

Hepatitis C: Getting Support



Hepatitis C can be a lifelong condition if not treated. But it is curable. You can manage how it affects you. Discussing your health with your healthcare provider and loved ones can help. So can taking steps to help keep yourself healthy. You'll find that hepatitis C doesn't have to control your life.

What you can do

Most people with hepatitis C can be cured. Treatment includes taking medicine by mouth. It is faster and more effective than ever before. Treatment will reduce or remove your risk of getting complications from the hepatitis C virus. You can do the following:

- **Follow up with your healthcare provider.** Learn more about your condition and how to keep yourself healthy. Ask about treatments that may help your body fight hepatitis C virus (HCV). If your hepatitis C virus has caused cirrhosis (liver scarring) you will continue to need testing and follow up even if your hepatitis C is cured.
- **Don't do things that can make hepatitis C worse.** Drinking alcohol makes you much more likely to have health problems linked to hepatitis C. So does using certain medicines and supplements. By staying away from these, you can greatly increase your chances of staying healthy.
- **Prevent nonalcoholic fatty liver disease (NAFLD).** NAFLD occurs when you have too much fat in your liver. NAFLD can make it more likely to have problems linked to hepatitis C. To help prevent NAFLD, stay at a healthy weight. And manage conditions such as prediabetes and diabetes. Also manage high blood cholesterol and triglycerides.
- **Protect others from becoming infected.** Learn how HCV spreads from person to person. Then take steps to keep from spreading the virus to people around you.

For more information

Talking to others with hepatitis C may help you feel more in control. Join a support group or try the resources below for more information.

American Liver Foundation: 800-GO-LIVER (800-465-4837) www.liverfoundation.org

Centers for Disease Control and Prevention: 800-232-4636 www.cdc.gov/hepatitis

[National Institute of Diabetes and Digestive and Kidney Diseases](http://www.niddk.nih.gov/) (NIDDK): 800-860-8747 www.niddk.nih.gov/

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.