



# Vermont Viral Hepatitis & Liver Cancer Prevention Profile

Each year in the United States, around 31,000 people get liver cancer.<sup>1</sup> Did you know that among people with certain liver cancers in the United States, more than half have hepatitis C and around 15% have hepatitis B?<sup>2</sup> Less than 18% of people diagnosed with any kind of liver cancer live five or more years.<sup>3</sup>

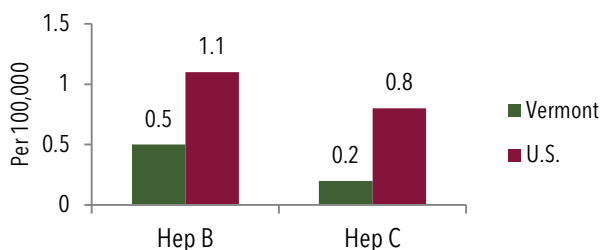


Populations at higher risk of hepatitis B infection include people born in Asia and sub-Saharan Africa, people who inject drugs, incarcerated individuals, men who have sex with men and health care workers at risk of occupational exposure.<sup>4</sup>

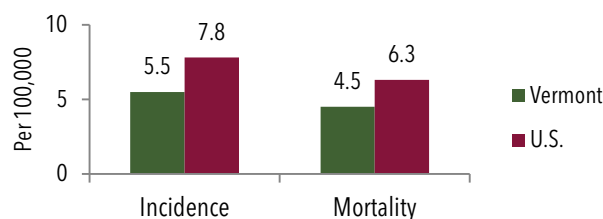
Populations at higher risk of hepatitis C infection include baby boomers (born 1945-1965), those who inject drugs or who have ever injected drugs, individuals with HIV, and prior recipients of transfusions or organ transplants.<sup>4</sup>

## What's happening in Vermont?

### Vermont vs. U.S. Incidence Rates of Acute Hepatitis B and C (2015)<sup>6</sup>








### Vermont vs. U.S. Age-Adjusted Liver Cancer\* Incidence and Mortality Rates (2010-2014)<sup>5</sup>



## Take Action!

Most new liver cancer cases diagnosed each year could be prevented through these strategies:<sup>4</sup>

 SURVEILLANCE	 VACCINATION	 SCREENING	 TREATMENT	 POLICY, SYSTEMS & ENVIRONMENTAL (PSE) CHANGE
<p><i>State- and national-based surveillance systems provide essential data for program planning.</i></p> <ul style="list-style-type: none"> <li>Use cancer registry data to:               <ul style="list-style-type: none"> <li>Describe disease burden</li> <li>Identify disease trends to inform patterns of access to care</li> </ul> </li> <li>Use National Notifiable Diseases Surveillance System and Viral Hepatitis Surveillance Program to:               <ul style="list-style-type: none"> <li>Describe infection of disease</li> <li>Monitor trends in incidence and prevalence of risk factors for disease</li> <li>Follow the CDC Guidelines for Viral Hepatitis Surveillance and Case Management</li> </ul> </li> </ul>	<p><i>95% of hepatitis B infections can be prevented with immunization, and promising practices.<sup>7</sup></i></p> <ul style="list-style-type: none"> <li>Identify individuals recommended for <u>hepatitis B vaccination</u></li> <li>Administer vaccination as part of routine services</li> </ul>	<p><i>Early detection is key.</i></p> <ul style="list-style-type: none"> <li>Identify patients who are at high risk for <u>hepatitis B</u> or <u>hepatitis C</u> infections</li> <li>Test according to age- and risk-based guidelines</li> <li>Assess for risk factors for liver cancer, including:               <ul style="list-style-type: none"> <li>Heavy alcohol use</li> <li>Obesity</li> <li>Type II diabetes<sup>1</sup></li> </ul> </li> </ul>	<p><i>Viral hepatitis is curable, and treatment could prevent 90,000 liver cancer deaths by 2030.<sup>8</sup></i></p> <ul style="list-style-type: none"> <li>Ensure those infected with <u>hepatitis B</u> or <u>hepatitis C</u> receive appropriate care and treatment</li> <li>Partner with insurers to develop solutions to lower cost of treatment</li> </ul>	<p><i>PSE change leads to broader impact and sustainability.</i></p> <ul style="list-style-type: none"> <li>Build infrastructure that allows the identification, follow-up and monitoring of individuals with hepatitis B and hepatitis C infections</li> <li>Work with stakeholders to support improvements in research, prevention, screening, diagnosis and care<sup>8</sup></li> </ul>

REFERENCES: 1. Centers for Disease Control and Prevention. (2017). *Liver Cancer*. Retrieved from <http://bit.ly/2xmoEvG>. 2. El-Serag, H.B. & Kanwal, F. (2014). Epidemiology of Hepatocellular Carcinoma in the United States: Where Are We? Where Do We Go? *Hepatology*, 60(5), 1767-1775. doi: 10.1002/hep.27222 3. Centers for Disease Control and Prevention. (n.d.) *5-Year Relative Survival by Selected Primary Site, Race, Sex and Age Group*. Retrieved from <http://bit.ly/2fyqMLn> 4. Centers for Disease Control and Prevention. (2016). *CDC Fact Sheet: Viral Hepatitis and Liver Cancer*. Retrieved from <http://bit.ly/2i1K2pv> 5. Centers for Disease Control and Prevention and National Cancer Institute. (2017). *United States Cancer Statistics: 1999-2014 Incidence and Mortality Web-Based Report*. Retrieved from <http://bit.ly/2in7YTp> 6. Centers for Disease Control and Prevention. (2017). *Surveillance of Viral Hepatitis - United States - 2015*. Retrieved from <http://bit.ly/2z3D4GS> 7. Centers for Disease Control and Prevention. (2017). *Viral Hepatitis: Vaccination of Adults*. Retrieved from <http://bit.ly/2xn21tq> 8. National Academy of Sciences, Engineering, and Medicine. (2017). *A National Strategy for the Elimination of Hepatitis B and C: Phase Two Report*. Retrieved from <http://bit.ly/2yMQ07T>

\*Refers to cancer that begins in the liver or intrahepatic bile duct.

Learn more about viral hepatitis at [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis) and more about liver cancer at [www.cdc.gov/cancer/liver](http://www.cdc.gov/cancer/liver)



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