

Facts About Hepatitis

What is hepatitis?

Hepatitis is inflammation of the liver. The liver is the largest gland in the body, located in the right, upper belly. The liver is a vital organ that produces many of the proteins of the body that are necessary for life.

Many illnesses and conditions can cause liver inflammation, such as virus and bacteria infections, drugs, alcohol, chemicals, and autoimmune diseases. When medical professionals speak of hepatitis, they are usually referring to liver inflammation caused by viruses. These specific hepatitis viruses have been labeled A, B, C, D, E, F (not confirmed), and G. (As our knowledge of new viruses grows, it is likely this alphabetical list will become more lengthy.) While some viruses, such as mononucleosis and cytomegalovirus, can also cause liver inflammation, they do not primarily attack the liver.

What are the functions of the liver?

- The liver helps purify the blood by changing harmful chemicals into harmless substances. The source of these chemicals can be external, such as medications or alcohol, or internal, such as ammonia or bilirubin. Typically, these harmful substances are broken down into smaller substances that are excreted from the body into the urine or stool.
- The liver produces many important compounds, especially proteins, that are necessary for good health. It produces albumin, the building block protein of the body, as well as the proteins that help blood to clot properly. The liver stores many of the sugars, fats and vitamins until they are needed elsewhere in the body.
- The liver transforms smaller building block type substances into larger more complicated compounds needed elsewhere in the body. When the liver is inflamed, it does not perform these functions for the body as efficiently, which brings about the symptoms associated with hepatitis.

What is Lupus?

Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body). Chronic means that the signs and symptoms tend to last longer than six weeks and often for many years. Lupus affects the immune system, which is the part of the body that fights off viruses, bacteria, and germs ("foreign invaders," like the flu). Normally our immune system produces proteins called antibodies that protect the body from these invaders. Autoimmune means the immune system cannot tell the difference between these "foreign invaders" and the body's healthy tissues and creates autoantibodies that attack and destroy healthy tissue. These autoantibodies cause inflammation, pain, and damage in various parts of the body.

- Lupus is also a disease of flares (the symptoms worsen, making one feel ill) and remissions (the symptoms improve and one feels better). Lupus can range from mild to life-threatening and should always be treated by a doctor. With good medical care, most people with lupus can lead a full life.
- Lupus is not contagious, not even through sexual

contact. You cannot "catch" lupus from someone or "give" lupus to someone.

- Lupus is not like, nor related to, cancer. Cancer is a condition of malignant, abnormal tissues that grow rapidly and spread into surrounding tissues. Lupus is an autoimmune disease.
- Lupus is not like nor related to HIV (Human Immune Deficiency Virus) or AIDS (Acquired Immune Deficiency Syndrome). In HIV or AIDS the immune system is underactive; in lupus, the immune system is overactive.
- Research estimates that at least 1.5 million Americans have lupus. The actual number may be higher; however, there have been no large-scale studies to show the actual number of people in the U.S. living with lupus.



Upper Back Exercises

Health Insight



Pectoralis stretch



Thoracic extension



Arm slides on wall



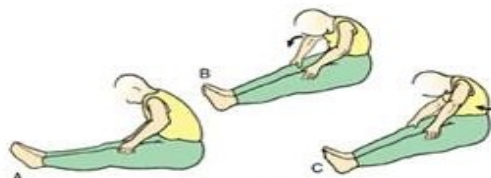
Scapular squeezes



Mid-trap exercise



Rowing exercise



Thoracic stretch

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Pectoralis Stretch: You can do this stretch standing in a doorway or in a corner. Raise both arms to just below shoulder height, with elbows bent to 90 degrees and palms facing forward. If you use a doorway, place your hands on the doorjamb and lean your trunk forward slightly. In a corner, place a hand on each wall and lean into the corner. If you do not have a doorway or corner, bring both hands behind your head and move your elbows back until you feel a stretch in your chest.

Thoracic Extension: Sit on the edge of a seat and place your hands behind your head. Draw your shoulder blades down into your spine and expand your chest outwards. Breathe in smoothly through your nose as you do so. If you have done this correctly you will feel your shoulders have rotated outwards and your shoulder blades are pinched together. From this position, slowly lift your head to look upwards and arch your upper back. Your lumbar spine will also arch – but focus on the thoracic portion. Hold the extended position for a count of three and then relax.

Arm Slides on Wall: Back up against a wall. Hold the arms along the wall with palms facing outward. Raise the arms up and down against the wall to stretch the muscles of the upper back and arms. Repeat about 15 times

Scapular Squeezes: Sit on an armless chair or stool. Keeping your chin tucked in and your chest high, pull your shoulder blades together. Hold for five seconds, and then relax. Repeat.

Mid-Trap Exercise: Lie on the ground on your stomach and place a pillow under the chest. Put your arms away from the body making an angle of 90 degrees with the trunk. Raise your arms upwards slowly, at the same time squeezing the shoulder blades. Lower the arms and repeat 10-15 times

Turkey Pizza

6 servings (serving size: 1 slice)

Ingredients

- 1 teaspoon olive oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1 3/4 cups canned crushed tomatoes 1/8 teaspoon salt
- 1/8 teaspoon crushed red pepper
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh basil
- 1 (10-ounce) can refrigerated pizza crust dough Cooking spray
- 2 cups chopped skinned cooked turkey
- 1/2 cup (2 ounces) shredded provolone cheese
- 1/2 cup (2 ounces) shredded part-skim mozzarella cheese

Nutritional Information

Amount per serving

Calories: 275

Fat: 8.3g

Monounsaturated fat: 2.8g

Protein: 21.5g

Fiber: 1.8g

Iron: 2.6mg

Calcium: 172mg

Calories from fat: 27%

Saturated fat: 3.2g

Polyunsaturated fat: 0.9g

Carbohydrate: 28.8g

Cholesterol: 49mg

Sodium: 641mg

Preparation

Preheat oven to 400°.

Heat olive oil in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 4 minutes. Stir in tomatoes, salt, and pepper; bring to a boil. Reduce heat; simmer 15 minutes or until thick, stirring occasionally. Stir in parsley and basil. Remove from heat. Cool completely. Roll dough into a 10-inch circle on a lightly floured surface. Place dough on a (12-inch) pizza pan or baking sheet coated with cooking spray. Crimp edges of dough with fingers to form a rim. Spread tomato mixture over crust, leaving a 1/4-inch border. Top with turkey; sprinkle with cheeses. Bake at 400° for 10 minutes or until golden.



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