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It was last updated in July 2011.

The Path B roadmap is best viewed in full screen mode. To enter full screen mode please click on the button below.



Full screen



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My Journey with chronic hepatitis B



This resource is provided as an educational service by



Developed in partnership with



Welcome to PATH B - My journey with chronic hepatitis B

Welcome to this information resource for people living with chronic hepatitis B.

'PATH B - My journey with chronic hepatitis B' is an education resource designed to improve your lives as people living with chronic hepatitis B. It aims to guide you in your journey with chronic hepatitis B and provide information and understanding about the condition to help you manage your disease.











The content and direction of the resource has been overseen by the PATH B (Patients and Professionals Acting Together for Hepatitis B) advisory board, an independent international group that includes

patient advocacy representatives and clinicians.

This resource has been designed as an interactive PDF. You navigate through the pages using the forwards and backwards arrows, or by clicking on the icons or links. This is explained in full in the **'How to use this resource'** section.

To make the best use of this resource we recommend you save the toolkit to your desktop, a flash drive or other form of hard drive.

We hope you will find the resource helpful and that it makes a real difference to your understanding and management of hepatitis B!

-  [What is Path B?](#)
-  [How to use this resource](#)
-  [Journey roadmap](#)
-  [Questions & Answers](#)
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Welcome to your Roadmap – ‘My journey with chronic hepatitis B’

The journey of living with chronic hepatitis B has been chronicled in this roadmap. The six road signs on this roadmap highlight the key stages that surround your journey with hepatitis B, from spotting possible symptoms to adhering to long-term treatment.

When discussing chronic hepatitis B the quickest way to gain information is to ask questions. The roadmap has been designed as a series of questions and answers that deal with all the aspects of chronic hepatitis B. You use it by clicking

on the road sign that addresses a broad area topic around chronic hepatitis B. This will open a menu that lists questions on this topic. Clicking on a question will then bring up an answer and may bring up some supporting information such as images or charts to help explain the answer. It's as simple as that.

The roadmap can be navigated in natural order or questions can be selected in any order. It is designed to help answer any and every question.

Path B Roadmap sections



Could I have hepatitis B?

This section looks at many areas, from the liver and how it works to what hepatitis B is and how it spreads.



Understanding my tests

This section aims to better explain how tests work, the purpose of the tests and what the results mean.



Being diagnosed with hepatitis B

This section helps people once they have been told they have chronic hepatitis B, from specific questions on the illness to questions to help explain emotional and family considerations.



After my diagnosis

This section helps guide people living with chronic hepatitis B through the things they need to consider, from symptoms to treatment and diet.



Starting my treatment

To help people gain the most from their treatment, this section looks at different ways of treating the illness and how the treatments work.



My long-term journey

The questions in this section look at the best methods to manage living with chronic hepatitis B, from the importance of taking medicine regularly to getting support.



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Could I have hepatitis B?

- What is the liver and how does it work?
- What is hepatitis B?
- How does hepatitis B affect me?
- How do I know if I have hepatitis B?
- Can anything be done to prevent Hepatitis B?
- How is hepatitis B transmitted?



Could I have hepatitis B?

This section looks at many areas, from the liver and how it works to what hepatitis B is and how it spreads.



Questions & Answers

This question and answer section allows you to quickly access information that sits in the toolkit. By clicking on a specific topic you will be able to see the relevant questions dealt with in the document. Click on the any question to see the relevant answer. The questions and answers are situated in independent PDF files and can be printed off.

About the liver

Hepatitis B transmission

What is hepatitis B?

Telling people about your hepatitis B

The effects of hepatitis B

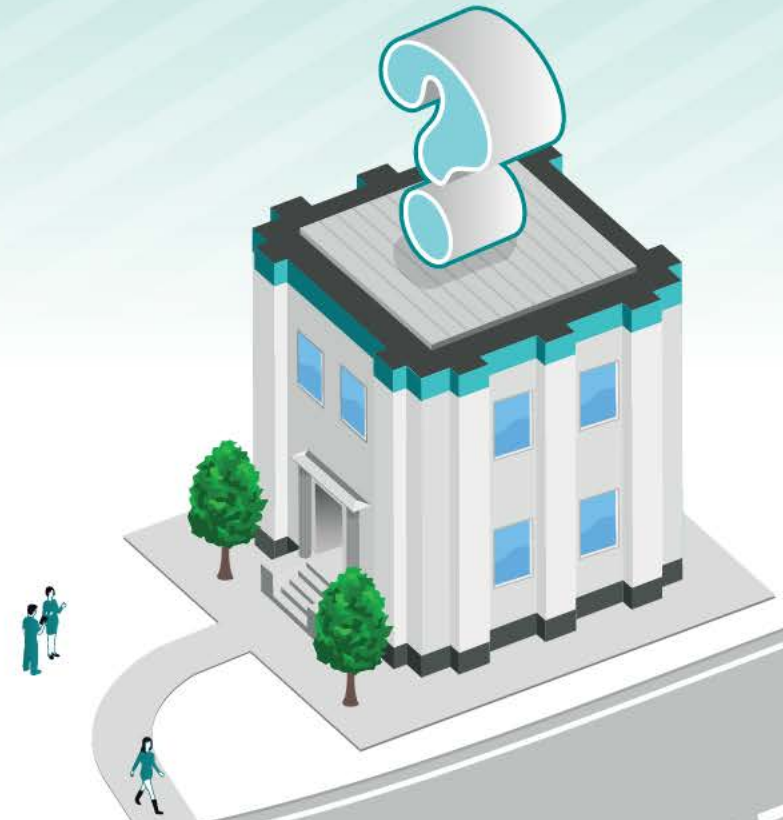
How hepatitis B affects your family and lifestyle

Testing for hepatitis B

Treating hepatitis B

Hepatitis prevention

Importance of monitoring and adherence



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Factsheets

The hepatitis B factsheets provide a summary of the information contained within this resource in a shorter and more concise though less detailed format. To access a factsheet simply click on the factsheet you wish to view below.

