



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>

You have completed year(s) after treatment for hepatitis C, now what?

For the next 4 years (provider to select the follow up plan):

___ If you had zero to moderate scarring in your liver you will continue having yearly blood tests and a FibroScan. Yearly labs and FibroScan are due: _____.

___ If you had advanced scarring of the liver you will continue to yearly blood tests (including an AFP) and a FibroScan. Yearly labs and FibroScan are 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 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: _____.

*****Remember not to eat or drink for 3 hours before a 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 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!*