HOW CAN I **STAY HEALTHY?**

- get enough rest
- eat a nutritious diet
- avoid alcohol
- stop smoking
- stay active
- keep weight in healthy range
- manage stress
- see your doctor regularly
- take care with over-the-counter medications
- get vaccinated for hepatitis A & B

Patient Assistance Programs

Genentech: 888-941-3331

Merck: 866-939-4372

Vertex 855-846-2484

Helpful Websites

AASLD Physician Referral Service
http://www.aasld.org/yourliver/Pages/Physician ReferralService.aspx

Centers for Disease Control and Prevention
http://www.cdc.gov/hepatitis/

Centerwatch Clinical Trials
http://www.centerwatch.com/clinical-trials/listings/

Find a Free Health Center
http://findahealthcenter.hrsa.gov/

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Hepatitis C Association
http://www.hepcassoc.org

Hepatitis C Association
Education ~ Organ Donation ~ Awareness ~ Support

1351 Cooper Road
Scotch Plains, NJ 07076

Toll Free Support: 866-437-4377
Fax: 908-561-4575
Website: www.hepcassoc.org

Hepatitis C Association
Education ~ Organ Donation ~ Awareness ~ Support

Information You Need

Facing Hepatitis C

ASK YOURSELF THIS QUESTION

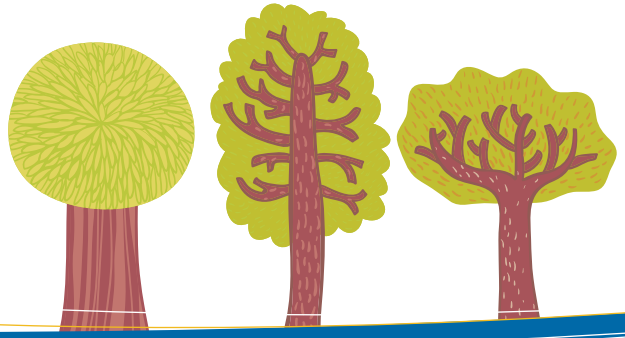
Has there ever been a time when someone's blood could get into your bloodstream? If the answer is yes, know your status.

GET TESTED!

TRANSMISSION MUST BE BLOOD TO BLOOD

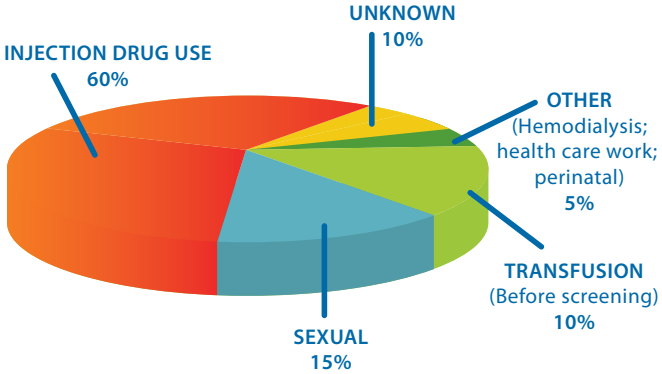
HEPATITIS C IS...

- a virus
- spread by blood-to-blood contact
- main reason for adult liver transplantation
- responsible for 8,000 - 10,000 deaths per year
- affecting 5 million Americans
- expected to cost government and commercial payers $85 billion by 2024



Risk Factors...

- injection drug use
- blood transfusion before July 1992
- hemodialysis
- needlestick in healthcare workers
- multiple sexual partners
- infants born to infected mothers
- sharing personal hygiene tools



You Won't Get Hepatitis C from...

- hugging
- kissing
- sharing food and drink
- holding hands
- public toilets
- mosquito bites

FAQ's...

What kind of doctors treat hepatitis C?

- hepatologists
- gastroenterologists
- infectious disease doctors

Is There a Vaccine?

- there is no vaccine for hepatitis C
- there is a vaccine for hepatitis A & B
- if you are hepatitis C positive, ask your
- doctor for a hepatitis A & B vaccine

How Can I Protect Others?

- cover open wounds
- clean blood spills with 10:1 water/bleach solution practice safer sex
- do not share razors, toothbrushes, manicure tools

Is There Treatment?

- yes, interferon & ribavirin + a protease inhibitor
- new drugs in trials