



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 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 had **advanced scarring or 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 inject drugs use a syringe service program (such as 4A's, Interior AIDSassociation, Iknowmine.org) to get free sterile needles, syringes and other supplies. Condom- less sex 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** test which will look for virus in your blood. If you use injected drugs or have other risk for infection get an 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; 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. **Contact the Wellness Center to get started in an exercise program: 729-6683*

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

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

If you have questions or concerns, call the Liver Clinic at: 907-729-1560 or 1-800-655-4837.