

CANCAD World Hepatitis Day 2023

One Life, One Liver



28. July. 2023

Projects of Cancer Advocacy Nigeria CANCAD

In partnership with:

- Irrua Specialist Teaching Hospital, ISTH
- The Clem Agba Foundation, TCAF
- Association of Resident Doctors and Community Medicine Dept, ISTH
- Nigerian Medical Association, Edo State
- Alex Ekwueme Federal University, Ebonyi State
- Federation of Catholic Medical & Dental Students Nigeria
- Dutse Market Traders Union

Overview

Viral hepatitis, particularly types B and C lead to chronic liver disease in millions of people and together are the most common cause of liver cirrhosis, **liver cancer** and viral hepatitis-related deaths.

Although there are different types of Hepatitis viruses (A to E), types B and C are the most concerning. There are over 1 million hepatitis-related deaths every year and also millions of silent or symptom-less infections... and this contributes a significant risk to getting Liver Cancer or serious liver disease that affects quality of life.

July 28 is observed annually as World Hepatitis Day by the World Health Organization and their theme for 2023 was One Life, One Liver. See WHO Director General's message [here](#).

We at CANCAD chose to focus on hepatitis as one of our major projects for the working year based on the above.

Aims

Hepatitis B has an effective vaccine and Hepatitis C has a cure. Other causes of liver disease like alcohol abuse and misuse of medications can also be prevented with the right knowledge.

We set out to join the awareness efforts, informing people about the risks especially related to liver cancer and lifestyle modifications that reduced them. We also wanted to encourage screening for Hepatitis B&C as well as vaccination for Hepatitis B. Our target population were the general public as much as we could reach them, but we also focused on healthcare workers due to their increased risk and young people.

Activities

Radio Talk Show

Volunteers of CANCAD, with some of our partners went on an indigenous language radio talk show; *Esan Binoculars* (Esan is the language of the Ishan people in the southern part of Edo State Nigeria).

The talk show was during the weekly ARD-ISTH Health Advocacy Radio Show “Health talk”, on Esan Binoculars radio station, Uromi Edo state, Channel 105.1 FM.

We also ran a month-long campaign across social media, interacting with people and increasing awareness on the need for screening and vaccination for viral hepatitis.

Listen to the radio episode [here](#).



L-R

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Screening and Vaccination

One of our focus populations in relation to screening and vaccination for viral Hepatitis was Healthcare workers. We set to it by partnering with the management of Irrua Specialist Teaching Hospital ISTH and the Association of Resident Doctors in the institution ARD-ISTH.

Under their auspices, we started with a preliminary survey of clinical health workers on awareness of:

- risk/safety measures,
- screening and vaccination for Hepatitis B & C

This helped us to highlight the need for regular screening and up-to-date vaccination for Hepatitis B.

On World Hepatitis Day, July 28th 2023, we held free screening and vaccination exercises in 4 locations across Nigeria.

- Dutse Market, FCT Abuja - 100 persons screened
- Main Campus, Alex Ekwueme Federal University Ebonyi State - 170 persons screened.
- Main Campus Ambrose Alli University Edo State - 86 persons screened and vaccinated.
- Irrua Specialist Teaching Hospital - 192 persons screening and 170 vaccinated.

In total we were able to screen 548 and give vaccines to 256 people, all for free.



Free counseling and screening for Hepatitis B and C, Dutse Market, Abuja



Free counseling and screening for Hepatitis B and C, Alex Ekwueme University, Ebonyi



Counseling and screening for Hepatitis B and C, + Vaccination for Hepatitis B; at Ambrose Alli University, Edo State.

We were thrilled to work with the Nigerian Medical Association Edo State and The Clem Agba Foundation TCAF for this event. They provided free Hep B vaccines, and trained staff to help with administering them.

For full protection, one needs 3 doses of the Hepatitis B vaccine - we were able to make arrangements and reserve vaccines to ensure follow up appointments to complete the course.

Everyone who tested positive during the screening were contacted with advice on how to seek specialist assessment and possible treatment.

Please see more photos of the project [here](#), and [here](#).