
TAKING CARE OF YOUR LIVER AFTER A HEPATITIS B DIAGNOSIS



OCTOBER 20TH , 2022

PARTICIPATING IN THE WEBINAR



Audio – Attendees on mute



Chat – Hello! Feel free to drop a chat and respond to open-ended poll questions

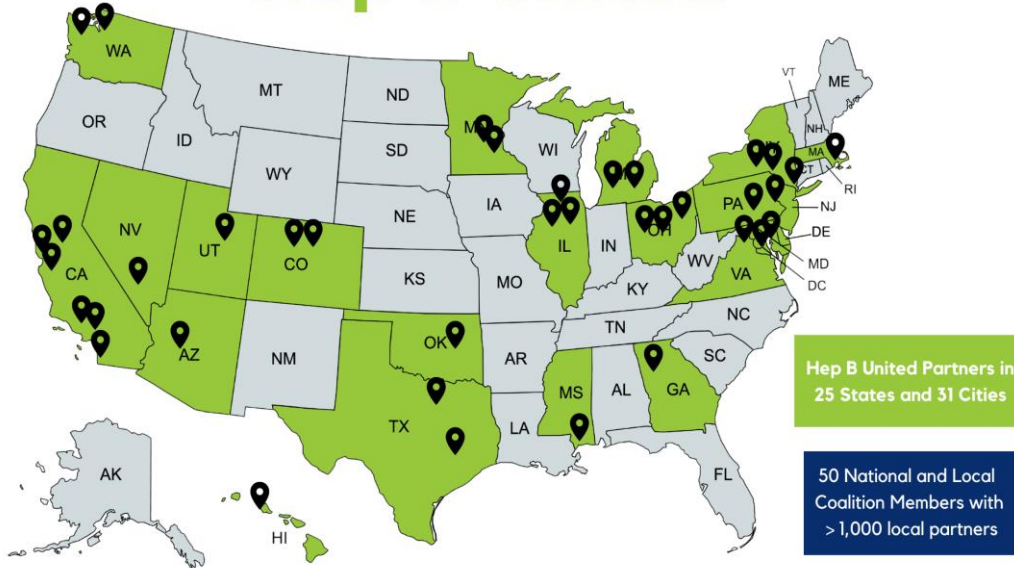


Questions? Please type questions in the Q&A window

**The session is being recorded. We will also share slide presentations.*

HEP B UNITED: A NATIONAL COALITION

Hep B United



- 50+ local coalitions & national organizations in 29 cities and 23 states, and D.C.
- **Mission** - Hep B United is a national coalition dedicated to reducing the health disparities associated with hepatitis B by increasing awareness, screening, vaccination, and linkage to care for high-risk communities across the United States.



Wendy Lo
#justb storyteller, Patient Advocate and
Health Coach



Dr. Jennifer Lai
Hepatologist at University of California,
San Francisco

PANELISTS

Taking care of your *LIVER*

Wendy Lo

(JustB storyteller, patient advocate, health coach)

October 20, 2022



- Offer **practical guidelines and approaches** based on individual experience as **patient living with Hep B & health coach in Functional Medicine.**
- *Information presented here is for awareness and education only and represent opinions of the speaker. No medical nor nutritional advice given.*

Wendy's story for context



How can I be ok?

<https://www.hepb.org/research-and-programs/patient-story-telling-project/wendy-yks-story/>



- Liver as **organ**
- Liver as **person living with Hep B**
- **Live (dynamism of being alive)**

A holistic approach

What happens between visits?



???



???



