

Easy B Facts

Hepatitis B & Alcohol

If you have hepatitis B, one of the best things you can do is to stop drinking or cut down as much as you can. Drinking alcohol can cause the liver to become even more damaged in people infected with the hepatitis B virus (HBV).

There are many things that happen to your body when you drink alcohol, such as:

- It stresses out your liver, which is already trying to fight HBV
- Your body's natural defenses will not work as well to fight HBV
- Alcohol helps the hepatitis B virus to make more copies of itself
- The drugs to treat hepatitis B may not work as well
- Doctors may not prescribe HBV medicines if you drink alcohol.

There are a lot of things you can do to help keep your liver healthy. Giving up or cutting back on alcohol could be the most important change that you make.

It Is Important to Remember:

- Alcohol can cause serious health problems for someone with hepatitis B.
- If possible, it is best to stop drinking. If you can't stop drinking, try to cut down on the amount that you drink.
- For many people, it is not easy to stop drinking or to drink less alcohol. If you are having problems, talk with your doctor, counselor or anyone you feel comfortable with to learn new ways to help you stay healthy.



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**Hepatitis C
Support Project**

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