



Liver Disease and Hepatitis Program

Healthy Liver Healthy Life

September 17, 2015 5-6:30 pm

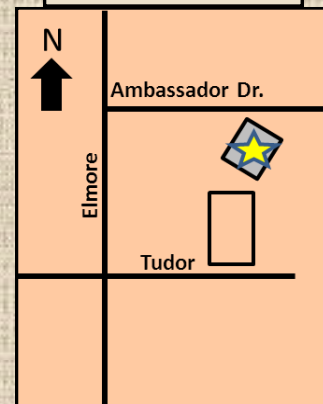
Please join us for a presentation on **Behavioral Health Services** by Whitney Bradshaw and Maria Kennedy. The presentation and discussion will focus on learning circles, peer support, and addiction services available through South Central Foundation.

Snacks and refreshments will be provided!

This meeting is open to any one interested in information about liver disease. Please come and share your story, listen to others or ask our providers questions. Meetings are held every 3 months **from 5-6:30pm** at the Consortium Office Building, 4000 Ambassador Drive, Anchorage, AK 99508.

If you have any questions please call Danielle at 907-729-1558.

Directions





Liver Disease and Hepatitis Program

Hepatitis Education Fall 2015

Get Tested

In 2012, the CDC recommended that all persons born between 1945 and 1965, or the baby boomer generation, be tested one time for hepatitis C. Currently, 3 out of 4 persons with hepatitis C are baby boomers. If you know someone born between 1945 and 1965, recommend that they get tested for hepatitis C.

Other Reasons to get tested!

Get tested if you have:

- Abnormal liver enzyme tests
- Injected drugs, even once
- Had a blood transfusion or organ transplant before 1992
- Had more than 20 sexual partners
- Mother has hepatitis C
- Received hemodialysis
- HIV
- Had exposure to blood of someone with hepatitis C

Healthy Living for a Healthy Liver

- * Eat a balanced diet with plenty of fruits, vegetables, lean meat, fish, whole grains and locally harvested food.
- * Exercise for 30-60 minutes every day!
- * Stop smoking.
- * Drink up to 3 cups of coffee a day.
- * Avoid sharing razors, toothbrushes and nail clippers.
- * Decrease stress in your life.
- * Get regular blood work. Liver problems usually show up in the blood work before you feel sick.
- * Abstain from alcohol!



Liver Disease and Hepatitis Program
Division of Community Health Services
Alaska Native Tribal Health Consortium
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