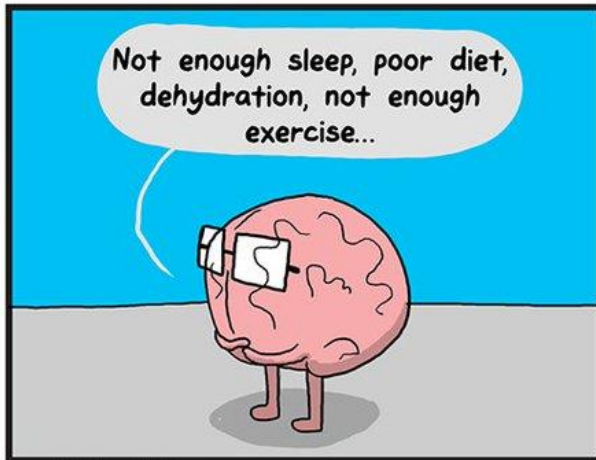
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check up

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check up

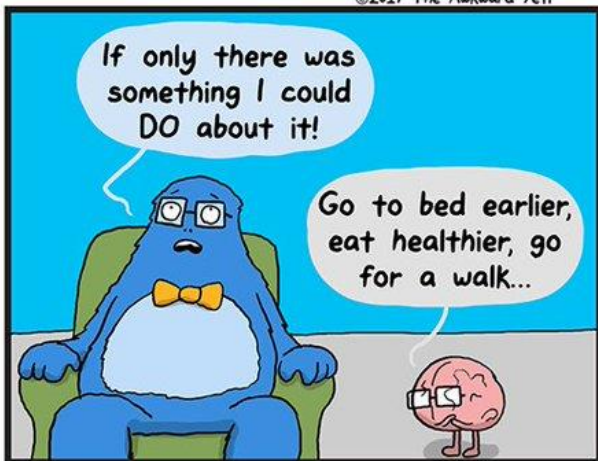
Medical
check up



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What?

 **Hepatitis B Foundation** ... X
6h · S

A primer on how and why to maintain a healthy liver. You all know a lot of this already:

1. Eat healthy
2. Maintain a healthy weight
3. Steer clear of toxins
4. Don't drink alcohol
5. Work out regularly
6. Consume medications responsibly
7. Don't smoke



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NDTV · 2 MIN READ
Liver: Here's Why & How To Maintain Your Liver Health

What?

Hepatitis B Foundation 6h · 8

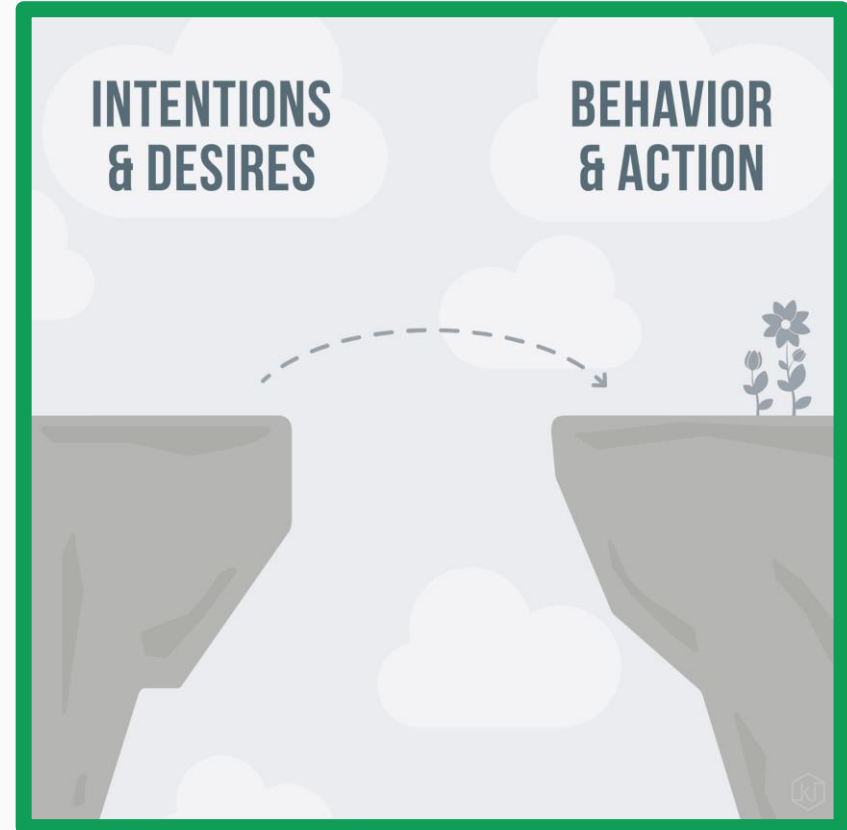
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How?




