



**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 HCV, now what?**

Your follow up plan after cure:

\_\_\_ If you had zero to minimal scarring in your liver there is no need for you to continue being seen in Liver Clinic.

\_\_\_ If you had advanced scarring of the liver you should have a CBC and LFTs annually and an AFP drawn and RUQ US every 6 months. Due: \_\_\_\_/\_\_\_\_.

You should be seen in Liver Clinic every 2 years. Due: \_\_\_\_\_.

\_\_\_ If you had cirrhosis of the liver you should have a CBC, CMP, & PT/INR annually and an AFP drawn and RUQ US every 6 months. Due: \_\_\_\_/\_\_\_\_.

You should be seen in Liver Clinic every year. 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 HCV. 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. If you inject drugs use a syringe service program (such as 4A's) to get free sterile needles, syringes and other supplies. Remember to practice safe sex.

The HCV antibody test will remain positive after you are cured. This is your immune system remembering that you had the virus. The test to see if you have HCV 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 foods with healthy fats (olives, avocados, nuts, etc.). Drink plenty of water; avoid soda and juices.

Drink coffee. Up to 3 cups per day of black, decaf or regular, coffee 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).