



July 2019 Edition

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COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## ASK4CARE Employee of The Month for July 2019 is Ebnoluwa 'Grace' Ogunniyi

This award is a small token of appreciation in comparison to the efforts of Grace's dedicated support she provides day in and day out at Ask4Care Support Services.

Each shift Grace attends she enlightens everyone around her. The supported is always Grace's 1<sup>st</sup> priority, their pride as they achieve their goals, their sense of belonging as they make connections within the community and in the satisfaction, they get from expanding their levels of independence. All of this happens because of Grace's contributions.



*I want to inspire people. I want someone to look at me and say, "Because of you I didn't give up"*

# WORLD HEPATITIS DAY

## What is hepatitis?

Hepatitis refers to an inflammatory condition of the liver. It's commonly caused by a viral infection, but there are other possible causes of hepatitis. These include autoimmune hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins, and alcohol. [Autoimmune hepatitis](#) is a disease that occurs when your body makes antibodies against your liver tissue.

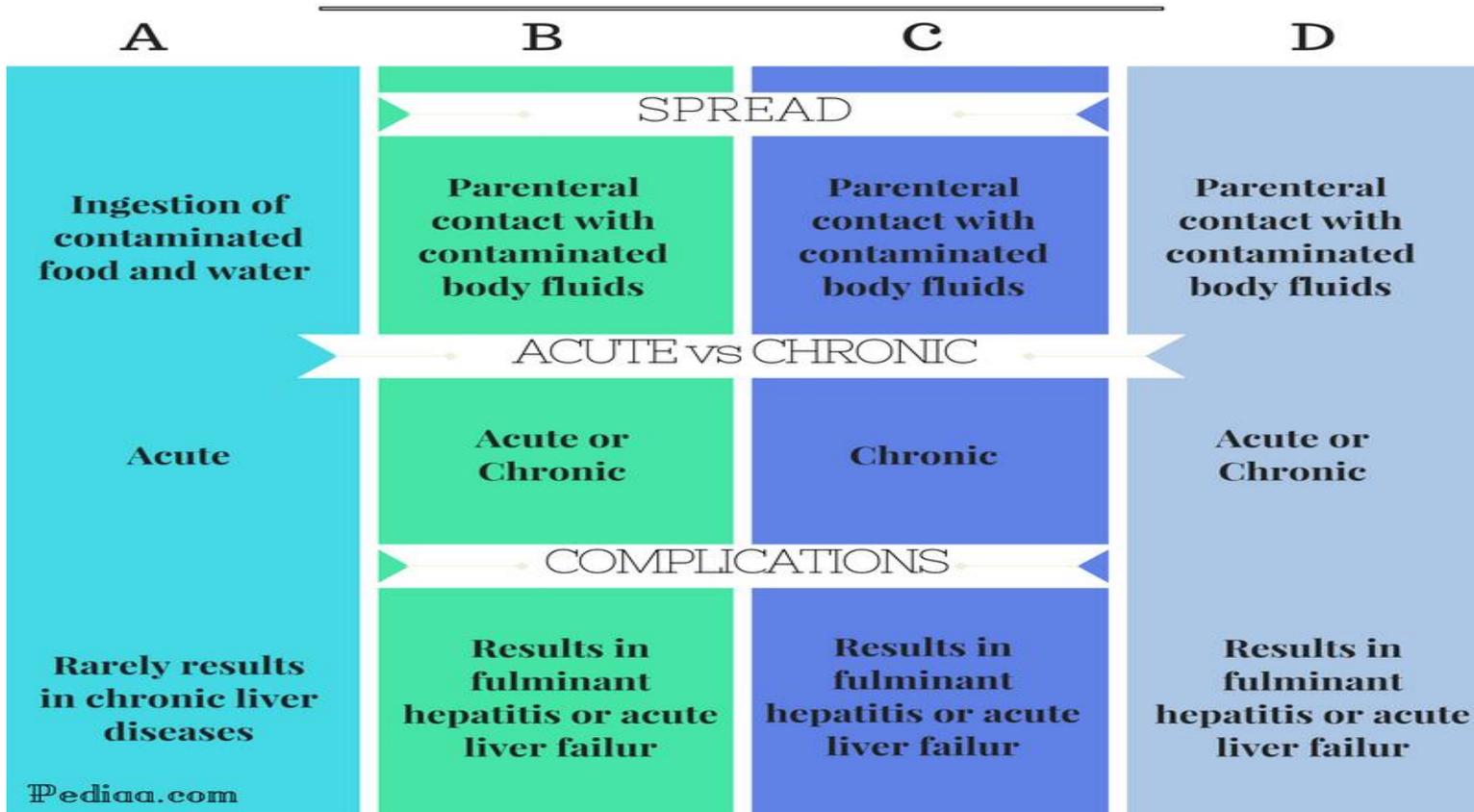
Your [liver](#) is located in the right upper area of your abdomen. It performs many critical functions that affect metabolism throughout your body, including:

- bile production, which is essential to [digestion](#)
- filtering of toxins from your body
- excretion of bilirubin (a product of broken-down red blood cells), cholesterol, hormones, and drugs
- breakdown of [carbohydrates](#), fats, and proteins
- activation of enzymes, which are specialized proteins essential to body functions
- storage of glycogen (a form of sugar), minerals, and vitamins (A, D, E, and K)
- synthesis of blood proteins, such as albumin
- synthesis of clotting factors

According to the [Centers for Disease Control and Prevention \(CDC\) Trusted Source](#), approximately 4.4 million Americans are currently living with chronic hepatitis B and C. Many more people don't even know that they have hepatitis.

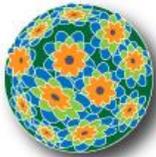
Treatment options vary depending on which type of hepatitis you have. You can prevent some forms of hepatitis through immunizations and lifestyle precautions.

# HEPATITIS

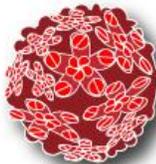


## FAST FACTS

**HEP A** May not have symptoms/ symptoms appear quickly  
 Passed on from small amounts of stool on food, objects, drinks, casual contact  
 Vaccine preventable  
 Curable



**HEP B** Usually no symptoms  
 Passed via body fluids such as blood or semen  
 Vaccine preventable  
 Can become chronic  
 Treatable but no cure exists



**HEP C** Usually no symptoms  
 Passed via body fluids such as blood or semen  
 No vaccine  
 Usually becomes chronic  
 Curable

