



**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 have completed your treatment for HCV.

In 3 months you will need:

- An appointment with _____ and blood tests. Due: _____.

If there is no HCV virus in your blood at that time, you are cured!

- If you will not be available 3 months after treatment is complete, please let your provider know so that testing for cure can be scheduled 4 weeks after treatment completion or other arrangements made for testing.

If you had **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 will be 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. If you use or inject drugs use a syringe service program (such as Four A's, Interior AIDS Association, Iknowmine.org) to get free sterile needles, syringes and other supplies. Sex without condoms between men is another risk for reinfection.

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 (viral load)** test which will look for virus in your blood. If you use or inject drugs or have other risk for HCV infection you should get a HCV RNA test at least once a year.

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 and 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.

Limit alcohol use after hepatitis C cure - Drinking alcohol heavily can lead to cirrhosis of the liver, liver cancer, and premature death. If you have been told that you have cirrhosis, do not drink alcohol. Please let your provider know if you need assistance with quitting drinking.

Exercise daily - Aim for 30-60 minutes a day. **Contact the Wellness Center to get started in an exercise program: 907-729-6683*

Decrease stress in your life Talk to people who are supportive. **Contact Behavioral Health for additional support or counseling: 907-729-2500.*

Stop smoking - Ask for help if you need it. **Contact the smoking cessation program: 907-729-4343.*

If you have questions or concerns about hepatitis C, call the Liver Clinic at: 907-729-1560 or 1-800-655-4837 and ask to speak to a nurse.