



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 are cured of HCV!**

**This is your follow up plan:** (Provider will select appropriate follow up)

\_\_\_ If you had zero to minimal scarring in your liver you will not need any liver-related follow up and there is no need for you to continue being seen in Liver Clinic.

\_\_\_ If you had a FibroScan showing fatty liver follow up with your primary care provider who may refer you for another FibroScan in 3-5 years if there is concern that your liver has developed scarring/fibrosis.

\_\_\_ 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 need a FibroScan, call the Liver Clinic at 907-729-1560 or 1-800-655-4837 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 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 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!*

