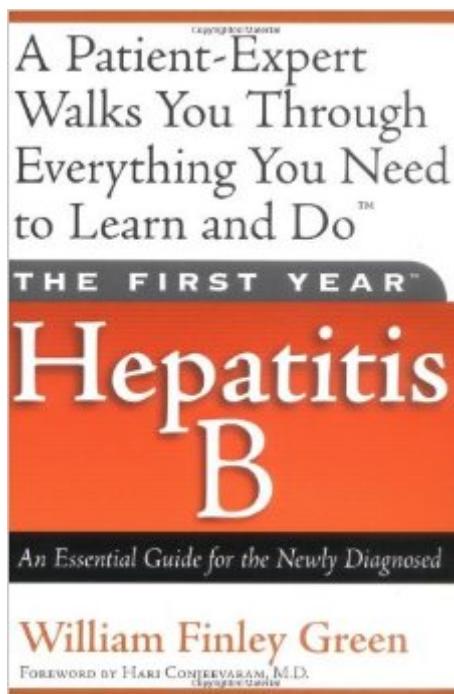


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# The First Year---Hepatitis B: An Essential Guide For The Newly Diagnosed



## Synopsis

The hepatitis B virus causes an estimated one million deaths each year worldwide, and despite the availability of a hepatitis B vaccine, a combined lack of awareness and educational resources has turned this virus into a deadly epidemic. Author William Finley Green, who has lived with hepatitis B for almost twenty-five years and has become an expert on the condition, guides those newly diagnosed step-by-step through the first year following diagnosis. He provides charts and tables, crucial information about the nature of the disease, treatment options, diet, exercise, social concerns, the myriad of emotional issues that accompany the diagnosis, and much more. *The First Year* Hepatitis B will be an invaluable guide for everyone struggling to come to terms with their hepatitis B diagnosis.

## Book Information

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## Customer Reviews

A proactive patient who also happens to be a gifted writer writes a gutsy, compassionate and informative book on how to cope with the chronic hepatitis infection. Written for other patients like himself, Will Green's approach takes the diagnosis step by step and untangles the web of confusion around this virus simply and meticulously. The book is full of helpful observations and inspirational words of wisdom from patients who choose and keep their eye on survival in the face of a life-threatening but also life-affirming predicament. The clinical course of the disease, mechanism of the virus, and treatments good and bad are dissected in simple easy to understand terms. If you or a loved one has chronic Hepatitis B, I urge you to buy this book.

Whether you are newly diagnosed or have had hepatitis B for a long time, this book is an excellent source of reference and uncommon knowledge about a virus that is confusing to many patients as well as their doctors. More importantly, along with the easy to understand chapters on interpreting your test results and information on seeking treatment, the book is equally devoted to the everyday hurdles of coping with Hepatitis B as a chronic illness. Mr. Green gives a clear and realistic picture of what having Hepatitis B is really like and recognizes the need to be proactive as well as optimistic.

A very well written book by someone who really understands what is is like to have Chronic Hepatitis B. Mr. Green is EXTREMELY informative on ways to cope with the chronic hepatitis B infection. He breaks down the sections of the book by months and describes everything in simple english. He points out the important things to do during the first few months and makes you feel like you have some control over your illness. After reading this book I realized I was not alone with my symptoms. The book is very comforting and has loads of resources and information on the virus as well as support groups. I have learned how to interpret my own bloodwork and feel knowledgeable enough to sit down with my doctor and ACTUALLY understand everything he is saying. This is a must have book for someone with chronic Hepatitis B!!

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