I am distressed over a recent diagnosis of chronic hepatitis B. I feel like my life is ending.

October 8, 2019 By Lucinda K. Porter RN

Few of us ever think we will develop a chronic condition, so naturally it can be a shock to receive a diagnosis such as chronic hepatitis B virus (HBV) infection. It may set your mind at ease to know that HBV is treatable and you can take steps to prevent complications.

At first, it may be hard to bear the news. Although hep B is manageable and people usually live long and otherwise healthy lives, life as you knew it has changed. As a result, you may have some grieving to do. However, if this diagnosis causes intense or nagging feelings, you may need to get some help. Start by talking to your medical provider. Perhaps you have fears that your provider can put to rest.

Support and good information can also help; Hepmag.com and the Hepatitis B Foundation offer both. If mental illness is contributing to your difficulty coping, a mental health professional may help you through this time. Learn more about mental illness by following this Mental Illness Awareness Week link.

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http://beta.docker.hepmag.com/article/distressed-recent-diagnosis-chronic-hepatitis-b-feel-like-life-ending