



## 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

### **Congratulations! You are cured of hepatitis C.**

You are probably wondering what will happen now (provider choose one option):

\_\_\_ You do not have advanced scarring of the liver. It is recommended you have blood tests (liver function test and alpha fetoprotein) yearly for 5 years after treatment completion. There is no need for you to continue being seen in liver clinic. Follow up as needed with your primary care provider.

\_\_\_ You have more advanced scarring of the liver and will need:

- An ultrasound of your liver and a blood test (AFP) every 6 months to check for liver cancer.  
Your next ultrasound/lab test is due \_\_\_\_\_.
- If you have advanced fibrosis (but not cirrhosis), you should have liver function tests and AFP yearly as well.
- If you have cirrhosis, you should have a CBC, CMP, PT/INR, and AFP yearly as well.
- A yearly appointment in liver clinic **and** with your primary care provider.  
Your next liver clinic appointment is due \_\_\_\_\_.

#### You are not immune to hepatitis C.

It is possible to become re-infected with the virus. To prevent you from being re-infected, avoid all blood – this includes not sharing needles, razors, toothbrushes, or nail clippers with people who have hepatitis C. Remember to practice safe sex.

Please note: The hepatitis C antibody test will remain positive after you are cured of hepatitis C. This is your immune system remembering that you had the virus. The proper test to see if you have hepatitis C after treatment is the **HCV RNA** test which will look for virus in your blood.

#### Here are some things you can do to take good care of your liver and keep it healthy:

**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.

**Decrease stress in your life.** Talk to people who are supportive.

**Stop smoking.** Ask for help if you need it.

If you are coming to Anchorage, and want a Fibroscan, call the Liver Clinic ahead of your visit to schedule. Fibroscan is a test using ultrasound waves to check liver stiffness or scarring/fibrosis in your liver. Fibroscan testing is done in the Internal Medicine Clinic. Do not eat or drink for 3 hours before the test.

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