

# LIVER CANCER IN ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER COMMUNITIES

**Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) are disproportionately impacted by liver cancer. Specifically, more men are affected than women.**

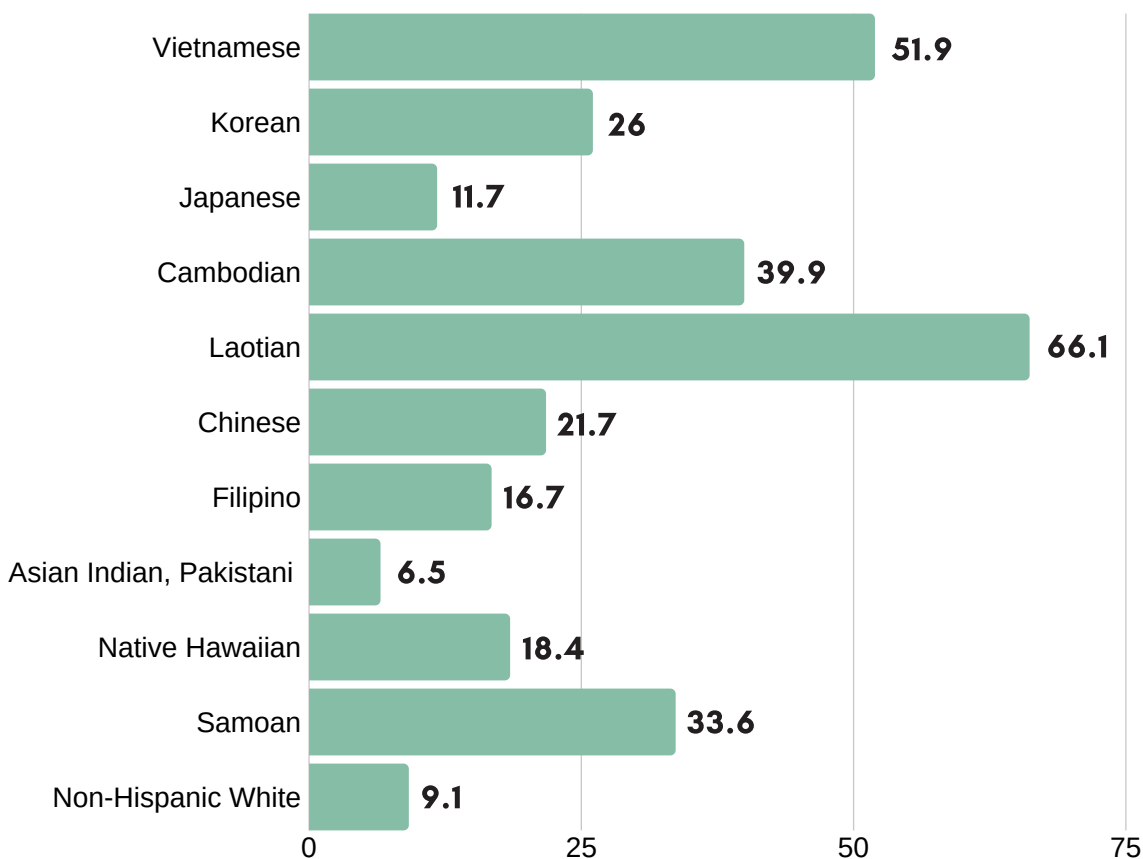
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Laotian men are diagnosed with liver cancer 7 times more than Non-Hispanic White men.<sup>[1]</sup>

Vietnamese and Cambodian men are diagnosed with liver cancer almost 6 and 4 times more than Non-Hispanic White men respectively.<sup>[1]</sup>

## AANHPI Male Liver Cancer Incidence Rates, 2006-2010<sup>[1]</sup>

(Cases per 100,000)





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## Hepatitis and Liver Cancer

- Chronic infection with hepatitis B or C is the strongest risk factor for liver cancer.<sup>[2]</sup>
- Hepatitis B is not usually screened for in regular check-ups, and alarmingly most people do not know they are infected with hepatitis B.

**HALF of people in the U.S. who have hepatitis B are Asian American, Native Hawaiian, or Pacific Islander.**<sup>[3]</sup>

## How to Reduce Risk<sup>[2]</sup>



### Get tested for hepatitis B and C

Ask your doctor - Both can be diagnosed with with blood test. Depending on the results, seek appropriate treatment. It's possible to cure hepatitis C with treatment, while hepatitis B can be managed with treatment to help prevent further liver damage.<sup>[4]</sup>

Get the Hep B vaccination. Unfortunately, there is no vaccination for Hep C.



### Lower alcohol and tobacco use

Drinking alcohol can lead to cirrhosis, which can lead to liver cancer. Quitting smoking will also help lower risk for other types of cancers.



### Maintain a healthy weight

Obesity can increase risk for diabetes and fatty liver disease, both of which can be associated with liver cancer.

## SOURCES

[1] Torre, L.A., Sauer, A.M.G., Chen, M.S., Kagawa-Singer, M., Jemal, A., & Siegel, R. (2016). Cancer statistics for Asian Americans, Native Hawaiians, and Pacific Islanders, 2016: Converging incidence in males and females. *CA: A Cancer Journal for Clinicians*, 66(3), 182-202

[2] The American Cancer Society. (2019, April 1). Liver Cancer Risk Factors. Retrieved from <https://www.cancer.org/cancer/liver-cancer/causes-risks-prevention/risk-factors.html>

[3] Hep B United. (n.d.). Hep B Facts. Retrieved October 15, 2019, from <http://www.hepbunited.org/hep-b-facts/>.

[4] Centers for Disease Prevention and Control. (2019, July 2). Hepatitis C Questions and Answers for Health Professionals | CDC. Retrieved from <https://www.cdc.gov/hepatitis/hcv/hcvfaq.htm#section4>.

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