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HEP C HOPE.COM

CALL 844-4HepcHope

RETHINK HEP C

CONSIDERING TREATMENT

MOVING FORWARD,  
A FEW SMALL STEPS  
AT A TIME

FORGET ME NOT

*"I want to understand the full impact Hep C has on my health and my life."*

Dear [First Name],

Even while you are just learning about hepatitis C (Hep C), there are a few important steps you can take to start moving toward a healthier you. When you have Hep C, you're at risk for liver damage. Healthy lifestyle changes, however, can help reduce that risk.

As you may know, when a liver is inflamed and/or damaged by Hep C, it has a harder time doing its jobs. Some of the liver's important jobs include removing waste and breaking down alcohol and drugs, as well as storing nutrients from the food you eat and releasing them into the bloodstream.

Who's on your team?

It's important to find a Hep C specialist with whom you can be open and honest.

Find your Hep C specialist today.

Consider these healthy changes.

- **Eating a well-balanced diet** can make it easier for the liver to do its jobs and can help repair liver damage.
- **Stop drinking alcohol.** Consuming alcohol can accelerate liver damage.
- **Being active.** Regular physical activities like yoga, walking, Pilates, swimming, gardening, and dancing may help you feel better.
- **Getting a good night's sleep** and resting when tired can help with fatigue associated with Hep C.
- **Reaching out for support.** Start talking about your Hep C with loved ones or in an online forum, so you know where to find support when you need it.

See more ways you can prepare for treatment >>>

Call a Hep C Educator at  
**844-4HepcHope**  
**(844-443-7246)**  
to get live support.

Learn more about other small steps you can take to become a healthier you at [HepcHope.com](http://HepcHope.com).

Sincerely,

The Hep C Hope Team

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