



## **Hepatitis B Information and Resources Tarrant County, TX**

### **Where to get screenings:**

#### **Tarrant County Health:**

Prenatal Hepatitis B – Screening for Hepatitis B; case management for pregnant women with Hepatitis B and their families.

Arlington – (817) 321-4716

Bagsby-Williams – (817) 321-4716

Lake Worth/Northwest – (817) 238-4441

Southwest – (817) 370-4530

Watauga – (817)-514-5036

**North Texas Area Community Health Centers:** - Provides immunizations at low cost.

Northside: 817-625-4254

Southside: 817-916-4333

**DFW Hepatitis B free Project:** - a medical student led project that provides Hep B screenings to Dallas and Tarrant county residents, mostly immigrant women.

Call in advance to make appointment: **(702)-763-4372**

### **Treatment/Management of Hepatitis B**

Not all patients with HBV need to be on treatment. It is very important to consult with your doctor to make the right decision which is often based on the results of blood tests, age, and scarring of the liver.

Hepatitis B drugs are recommended for patients with very active virus and an inflamed liver. These patients will have a very high amount of hepatitis B virus in their blood (sometimes referred to as the hepatitis B viral load) and an unusually high level of a chemical known as ALT, which is one of the "liver enzymes" that helps the liver do its work. People with *cirrhosis* also may be candidates for treatment.

Patients can go through different phases with their hepatitis B. Doctors will track the phase of a person's hepatitis B by the results of blood tests. Hence, it is recommended to have blood test on a regular basis.

#### **There are two categories of drugs for Hepatitis B Treatment**

##### **1. Injections:**

###### **a. Infernon**

- b. **Pegylated inferno** is a long acting form of standard inferno which can be used only once a week. Regular inferno is used multiple times a week.



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### 2. Oral Antiviral medications:

- a. Entecavir
- b. Tenofovir
- c. Lamivudine
- d. Adefovir
- e. Telbivudine

### Cost comparison



#### HEPATITIS B FOUNDATION

3805 Old Easton Road  
Doylestown, PA 18902  
Phone: (215) 489-4900  
Email: [info@hepb.org](mailto:info@hepb.org)

CAUSE FOR A CURE

[www.hepb.org](http://www.hepb.org)

#### Approved HBV Antiviral and Interferon Therapy Cost Comparison 2011\*

Drug Name	Average Monthly Cost	Annual Cost
Lamivudine 100 mg (Epivir-HBV)	\$422.01	\$5,064.12
Adefovir 10 mg (Hepsera)	\$1,076.32	\$12,915.80
Entecavir 0.5 mg (Baraclude)	\$998.31	\$11,979.68
Tenofovir 300 mg (Viread)	\$859.35	\$10,312.20
Telbivudine 600 mg (Tyzeka)	\$876.00	\$10,512.04
Interferon (Intron-A)		
5 mil. IU Kit	\$670.49	\$8,045.88
10 mil. IU Kit	\$1,126.49	\$13,517.88
Pegylated Interferon (Pegasys)		
180 mcg/0.5 ml Kit	\$2,939.64	\$35,275.68

\*Averages based on 2011 midyear wholesale costs obtained from Drugstore.com, CVS Pharmacy, and Walgreen's Pharmacy

Although the FDA has approved these drugs for chronic hepatitis B, they do not provide a complete cure, except in rare cases (a "cure" generally means that a person loses the hepatitis B virus and develops protective surface antibodies).



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The drugs, however, significantly decrease the risk of liver damage from the hepatitis B virus by slowing down or stopping the virus from reproducing. As with HIV, it appears that combination therapy will probably be the most effective method of combating chronic hepatitis B infections.

### **Blood Test:**

The hepatitis B blood panel requires only one blood sample but includes three tests:

- **HBsAg** (hepatitis B surface antigen)
- **HBsAb or Anti-HBs** (hepatitis B surface antibody)
- **HBcAb or anti-HBc** (hepatitis B core antibody)

### ***Resources:***

**Request a Test:** For \$29 you can request Blood test to monitor your liver. There are various locations where you can get tested. RaT does not take insurance but one can claim reimbursement if you have health coverage.

### **Hepatic Function (Liver test):**

**Request a Test:** For \$29 you can request *Hepatic Function* test to monitor your liver. There are various locations where you can get tested. RaT does not take insurance but one can claim reimbursement if you have health coverage.

### **Health Care Coverage to help patients with medication cost:**

**JPS Connection/Health Network** – Helps secure medical home at JPS network for qualified individuals and family members.

