



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

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

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

**6 months after treatment completion** you will need an HCV RNA blood test & a Liver Clinic appointment if you had advanced scarring or cirrhosis before treatment.

These are due: \_\_\_\_\_.

**1 year after treatment completion** you will need a Liver Clinic appointment, a FibroScan, and blood tests. These appointments are due: \_\_\_\_\_.

After the first year and for the next 4 years (provider to select the follow up plan):

- If you had zero to minimal scarring in your liver you will continue having yearly blood tests and a FibroScan. Yearly labs due: \_\_\_\_\_.
- If you had advanced scarring of the liver you will continue to have LFTs (including an AFP) drawn yearly and a FibroScan. Yearly labs and a FibroScan due: \_\_\_\_\_.
- If you had cirrhosis of the liver you will continue having a yearly Liver Clinic appointment, a FibroScan, and blood tests (including an AFP). Yearly appointments are due: \_\_\_\_\_.

\_\_\_\_\_ If this is checked, you had **advanced scarring or cirrhosis** of the liver before treatment, you should continue to have a liver ultrasound and an AFP blood test drawn every 6 months to screen for liver cancer. These appointments are due: \_\_\_\_\_.

## Tips to Keep Your Liver Healthy:

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. Remember to practice safe sex.

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 test to see if you have hepatitis C after treatment is the HCV RNA test which will look for virus in your blood.

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

Drink coffee. Up to 3 cups per day has been associated with less liver scarring.

Do not drink alcohol or use drugs because these hurt 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.*

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!*