Bridge the Gap: Intention to Action

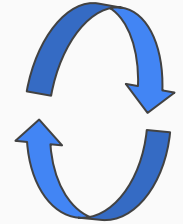
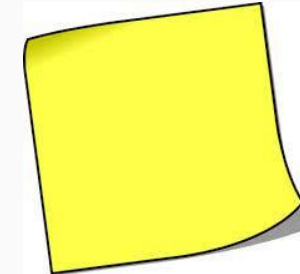
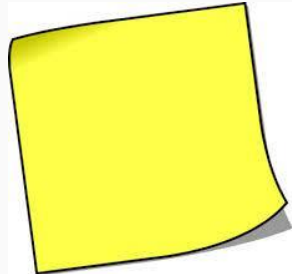
Hepatitis B Foundation 6h · 🌐

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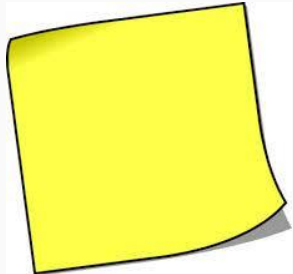
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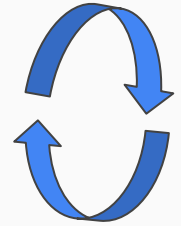
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CONTINUE



Example: Don't drink alcohol



CONTINUE

No alcohol
in the house.
(Gift recycle)

2 sips for
taste.
Designated
driver.

Substitute
(fruity drink)

Get SMART with Habit Tracker

S	M	A	R	T
SPECIFIC	MEASURABLE	ATTAINABLE	RELEVANT	TIME-BOUND

Get SMART with Habit Tracker



Week #	Metric	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Dec-21								
Bedtime	10:00 PM	✓	✓	✓	∅ 10:30	∅ 10:30	✓	∅ 10:30
Sleep hours	7hrs	6.5	✓	✓	6.5	6.5	✓	✓
WO - Cardio	30m (5x/wk)	✓	✓	✓	✓	✓	✓	✓
WO - Active/Strength	3x/wk	✓	∅	✓	∅	✓	∅	∅
MM - practice	sit (30m)	✓	∅	∅	✓	∅	✓chan	✓chan
Intermittent Fast (15:9)	9:30-6:30pm	✓	✓	✓	✓	✓	✓	✓
Outdoor - nature	5x/wk	✓	∅	✓	✓	✓sunrise	∅	∅

