

PATIENT EDUCATION/Self MANAGEMENT



WHAT YOU SHOULD KNOW: HEPATITIS C

WHAT IS HEPATITIS C (HEP C)?

- Hep C is a virus that causes swelling and irritation of the liver.
- The liver helps with digestion and filters waste products out of the blood. Hep C can cause serious damage to the liver.
- There is no vaccination for Hep C, but you can be vaccinated for Hepatitis A and B to prevent more damage to your liver.

HOW DO YOU GET HEP C?

You can get Hep C from:

- Dirty needles (tattoos or piercing).
- Snorting drugs with infected equipment.
- Sharing needles to inject drugs.
- Unprotected sex (rarely).
- A blood transfusion if you got one in the United States before 1992. (All blood is now tested for Hep C before it is used for transfusion.)



HOW DO YOU KNOW IF YOU HAVE HEP C?

- Most people who have Hep C look and feel fine.
- You can have Hep C for a long time and not know it.
- Usually Hep C is found by doing blood tests.
- If Hep C damages the liver, it can cause scarring. This is called cirrhosis (sir-oh-sis). Your health care provider may order more tests to see how much liver damage you have.
- Some people with Hep C can have:
 - Fatigue
 - Stomach pain
 - Joint pain
 - Night sweats
 - Loss of appetite or nausea



WHAT CAN YOU DO TO TAKE CARE OF YOURSELF?

- Get vaccinated for Hepatitis A and B. Get yearly vaccinations for pneumonia and the flu.
- Do not drink alcohol or use illegal drugs - these will damage your liver more.
- Do not take a lot of medications like acetaminophen (Tylenol®) and Motrin®. Talk to your health care provider about all medications, including over-the-counter medications, vitamins, and herbs to be sure they will not damage your liver. Ask your health care provider before you take any pain medicine.
- Do not get tattoos in prison to avoid blood borne infections.
- Do not share your toothbrush, razor, or other personal items.
- Try to lose weight if you are overweight.
- Eat a healthy diet.
- Drink plenty of water.
- Get plenty of rest and regular exercise.
- Quit smoking cigarettes.
- Follow your health care provider's instructions about medications for Hep C treatment.
- See your health care provider regularly.



DOES EVERYONE WITH HEPATITIS C NEED TREATMENT?

- Most people with Hep C do not need treatment.
- A few people may develop severe liver damage and can die from problems with Hep C.
- Who needs treatment depends on many things and these are different for each person. You should discuss your case with your health care provider.