



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Liver Disease & Hepatitis Program
4315 Diplomacy Drive, Anchorage, AK 99508
Phone: 907-729-1560 Fax: 907-729-1570
Website: <http://www.anthc.org/hep>

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 and listen well. **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 Information:

Current FDA Approved Sofosbuvir-Based Treatment In Clinical Trials:

Genotype	Past Treatment?	Cirrhosis?	Treatment Duration	SVR (cure rate)	Medication Regimen
1	No	No	12 weeks	99%	Sofosbuvir/ Ledipasvir
1	No	Yes	12 weeks	94%	Sofosbuvir/ Ledipasvir
1 & baseline <6 million viral load	No	No	8 weeks	97%	Sofosbuvir/ Ledipasvir
1	Prior treatment fail	No	12 weeks	95%	Sofosbuvir/ Ledipasvir
1	Prior treatment fail	Yes	24 weeks	100%	Sofosbuvir/ Ledipasvir
2	No	No	12 weeks	≥ 95%	Sofosbuvir & Ribavirin
2	No	Yes	12 weeks	83%	Sofosbuvir & Ribavirin
3	No	N/A	24 weeks	≥ 92%	Sofosbuvir & Ribavirin
3	Yes	No	24 weeks	77%	Sofosbuvir & Ribavirin
3	Yes	Yes	24 weeks	60%	Sofosbuvir & Ribavirin
3	Prior treatment fail	Yes	12 weeks	83%	Sofosbuvir & Ribavirin & Peg-Interferon

**Remember that 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.anthc.org/hep>

<http://www.hcvadvocate.org/>

<http://www.hepeducation.org/>

http://www.hivandhepatitis.com/hep_c.html

<http://www.cdc.gov/hepatitis/c>

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!