Mental health & well-being



World Mental Health Day 2022

Make mental health & well-being for all a global priority

October 10, 2022

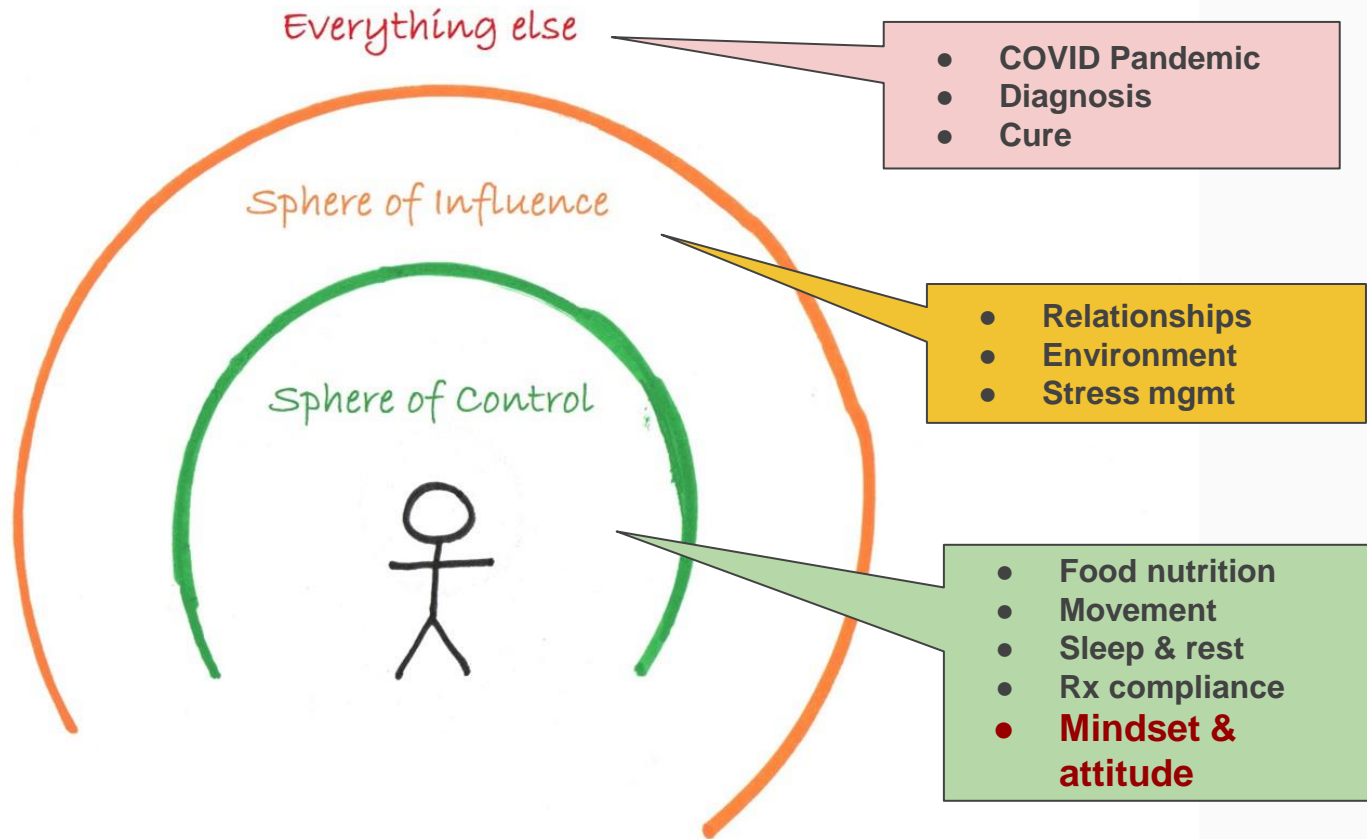
Taking care of LIVER...

- Diagnosis
- Chronic condition & disease progression
- Life stages & situations

What serves me?
During this season? Today? In this moment?



Perspective: How to be in relations to...



Perspective: How to be in relations to...

Everything else

(Let go. Acknowledge "as is")

- COVID Pandemic
- Diagnosis
- Cure

Sphere of Influence

(Adapt. Be flexible.)

