there is very little information about the infection rates of hepatitis C, hepatitis B, or HIV specifically in immigrant populations. However, high rates of infection worldwide make it important for people to get tested and know their status.

- It is estimated that 4 to 5% of the population in Vietnam is infected with **hepatitis C** (up to 4.4 million people). Of these, 3.5 million have chronic hepatitis C.
- Hepatitis C is the most common cause of liver cancer and Vietnamese men have the highest rate of liver cancer in the world.
- Injection drug users are the group with the highest rate of infection.
- According to the World Health Organization, Vietnam is among the countries with the highest rate of **hepatitis B** infection in the world.
- Approximately 10 to 20% of Vietnam's population is infected with the hepatitis B virus (up to 17.75 million people).
- In 2012, there were 208,866 people with **HIV** and another 59,839 with AIDS.
- About one-third of those infected with HIV are women.
- HIV is still concentrated in higher-risk populations (injection drug users, female sex workers, and men who have sex with men). However, the number of people who acquire the infection through heterosexual contact is increasing.

Hepatitis C

What is it?

- Hepatitis C is a liver disease caused by the hepatitis C virus.
- Approximately 25% of people clear the virus after initial infection. However, in 75% of cases, it becomes a chronic (long-term) infection.
- Chronic hepatitis can lead to cirrhosis (scarring) of the liver and/or liver cancer.
- Treatment available in Canada can cure the infection.

Who is at risk?

- The virus is spread through blood-to-blood contact with a person carrying the virus.
- Those most at risk are:
 - People born between 1945 and 1975 (age group with the highest risk for HCV);
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need blood tests to confirm whether you have the virus.
- If you have hepatitis C, it can be treated and cured. Talk to your doctor!
- There is currently no vaccine for hepatitis C, but it can be prevented.

Hepatitis B

What is it?

- Hepatitis B is a liver disease caused by the hepatitis B virus.
- In 90% of adults, the hepatitis B virus can be cleared on its own. But, if contracted early in childhood, it becomes chronic in 90% of cases and treatment is necessary.
- Chronic hepatitis B can lead to cirrhosis (scarring) of the liver and/or liver cancer.

Who is at risk?

- The virus is spread through contact with the blood, semen, or vaginal fluid of an infected person.
- Those most at risk are:
 - Children born to mothers with hepatitis B;
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- Treatment for chronic hepatitis B is available; it controls the virus and limits its ability to replicate. However, there is no complete cure.
- Hepatitis B is preventable with safe and effective vaccines. Talk to your doctor about getting vaccinated!

HIV

What is it?

- HIV is a virus that affects the immune system and weakens an individual's ability to fight against infections. Acquired Immunodeficiency Syndrome (AIDS) is the most advanced stage.

Who is at risk?

- HIV is spread through contact with the blood, semen, vaginal fluid, or breast milk of an infected person.
- Those most at risk are:
 - People who have come into contact with the blood of another person through the use of unsterilized needles for medical or dental procedures, tattoos, or injection drug use;
 - People who have had unprotected sexual intercourse with a person who may be infected;
 - Children born to mothers with HIV.

What do I do if I think I am at risk?

- Talk to a nurse or doctor. You will need a blood test to confirm whether you have the virus.
- There is no cure for HIV, but there is treatment that can effectively control the virus.
- Without treatment, the individual can develop severe illnesses like tuberculosis and cancer.
- There is currently no vaccine for HIV but it can be easily prevented. Talk to your doctor!

Getting tested is the only way to know your status. There are effective treatments, and they work best when started early.