

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!
- * Abstain from alcohol.
- * Drink up to 3 cups of coffee a day.
- * 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.

You will need an 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.



**ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM**

Liver Disease & Hepatitis Program

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

Liver Disease & Hepatitis Program



Summer 2017

Important Dates:

- May is Hepatitis Awareness month!
- May 19th: National Hepatitis Testing Day
- August 8-9: Indigenous World Hepatitis conference

Research Corner

Updates on our findings...

Hepatitis C virus (HCV) is a 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.

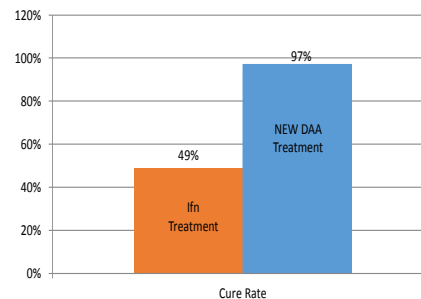
- The AFP (alpha fetoprotein) blood test is a screening test for detecting liver cancer. Our research has shown that the AFP blood test is effective in detecting liver cancer early in persons with hepatitis B.
- Persons with hepatitis C, who have diabetes, genotype 3, or are older have a higher risk 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 all genotypes, pills-only treatment is available and the new drugs have much fewer side effects than past treatments. **Overall treatment response (cure of hepatitis C) is now 90% or better.**

Genotype 1	There are now 6 FDA approved treatment options: Harvoni, Eplclusa®, Viekira Pak™, Zepatier™, Olysio®, and Daklinza™. Treatment lengths vary from 8-24 weeks.
Genotype 2	Eplclusa®. Treatment length is 12 weeks.
Genotype 3	There are 2 treatment options available: Eplclusa® or Daklinza™ with sofosbuvir. Treatment length is 12 weeks.

Hepatitis C Cure Rates for AN/AI Treated with Interferon (Ifn) Based Treatment vs. New Direct Acting Antivirals (DAAs)



ANTHCLDHP Data, through 3/31/17

If you have been treated for Hepatitis C – Remember you need follow up:

- 3 months after treatment completion: a liver clinic appointment, a FibroScan and blood tests.
- 6 months after treatment.
- Yearly for the next 5 years, including a FibroScan, to see how your liver is recovering over time.

Stop by the...

*Healthy Liver,
Healthy Life booth*

May 19th, 2017

9-4:30pm

**Healthy Communities
Building Lobby**

3900 Ambassador Drive
Anchorage, AK 99508