The Quality of the Environment Sector

Environmental Health Administration

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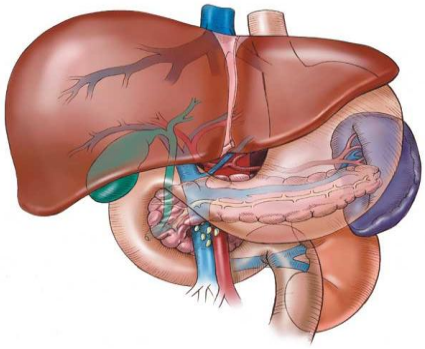
Hepatitis and environmental pollution



- **liver:**

The liver is located in the upper right-hand portion of the abdominal cavity, beneath the diaphragm and on top of the stomach, right kidney, and intestines. The liver, a dark reddish-brown organ. The liver consists of two main lobes, both of which are made up of 8 segments. The segments are made up of a thousand lobules.

- **Liver has multiple functions as the following:**

1- Production of bile, which helps carry away waste and break down fats in the small intestine during digestion.

2- Production of certain proteins for blood plasma.

3- Production of cholesterol and special proteins to help carry fats through the body.

4- Store and release glucose as needed.

5- Processing of hemoglobin for use of its iron content (the liver stores iron).

6- Conversion of harmful ammonia to urea (urea is one of the end products of protein metabolism that is excreted in the urine).

7- Clearing the blood of drugs and other harmful substances

Regulating blood clotting.

8- Resisting infections by producing immune factors and removing bacteria from the bloodstream.

9- Clearance of bilirubin.

- **Hepatitis and environmental pollution:**

Hepatitis is a disease often caused by a viral infection. There are five main viruses that cause hepatitis and referred to patterns of A, B, C, D, and E.

1- Hepatitis A:

There's in the feces of infected people, the infection is transmitted through the consumption of contaminated water or food. It can also transmitted through sexual practices. Notably, in many cases, that hepatitis A infections are mild and patients recover them completely and retain immunity against the virus. Most people live in the developing countries in the world were infected with it. There are also vaccines are safe and successful for the prevention of this virus.

Prevention of infection transmission:

1. Wash the food well to get rid of any germs or viruses.

2. Ensure that the water pure and free from any sediment, or lees to avoid any virus infection, to avoid any infection can be boiling water for safety.

3. Provide clean water for irrigation for safe food and free from any diseases.

4. Personal hygiene by washing hands regularly to avoid contagion in contact their hands.

5. Develop sanitation facilities and drinking water facilities to avoid infection with viruses.

2- Hepatitis B:

This virus is transmitted through exposure to blood, semen and any contaminated body fluids. The virus can transmit from mothers who were infected to their infants during childbirth. The virus can also be transmitted through contaminated blood transfusions, and also through the use of contaminated injection equipment during medical procedures and injecting drug use. The hepatitis B virus is a threat as well as the health care providers who are, incidentally, injuries with needles that in the provision of health services for infected people with virus. A vaccine was safe and effective for the prevention of acute hepatitis B.

Prevention of infection transmission:

1. Do not use personal tools for anyone (toothbrush, clapper or shaving machine)

2. The sterilization of medical instruments used in medical discoveries and dentists and also during surgical operations.

3. The use of injections, which are used only once in the course of taking the drug, or while taking blood samples for medical checkups.

4. Provide protection to the providers of medical services to protect them from infected patients.

5. A full blood test before blood transfusion to patients to make sure that it is free from viruses.

6. Sexual contact for infected persons with hepatitis B must be carried out through the use of condoms to avoid the infection.

7. Taking vaccine (vaccines) for the prevention of acute hepatitis B.

3- Hepatitis C:

This virus is also transmitted in most cases by exposure to contaminated blood. This may occur as a result of contaminated blood transfusion , infected blood products, and through the use of contaminated injecting equipment during medical procedures, and injecting drug use. The virus can also be transmitted through sexual contact, but that transition is less common. There is no vaccine to prevent hepatitis C.

Prevention of infection transmission:

1. Do not use personal tools for anyone (toothbrush, clapper or shaving machine)

2. The sterilization of medical instruments used in medical discoveries and dentists and also during surgical operations.

3. The use of injections, which are used only once in the course of taking the drug, or while taking blood samples for medical checkups.

4. A full blood test before blood transfusion to make sure that it is free from viruses.

6. Sexual contact for infected persons with hepatitis B must be carried out through the use of condoms to avoid the infection.

7. Use of current medications and drugs, but after consulting your doctor.

4- Hepatitis D:

The infections only occur among people infected with hepatitis B. The dual infection with D and B lead to more serious disease and lead to bad health problems. The vaccines provide protection against hepatitis B is also protection against hepatitis D.

5- Hepatitis E:

This virus is transmitted mostly, like the hepatitis A virus through the consumption of contaminated water or food. It is a common occur in developing regions of the world. The vaccines were safe and successful for the prevention of hepatitis E virus but are not available on a large scale.

REFRENCE:

1- WORLD HEALTH ORGANISATION SITE
(http://www.who.int/ar/)

2- Stanford childern 's Health

(http://www.stanfordchildrens.org)