

**NEW
MEDICATION!**

A new drug, Epclusa®, for all hepatitis C genotypes was FDA approved on June 28, 2016. This new medication combines 2 medications, sofosbuvir and velpatasvir, into 1 pill. The treatment is taken daily for 12 weeks. In clinical trials, this treatment resulted in cure of hepatitis C in >97% of patients. Persons with cirrhosis and genotype 3 experienced slightly lower cure rates, around 90%. Common side effects seen were headache, feeling tired, and nausea. Epclusa® will be available at ANTHC.



Remember to get out and exercise-
healthy life=healthy liver!

Reminders

For patients who have completed hepatitis C treatment:

In 3 months you will need a Liver Clinic appointment, a FibroScan, and blood work, including a test that will look for hepatitis C virus in the blood. This is called an HCV RNA level. Liver Clinic staff will contact you to schedule these appointments.

In 6 months you will need a repeat HCV RNA blood draw (24 weeks after your last pill) to verify you are cured of hepatitis C. Liver Clinic staff will contact you to schedule this blood draw.



Liver Program

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**Liver Program
Summer 2016**



- *Research and Treatment Updates*
- *New Hepatitis C Treatment Medication*
- *Follow Us on Twitter!*

Research Update



In addition to providing excellent patient care to our customer owners, our providers are busy helping the medical community by leading the way in ground

breaking research related to the liver. As participants, our clinic will always keep you informed of our results.

Cascade of Care

The ANTHC program, using a registry system, statewide clinics, and telemedicine has been one of the most successful programs worldwide in providing care and curative treatment for those with hepatitis C (HCV).

Unlike most areas of the world where less than 25% of patients with chronic hepatitis C virus (HCV) infection are linked to care, 86% of Alaska Native persons with HCV infection are in care. Currently, those patients who have completed direct-acting antiviral treatment have a cure rate of 97%.

Hepatitis B Virus Mutations

There are many types of hepatitis B virus. Different types can cause different hepatitis B disease. The

hepatitis B, F1b virus type was found in young Alaska Native children who had liver cancer at a very young age. No one knows why this one type of hepatitis B virus (F1b) causes liver cancer in children. Researchers studied virus samples to test why the F1b type may cause more liver cancer. The study team looked at changes in the virus DNA that happened when liver cancer developed. They then did further testing to see how these changes in the virus DNA cause liver cancer. Researchers discovered that specific changes to the virus DNA resulted in specific changes to the physical shape of the virus. Finally, the research team also found that the change in the physical shape of the virus directly led to the virus increasing its strength. Knowing what virus DNA changes occur and what these changes cause, can help develop better screening and treatment therapies to prevent liver cancer.

Liver Biopsy Study

This study looked at data from liver biopsies done through 2012 on patients who did not want interferon (injection based hepatitis C treatment which had a lot of side effects) or had medical



Healthy food for a healthy liver!

conditions that could worsen if given interferon. The data was reviewed to determine who developed complications of liver failure or liver cancer over time. The findings from this study are now being used to help to identify persons who have the most scarring and encourage them to undergo hepatitis C treatment as soon as possible to prevent complications of liver disease before they happen.

FibroScan

FibroScan is a non-invasive liver diagnostic test that can tell us how much scarring a person has in their liver. The Liver Program currently uses this tool to assess patients with most liver diseases. This test is also done before a patient starts hepatitis C treatment, after treatment is completed, and then yearly after treatment. We rarely need to do liver biopsies anymore now that we have FibroScan.

Follow us on Twitter!



Liver Program
@ANTHCLiver

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