**Medicaid** is a federal program that is administered according to the laws of each individual state. Currently, in the state of Texas, the only persons that qualify for Medicaid are:

- Pregnant Women
- Guardians of children, under the age of 16, who are enrolled on Children's Medicaid (CHIP)
- Disabled individuals

**Vaccine for Children Program (VFC)** – is a federal program that provides free vaccines for children who meet certain requirements.

**Indigent Care** Each county in Texas has a County Indigent Health Care Program that provides healthcare services to residents who qualify based on financial need. To qualify for indigent care, a household must not earn more than \$2,000 annually (or \$3,000 annually if a person is aged or disabled).



## Building Bridges Program

### Hepatitis B Information and Resources Tarrant County, TX

#### Medication Assistance Programs:

##### **Baraclude (Entecavir) Access Program** offers:

- Free Drug Program
- Cash Discount Program
- Co-pay Discount Program

Language service  
provided

For more information: <http://www.baraclude.com/all-in-one-access-program.aspx>

Phone: 1855-898-0267

##### **Patient Access Network** offers:

Max Award: \$4500/year

##### **Eligibility Criteria:**

- Patient must have Medicare insurance coverage.
- The medication must treat the disease directly.
- Patient must reside and receive treatment in the United States.
- Patient's income must fall below 400% of the Federal Poverty Level.

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provided

Persons in family/household	Poverty guideline
1	\$11,670
2	15,730
3	19,790
4	23,850
5	27,910
6	31,970
7	36,030
8	40,090
For families/households with more than 8 persons, add \$4,060 for each additional person.	

For more info: <http://www.providerportal.panfoundation.org/hepatitis-b>

Phone: 1-866-316-7263

##### **Bristol-Myers Squibb:**

**Patient Assistance Program** helps insured, underinsured, or patients with no insurance with medication cost.

For more info: <http://www.bms.com/products/Pages/programs.aspx>

Phone: 800-321-1335

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provided

##### **American Liver Foundation:**

**ALF Drug Discount Card** – offer a free discount card for uninsured or underinsured patients that can save up to 80% off the cost of medicine. It is accepted at many



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pharmacies, and drug stores including Walmart, CVS, Walgreens. It is a discount drug card, not to be confused with insurance.

[http://www.liverfoundation.org/downloads/alf\\_download\\_1110.pdf](http://www.liverfoundation.org/downloads/alf_download_1110.pdf)

**Hepatitis B Foundation:** offer a free discount card for uninsured or underinsured patients that can save up to 75% off the cost of medicine. It is accepted at many pharmacies, and drug stores including Walmart, CVS, Walgreens.

<http://www.hepfi.org/RESOURCES/SavingsCard.html>

### **Taking care of your liver**

#### **Healthy Lifestyle:**

Eating a healthy diet and exercising regularly help the liver to work well. Unhealthy diet, for example a lot of fatty foods can lead to liver disease.

#### **1. Eat foods that have a lot of fiber such as:**

- a. Green fruits and vegetables,
- b. Whole grain breads
- c. Rice and cereals





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# 50 FIBER-RICH FOODS

THIS LIST IS FOR INFORMATIONAL AND ENTERTAINMENT PURPOSES ONLY AND IS NOT MEANT TO BE A SUBSTITUTE FOR MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT.

### FRUITS

Prunes	7.7 g per cup
Pear	5.1 g
Mango	3.3 g
Apple	3.3 g
Raspberries	8 g per cup
Raw blackberries	3.8 g per half cup
Raw strawberries	3.3 g per cup
Raisins, seedless	5.4 g per cup

### BREADS

Rye	5.6 g for 2 slices
Bran flakes	5.2 g per cup
Wheat bread	5.2 g for 2 slices

### NUTS & SEEDS

Almonds	3.5 g per oz (24 nuts)
Pistachios	3 g per oz (47 nuts)
Peanuts	4.6 g per 2 oz (56 nuts)
Walnuts	4 g per 2 oz (30 halves)
Pecans	5.4 g per 2 oz (40 halves)





## Building Bridges Program

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#### LEGUMES

Navy beans	19 g per cup	Lima beans, cooked	6.6 g half cup
Pinto beans, cooked	15.4 g per cup	Split peas, cooked	16.3 g per cup
Kidney beans	13 g cup		
Baked beans, canned	5.2 g half cup		
Lentils, cooked	7.8 g half cup		
Black beans, cooked	7.5 g half cup		

Half cup bean with ham soup	19 g
One cup whole wheat pasta and a half cup broccoli	9 g
Tomato paste, canned	5.4 g per half cup
Pumpkin, canned	13 g per half cup