1. What is the liver and how does it work?

7. Should I tell people that I have hepatitis B?

2. What is hepatitis B?

8. How will it affect my family, friends and community life?

3. How might hepatitis B affect me?

9. Treatment for hepatitis B

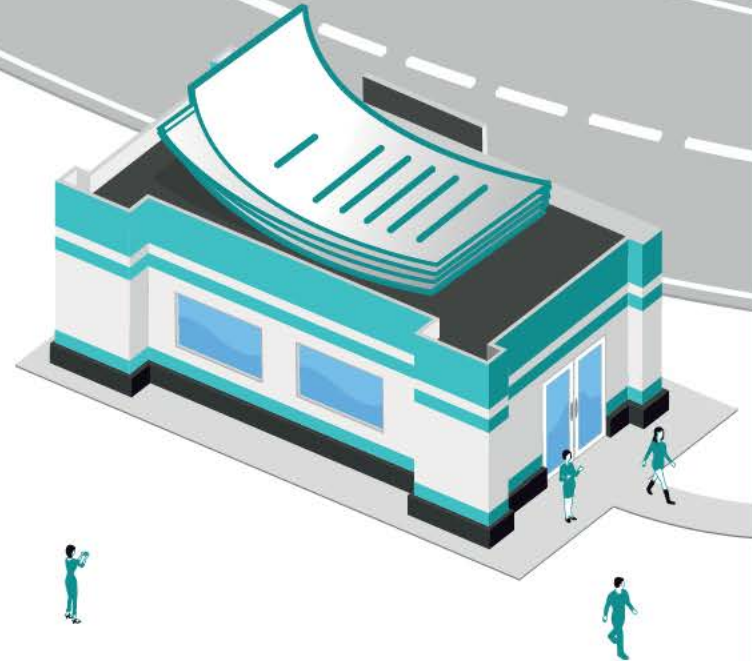
4. How will I know if I have hepatitis B?

10. Living with treatment and monitoring

5. Can anything be done to prevent hepatitis B?

11. Treatment adherence and persistence

6. How is hepatitis B transmitted?



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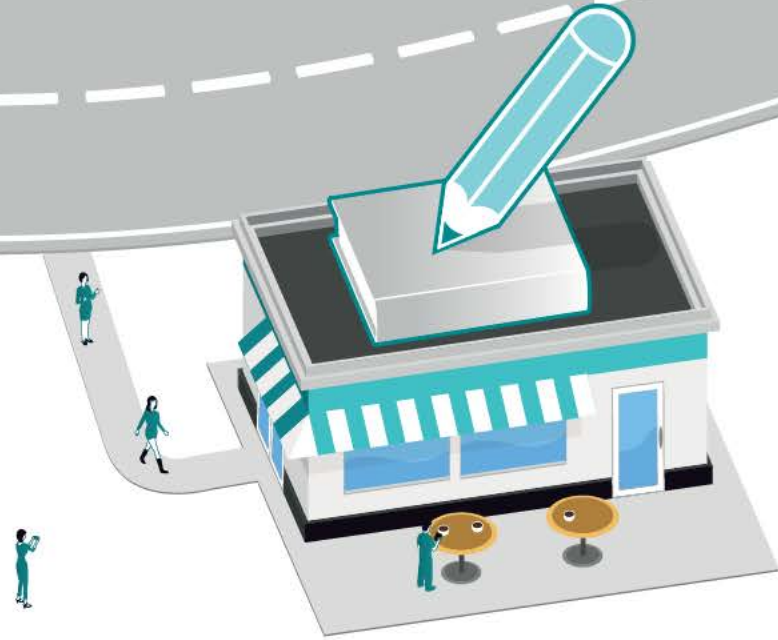
Patient Diary / View Your Progress Tool

The Patient Diary / View Your Progress tool are two interactive resources contained within this one document. The 'Patient Diary' is designed to allow you to input key data and record important information that you can save and update regularly. The 'View Your Progress Tool' is designed to allow you to view, track and chart your test results. You can also save and update the tool regularly.

Please note this important information:

BEFORE USING THIS PATIENT DIARY AND VIEW YOUR PROGRESS TOOL, PLEASE SAVE THIS PDF DOCUMENT ONCE TO THE COMPUTER AND LOCATION WHERE YOU CAN ALWAYS REFER TO IT. IT IS ALSO IMPORTANT TO SAVE EACH TIME YOU UPDATE YOUR INFORMATION TO MAKE SURE YOUR RECORDS ARE UP TO DATE.

[Click here to open the Patient Diary](#)



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Wellness Tips

The wellness tip sheets provide helpful guidance on how to get the most from your treatment and consultations with doctors and nurses. They also give advice on maintaining good physical health, lifestyle choices and ensuring the best from relationships. To access any of the wellness tips simply click on the one you wish to view below.

1. Getting the most from your consultation

3. Relationships

2. Lifestyle and nutrition

4. Treatment



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