



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Liver Disease & Hepatitis Program
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<http://www.anthc.org/hep>

Hepatitis C 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 hepatitis C. Avoid sharing razors, toothbrushes, or nail clippers.

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.

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. If you need assistance, talk to your healthcare provider to connect you with mental health counseling services.

Stop smoking. Ask for help if you need it. The Alaska Tobacco Quitline number is 1-800-QUIT-NOW (1-800-784-8669).

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

Drink coffee. Up to 3 cups per day has been associated with reduced liver scarring and better treatment response.

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

___ If checked here, you have more advanced scarring of the liver. You will need an **ultrasound of your liver every 6 months** to check for liver cancer. Your next ultrasound is due: ___ / ___.

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.

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

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

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

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

http://www.hivandhepatitis.com/hep_c.html

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

Hepatitis C Treatment Information:

These are commonly used FDA-approved medications for **Hepatitis C**:

- 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%*.
- 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%*.
- 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%*.

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

If you are coming to Anchorage and want a FibroScan, call the Liver Clinic ahead of your visit to schedule. FibroScan is a test using ultrasound waves to check liver stiffness or scarring/fibrosis in your liver. FibroScan testing is done in the Internal Medicine Clinic. Do not eat or drink for 3 hours before the test.