#### MEALS & CANNED FOOD

#### GRAINS

Low-fat granola w/raisins cereal	Quinoa, cooked	5 g per cup
4.8 g per half cup	Wild rice, cooked	3 g per cup
Whole wheat spaghetti	Oatmeal	4 g per cup
6.3 g half cup	Barley, cooked	3 g per cup
Shredded wheat cereal		
5.7 g per cup		



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### VEGETABLES

Artichokes	10.3 g
Winter squash, cooked	5.7 g per cup
Broccoli, frozen, cooked	5.5 g per cup
Brussel sprouts, frozen cooked	6.4 g per cup
Soy beans, cooked	10.3 g per half cup
Frozen peas, cooked	4.4 g per half cup
Frozen mixed veggies	4 g per half cup
Spinach, canned	5.1 g per cup
Turnip greens, frozen, boiled	5.6 g per cup
Sweet corn, canned, cooked	4.2 g per cup
Okra, cooked	4 g per cup
Potato, flesh and skin, baked	4.4 g
Carrots, frozen, cooked	4.8 g per cup
Sauerkraut	3.4 g per half cup



### Limit the Amount of Alcohol

Alcohol can damage and even destroy liver cells. Liver damage can lead to build up fat in the liver, inflammation or swelling of liver, and/or scarring of your liver (cirrhosis). It is almost a no-no for people with liver disease.

### Manage your medicine

It is very important to monitor your liver while on medication, especially if you have liver disease. Learn about the medicines you are taking and how they can affect the liver.





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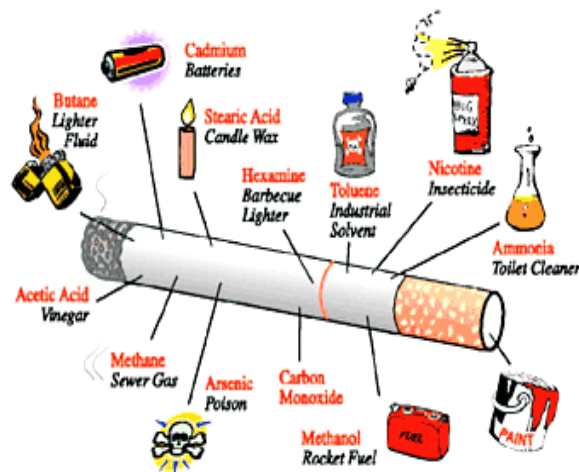
**TALK** to your doctor  
**KNOW** your medicine  
**USE** responsibly

Drug Facts	
Active Ingredient (in each tablet)	Purpose
Dried seahorse powder 300mg	multiple
<b>Uses</b> holistically cures the following conditions: ■ asthma ■ impotence ■ throat infections ■ urinary incontinence ■ skin diseases ■ insomnia ■ abdominal pain ■ breast cancer	
<b>Warnings</b> Do not use if you have: ■ a cold ■ weak digestion Long term use in high dosages may lead to kidney damage. If pregnant or breastfeeding, ask a health professional before use.	
<b>Directions</b>	
adults and children 12 years and over	take 3 tablets per day
children under 12 years	take 1-2 tablets per day
<b>Other Information</b> keep in a dry place	
<b>Inactive Ingredients</b> rehmannia, bird meat, donkey kidney, dog kidney, aconite, cistanche, epimedium, dodder seed, ginseng, deer horn, gecko, protease, fat, various amino acid and salt	

**FOLLOW** dosing instructions  
**READ** the labels

### Avoid Smoke

Do not smoke and avoid as much smoke/toxin exposure as possible for direct contact with toxins, even from the cleaning and aerosol products insecticides, chemicals, and cigarettes can affect the liver.



### Exercise/Stay Active

Incorporate more physical activity in your day. Aim for at least 30 minutes of exercise most days of the week.

### Control your diabetes

Avoid foods that are high in carbohydrates and sugar.



## Building Bridges Program

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Healthy diet, less intake of fatty/junk food, and exercise and medication can help keep the cholesterol.



**Lower your cholesterol**

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat		7g	11%	Total Carb.	20g 7%
Sat. Fat		4.5g	23%	Dietary Fiber	1g 4%
Trans Fat		0g		Sugars	10g
Cholest.		0mg	0%	Protein	2g
Sodium		115mg	5%		
Vitamin A		0%		Vitamin C	0%
Calcium		0%		Iron	4%

**INGREDIENTS:** Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.

### Support Groups for Patients with Hepatitis B:

**Dallas:** 972-278-2911

Robbie Cole 972-386-6832

Vicky Powell 214-345-6999

**Fort Worth:** Amy Brumby 817-735-4466