



**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>

HCV is a virus that attacks the liver, causes inflammation, and can cause long-term scarring (cirrhosis).

These are some of the things you can do to take care of your liver and keep it healthy:

**Prevent the spread of HCV** - Avoid sharing needles, drug works, razors, toothbrushes, or nail clippers. Cover all cuts and clean blood spills with dilute bleach water. If you use or inject drugs use a syringe service program (such as Four A's, Interior AIDS Association, [iknowmine.org](http://iknowmine.org)) to get free sterile needles, syringes and other supplies. Sex without condoms between men who have sex with men can spread HCV.

**Eat a balanced, healthy diet** - This 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.

**Do not drink alcohol or use drugs** - These can hurt the liver.

**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.*

**Get regular blood work** - Everyone with HCV should have a **Liver Panel and AFP** every 6 months. Once a year, get a **CBC** drawn with the Liver Panel (*see bottom of page*).

**Drink coffee** - Up to 3 cups per day of black, decaf or regular unsweetened coffee has been associated with less liver scarring.

**Take adequate Vitamin D (1,000-2,000 units per day)** - Many persons with HCV have low vitamin D levels.

\_\_\_ If checked here, you have more advanced scarring of the liver. You will need an **ultrasound of your liver and AFP blood draw every 6 months** to check for liver cancer. Your next ultrasound and AFP are due: \_\_\_\_ / \_\_\_\_.

\_\_\_ If checked here, we recommend that you **follow up in Liver Clinic** in \_\_\_\_\_.

#### Blood Test Info:

The **Liver Panel** tells us how your liver is functioning. The **AFP** blood test is a liver cancer screening test. The **CBC** tells us how your red blood cells, white blood cells and platelet counts are doing. This test along with your other liver blood tests can help us to know if your liver is becoming more scarred or sick.

HCV treatment options are rapidly changing. Here are some trustworthy, accurate websites that can help you keep up on information about HCV:

<http://www.anthc.org/hep>

<http://www.hepeducation.org/>

<http://www.hivandhepatitis.com>

<https://www.cdc.gov/hepatitis/hcv>

#### Commonly used FDA-approved medications for HCV:

- Mavyret™ (glecaprevir/pibrentasvir), 3 tablets taken once daily with food for 8-16 weeks. The most common side effects are headache (18%) and fatigue (15%). In clinical studies, the treatment response rate to Mavyret™ was 95% -100%\*.
- Epclusa® (sofosbuvir/velpatasvir), 1 tablet taken once a day for 12 weeks. The most common side effects are headache (22%) and feeling tired (15%). In clinical studies, treatment response rates to Epclusa® were 94-100%\*.

#### Less commonly used FDA-approved medication for HCV:

- Harvoni® (ledipasvir/sofosbuvir), 1 tablet taken once a day for 8-12 weeks. The most common side effects are feeling tired (16%) and headache (14%). In clinical studies, treatment response rates to Harvoni® were 94-100%\*.

\*Note – Lower response rates are generally seen in persons with cirrhosis &/or those who have been previously treated.

Feel free to call the Liver Disease & Hepatitis Program if you have questions or concerns:

**Toll-free number: 1-800-655-4837 or 907-729-1560**

***THANK YOU FOR COMING TO SEE US TODAY!!!!***