



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Liver Disease & Hepatitis Program
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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.

Decrease stress in your life. Talk to people who are supportive. If you need assistance, talk to your healthcare provider to connect you with mental health counseling services.

Stop smoking. Ask for help if you need it. The Alaska Tobacco Quitline number is 1-800-QUIT-NOW (1-800-784-8669).

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 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.

___ 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 _____.

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!**