



**ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM**

Liver Disease & Hepatitis Program  
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<http://www.anthc.org/hep>

## **You have completed your first year after treatment for hepatitis C, now what?**

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 (LFTs and CBC). There is no need for you to continue being seen in Liver Clinic. Yearly labs are due: \_\_\_\_\_.

\_\_\_ If you had advanced scarring of the liver you should have LFTs along with an AFP drawn yearly. Yearly labs are due: \_\_\_\_\_.

\_\_\_ If you had cirrhosis of the liver you will continue having a yearly Liver Field Clinic appointment and blood tests (CBC, CMP, PT/INR, and AFP). Yearly labs and clinic appointment are due: \_\_\_\_\_.

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

Your next ultrasound and AFP are due: \_\_\_\_\_.

If you are coming to Anchorage, and want a FibroScan, call the Liver Clinic ahead of your visit to schedule. **\*\*\*Remember not to eat or drink for 3 hours before the FibroScan\*\*\***

## **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 re-infection, 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.

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

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