

World Hepatitis Day - July 28th 2025

Each year, more than a million people lose their lives to hepatitis – and the number of deaths is rising. But why?

We have fast and accurate tests, effective and affordable treatments, and a proven vaccine that could prevent 95% of newborns from getting hepatitis B.

Low awareness, misinformation, myths and stigma are stopping people from accessing hepatitis services.

World Hepatitis day is on July 28th. It takes place every year and is a great opportunity to raise awareness of viral hepatitis.

It is estimated that around 39,000 people across Scotland are chronically affected by hepatitis C – with just under half not yet aware of their infection, and available data shows that hepatitis B affects approximately 9000 people in Scotland, with more than half unaware of their infection. In Grampian our aim is to find and treat people who are affected by viral hepatitis, and to spread the word about how to prevent infection. We need to do this as quickly as possible- people living with untreated chronic hepatitis can't wait any longer for life saving treatment.

What is viral hepatitis?

Hepatitis C and Hepatitis B are viruses carried in the blood (known as Blood Borne Viruses or BBVs), they can also be called Hep C and Hep B. These viruses cause inflammation of the liver. When your liver becomes inflamed, it can become damaged and eventually have difficulty carrying out its various and vital functions. Over a long period of time, this can lead to serious liver damage such as cirrhosis or liver cancer.

All blood borne viruses are treatable, but if left untreated can lead to serious illness and death. Hepatitis C can be treated and cured with a short course of tablets and Hepatitis B can be treated to ensure the person affected can stay healthy. There is also a vaccine that can prevent Hep B.

Get tested- it's better to know so that you can get treated and stay healthy.

Testing for and treating blood borne viruses also prevents others becoming infected.

You can get a test at your GP, at Grampian Sexual Health Services or by ordering a postal testing kit- email gram.bbvpostaltesting@nhs.scot or call 08085 202030 for a testing kit

For information on prevention, testing and treatment visit:

<https://www.nhsgrampian.org/globalassets/mvc-230347---blood-borne-viruses-bbv---what-you-need-to-know-version-06.pdf>

For information about Hepatitis C visit:

<https://www.nhsgrampian.org/your-health/healthy-living/hepatitis-c/>

Or call the NHS Grampian liver service on (01224 554757)

For resources promoting World Hepatitis Day visit:

<https://www.worldhepatitisday.org/>