- Relationships
- Environment
- Stress mgmt

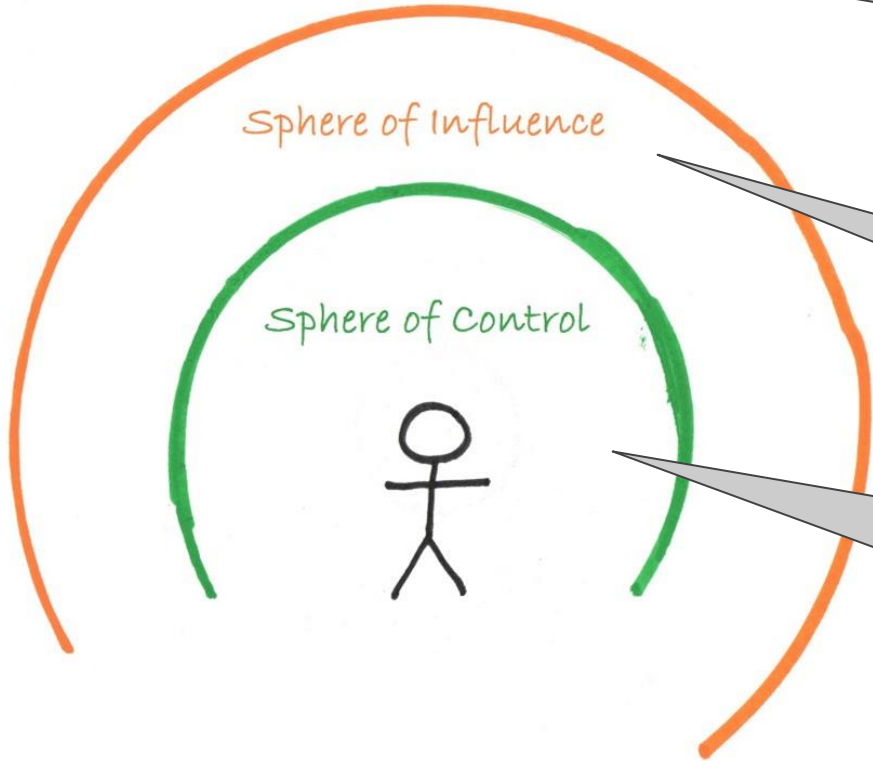
Sphere of Control

(Focus. Best effort.)

- Food nutrition
- Movement
- Sleep & rest
- Rx compliance
- Mindset & attitude

Agency
Possibilities
Hope

Healing



Wendy's Story

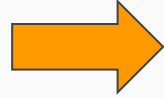
No one would choose to have hepatitis B, but since I do, how can I respond most fully to what is here? What if I were to connect to the beauty of living and to appreciate what is here now. It's not about the quantity of years, but really about the quality of living. I'm less afraid of dying and a lot more afraid of not having lived.

#justB Mindful

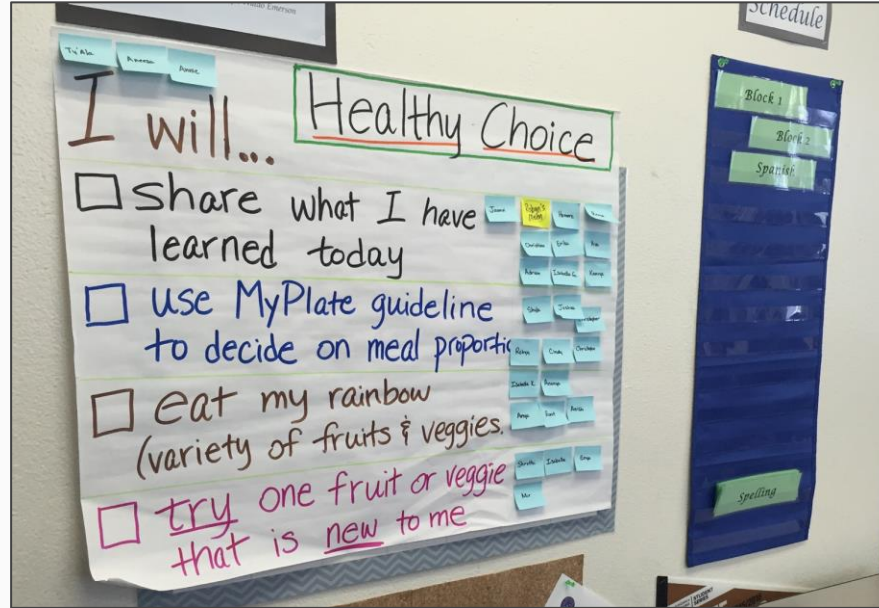


I can be ok.





Please share one actionable thing you will do within a week.
(Post on chat)



Thank you for your attention.



QUESTIONS?



THANKS FOR JOINING!

CONNECT WITH US

HEPATITIS B FOUNDATION / HEP B UNITED

INFO@HEPB.ORG / CONNECT@HEPBUNITED.ORG

WWW.HEPB.ORG / WWW.HEPBUNITED.ORG

