

Q: Describe definition, symptoms, causes and preventive measures:-

## Hepatitis:-

### Def:-

Hepatitis is an inflammation of the liver. It may be caused by viral infection, alcohol consumption, several health conditions or even some medications.

The five main viral classifications of hepatitis are hepatitis A, B, C, D and E. A different virus is responsible for each type of viral hepatitis.

WHO estimates that 354 million people currently live with chronic hepatitis B and C globally.

### Symptoms:-

Common symptoms of infectious hepatitis include:

- fatigue
- flu-like symptoms
- dark urine
- pale stool
- abdominal pain
- loss of appetite

- unexplained weight loss.
- yellow skin and eyes, which may be sign of jaundice.

### Causes:-

Although hepatitis is most commonly the result of an infection, other factors can cause the condition.

### Alcohol and other toxins:-

Excess alcohol consumption can cause liver damage and inflammation. This may also be referred to as alcoholic hepatitis.

Other toxic causes of hepatitis include misuse of medications and exposure to toxins.

### Autoimmune system response:-

In some cases the immune system mistakes the liver as harmful and attacks it. This causes ongoing inflammation that can range from mild

to severe, often hindering liver function. It's three times more common in women than in men.

### Preventive measures:-

There are vaccines that can help protect against many hepatitis viruses. Minimizing your risk of exposure to substances containing these viruses can also be an important preventive measure.

### Vaccines:-

A vaccine for hepatitis A is available. Hepatitis A vaccine is a series of two doses.

The CDC recommends hepatitis B vaccinations for all newborns.

### Reducing exposure:-

Hepatitis viruses can transmit from person to person through contact with body fluids, water and food.

Containing infectious agents.  
Minimizing your risk of  
contact with these substances  
can help to prevent  
contracting hepatitis viruses.

You should avoid:  
local water  
ice

raw or undercooked shellfish  
and oysters.

raw fruit and vegetables.

sharing of needles.

use of other's toothbrush.

sharing of razors.

# Dengue:-

## Def:-

Dengue is a viral infection that spreads from mosquitoes to people. It is more common in tropical and subtropical climate.

In severe cases, dengue can be fatal. Most will also get better in 1-2 weeks.

## Symptoms:-

Most people with dengue have mild or no symptoms and get better in 1-2 weeks.

If symptoms occur, they usually begin 4-10 days after infection and last for 2-7 days. Symptoms may include:

- High fever.
- Severe headache
- Pain behind eyes.
- Muscle and joint pains
- Nausea.
- Vomiting

- Swollen glands
- rash.
- feeling weak.
- bleeding gums or nose.
- rapid breathing.
- blood in vomiting or stool.

### Causes:-

Dengue fever is due to infection with the dengue virus, which belongs to one of the four strains DENV-1, DENV-2, DENV-3, or DENV-4. The virus is transmitted through the bite of the *Aedes aegypti* mosquito, also known as the yellow fever mosquito. These mosquitoes are active during the daytime and typically feed on humans. When an infected mosquito bites a person,

fever, the dengue virus can enter the cells of mosquito's stomach and salivary glands. The virus then undergoes an incubation period of 8-12 days within the mosquito. When the infected mosquito bites another person, it can transmit the virus into the bloodstream of the bitten person, causing dengue fever symptoms to develop within 3-15 days.

## Preventive measures:-

- Clothes that cover as much of your body as possible.
- Mosquito nets if sleeping during the day, ideally.
- Nets sprayed with insect repellent.
- Window screens.
- Mosquito repellents.
- Coils and vaporizers.