

## 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.



## Hepatitis B and C Reminders

**Hepatitis B- Remember to get your blood drawn every 6 months, and**

**Get ultrasound every 6 months if:**

- You are a man over age 40
- Woman over 50
- AFP > 10
- You have a family member with liver cancer

**Hepatitis C- Remember to get your blood drawn every 6 months, and**

**Get ultrasound every 6 months if:**

- You have advanced liver disease (bridging fibrosis or cirrhosis)
- AFP > 10

**To schedule an ultrasound:**

- In Anchorage, call 729-1560 or Family Medicine to schedule.
- Outside of Anchorage, it is important to go to your regional hub for ultrasound. Talk to your health aide about this.



## Liver Disease & Hepatitis Program

3900 Ambassador Drive  
Anchorage, Alaska 99508  
Tel: 907-729-1560  
Fax: 907-729-1570  
[www.anthc.org/hep](http://www.anthc.org/hep)

## Liver Disease & Hepatitis Program



*Summer 2015*

### Important Dates:

- \* May is National Hepatitis Awareness month
- \* May 19th: National Hepatitis Testing Day
- \* May 19th: Healthy Liver, Healthy Life meeting

## Research Corner

Updates on our findings...

Hepatitis C virus (HCV) is a major global public health problem. In the U.S., Alaska Native and American Indian persons have among the highest rates of infection with this virus. To counter this, ANTHC and other tribal centers have implemented strategies, to screen and treat this disease.

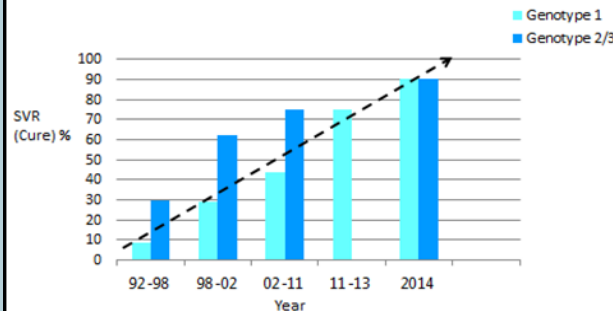
- The AFP (alpha fetoprotein) blood test is a screening test for detecting liver cancer. Our research has shown that the AFP blood test is effective in detecting liver cancer early in persons with hepatitis B.
- Persons with hepatitis C, that have diabetes, genotype 3 or are older have a higher risk of cirrhosis and liver cancer.
- Successful hepatitis C treatment can reverse scarring in the liver and decrease the risk of liver failure, liver cancer and liver-related death.



**GOOD NEWS!!** New drugs are available to treat hepatitis C. For most genotypes, pills-only treatment is available and the new drugs have much fewer side effects than past treatments that included interferon injections. **Overall treatment response (cure of hepatitis C) is now 90% or better.**

|                   |  |
|-------------------|--|
| <b>Genotype 1</b> | 2 medications options available: Harvoni or Viekira Pak (+/- Ribavirin). Treatment length ranges from 8 to 12 to 24 weeks. |
| <b>Genotype 2</b> | Sofosbuvir + Ribavirin. Treatment length is 12 to 16 weeks.  |
| <b>Genotype 3</b> | Sofosbuvir + Ribavirin. Treatment length is 24 weeks.  |

### History of Hepatitis C Treatment Response



If you live in the Anchorage area, you can contact the Liver Disease & Hepatitis Program to be evaluated for treatment. Call 907-729-1560 to schedule an appointment.

If you live outside of Anchorage, talk to your primary care provider about treatment. You can contact the Liver Disease & Hepatitis Program at 907-729-1560 for more information.

### Healthy Liver, Healthy Life

Want to hear more about hepatitis C treatment? Or hepatitis B and C testing? You are invited to come to the Healthy Liver meeting!

**May 19th, 2015**

**5-6:30pm**

**Consortium Office Building**

**4000 Ambassador Drive**

**Conference Room 3**