



## ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Liver Disease & Hepatitis Program  
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<http://www.anthc.org/hep>

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Liver Program @ANTHCLiver

Hepatitis C is a virus that attacks the liver, causes inflammation, and can cause long-term scarring (cirrhosis).

These are some of the things you can do to take care of your liver and keep it healthy:

**Prevent the spread of hepatitis C.** Avoid sharing razors, toothbrushes, or nail clippers.

**Eat a balanced, healthy diet** that includes lots of vegetables, fruit, fish, whole grains, and low fat foods. Drink plenty of water & avoid soda.

**Do not drink alcohol or use drugs** because this hurts the liver.

**Exercise daily.** Aim for 30-60 minutes a day. *\*Contact the Wellness Center to get started in an exercise program: 729-2689*

**Decrease stress in your life.** Talk to people who are supportive. *\*Contact Behavioral Health for additional support or counseling: 729-2500.*

**Stop smoking.** Ask for help if you need it. *\*Contact the smoking cessation program: 729-4343.*

**Get regular blood work.** Everyone with hepatitis C should have a **Liver Panel** and **AFP** test every 6 months. Once a year, get a **CBC** drawn with the Liver Panel and AFP (*see bottom of page*).

**Drink coffee.** Up to 3 cups per day has been associated with reduced liver scarring and better treatment response.

**Take adequate Vitamin D (1,000-2,000 units per day).** Many persons with hepatitis C have low vitamin D levels.

\_\_\_ If checked here, you have more advanced scarring of the liver. You will need an **ultrasound of your liver every 6 months** to check for liver cancer. Your next ultrasound is due: \_\_\_ / \_\_\_.

We recommend that you **follow up in Liver Clinic** in \_\_\_\_\_.

### Blood Test Info:

The **Liver Panel** tells us how your liver is functioning. The **AFP** blood test is a liver cancer screening test. The **CBC** tells us how your red blood cells, white blood cells and platelet counts are doing. This test along with your other liver blood tests can help us to know if your liver is becoming more scarred or sick.

Hepatitis C treatment options are rapidly changing. Here are some trustworthy, accurate websites that can help you keep up on information about hepatitis C:

- <http://www.anthctoday.org/hep>
- <http://www.hcvadvocate.org/>
- <http://www.hepeducation.org/>
- [http://www.hivandhepatitis.com/hep\\_c.html](http://www.hivandhepatitis.com/hep_c.html)
- <http://www.cdc.gov/hepatitis/c>

**Hepatitis C Treatment Information:**

Genotype	Medication	Regimen	Duration	SVR 12 (Studies)
1 & 4	Elbasvir/Grazoprevir (Zepatier™) +/- Ribavirin	1 tab daily up to 4 tabs am and 3 tabs pm	12 – 16 weeks	95-100%* (C-EDGE, C-SURFER)
1	Ledipasvir/Sofosbuvir (Harvoni®)	1 tablet daily	8 – 24 weeks	86-100%* (ION-1, 2, 3, &4, Study 1119, Electron-2)
4, 5, & 6			12 weeks	
1 & 4 (Decompensated Cirrhosis or liver transplant w/ mild cirrhosis)	Ledipasvir/Sofosbuvir (Harvoni®) + Ribavirin	3 tabs in the am and 2 tabs in the pm	12 weeks	57-98%* (Solar-1 & 2)
1	Ombitasvir, Paritaprevir, and Ritonavir tabs; Dasabuvir tabs copackaged (Viekira Pak™)+/- Ribavirin	3 tabs in am and 1 tab in pm up to 6 tabs in the am and 4 tabs in the pm	12 – 24 weeks	86-100%* (Turquoise, Sapphire, and Pearl Studies)
1 & 3	Sofosbuvir (Sovaldi®) and Daclatasvir (Daklinza™) +/- ribavirin	2 or more tabs daily	12 weeks	50 - 98%* (ALLY-1, 2, 3 & 3+)
1, 2, 3, 4, 5, & 6	Sofosbuvir/Velpatasvir (Epclusa®)	1 tab daily	12 weeks	89-100%* (ASTRAL 1, 2, 3)
1, 2, 3, 4, 5, & 6 (Decompensated Cirrhosis)	Sofosbuvir/Velpatasvir (Epclusa®) + ribavirin	3 tabs in the am and 2 tabs in the pm	12 weeks	85-100%* (ASTRAL-4)
4 (without cirrhosis only)	Ombitasvir, Paritaprevir, and Ritonavir tablets (Technivie™) +ribavirin	5 tabs in the am and 2-3 tabs in the pm	12 weeks	100% (Pearl 1 trial)

\*Note – Lower response rates generally seen in persons with cirrhosis &/or previously treated.

If you have questions or concerns or would like to schedule an appointment in Liver Clinic, call us at: **907-729-1560 or 1-800-655-4837. THANK YOU FOR COMING TO SEE US TODAY!**