



## How to Love Your Liver

Now that you no longer have hepatitis C you may be wondering how to best take care of your liver to 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. *\*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.*

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 contact with blood. Do not share needles, razors, toothbrushes, or nail clippers. Remember to practice safe sex.

Please note: The hepatitis C antibody test remains 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. If there is no hepatitis C virus detected in your blood the HCV RNA test will be negative.

You will need a follow up appointment in Liver Clinic and a Fibroscan done yearly for 5 years after treatment completion to see if you have improvement in liver scarring over time. Liver Clinic staff will contact you to schedule these appointments.

If you have advanced scarring of the liver you 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 \_\_\_\_\_.
- A yearly appointment in liver clinic.  
Your next appointment is due \_\_\_\_\_.

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!**