What you need to know about **hepatitis C**





What is **hepatitis C**?

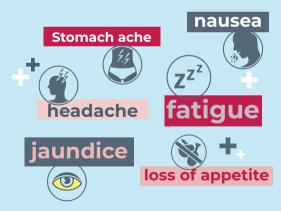
It is an **inflammation** of the liver, caused by the **hepatitis C** virus (HCV).

The virus spreads through **exposure** with **contaminated blood**.

What are the **symptoms**?

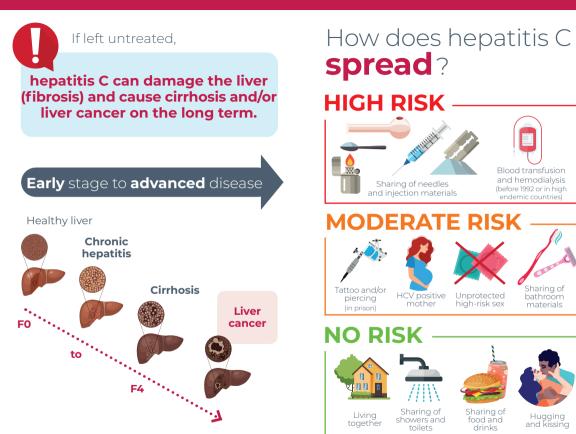
Approximately **80%** of patients do not exhibit **any symptoms**.

Some patients might have the following **symptoms**:



Hepatitis and Liver Cancer: A National Strategy for Prevention and Control of Hepatitis B and C. Available at: <u>https://www.nap.edu/download/12/93</u> (accessed February 2021) Hepatitis C, Key Facts. WHO website. Available at: https://www.who.int/news-room/ fact-sheets/detai/hepatitis-c (accessed May 2021)

ELPA. Hepatitis C, Understanding a silent killer. Available at: <u>https://pharmaceutical-journal.com/article/</u> infographics/hepatitis-c-tackling-the-silent-killer (accessed February 2021)



Hepatitis Conline. Core Concepts – Natural History of Hepatitis Conline. Core Concepts – Natural History of Hepatitis Confection: Evaluation, Staging, and Monitoring of Chronic Hepatitis C. Available at: <u>http://www.hepatitisc.uw.edu/go/</u> evaluation-istaging-monitoring/natural-history/core-concept/all (accessed February 2021)

Hepatitis C: transmission. WHO website. Available at: <u>www.who.int/news-room/fact-sheets/detail/</u> <u>hepatitis-c</u> (accessed February 2021)

How do you know if you are **infected** with HCV ?

First test

If your test is positive = HCV antibodies are positive.

This means you have been in contact with hepatitis C, but it is not yet known if you are currently infected.

FINGERPRICK OR BLOOD WITHDRAWAL



Second test

If your test is positive = you are currently infected with hepatitis C.

This can be treated. Please consult your medical doctor.

BLOOD WITHDRAWAL



Hepatitis C: Diagnosis, NHS website. Available at: www.nhs.uk/conditions/hepatitis-c/diagnosis/ (accessed February 2021)

How is **fibrosis** evaluated?

The grade of fibrosis is assessed with a Fibroscan*. The Fibroscan is a simple and painless ultrasound examination that measures the **elasticity** of your liver.

The more fibrosis, the less elastic is your liver.

For this examination an **ultrasound** device is placed on your body.



*Or ShearWave or ARFI = other elastography techniques Hepatitis C: Diagnosis, NHS website. Available at: https://www.nhs.uk/conditions/hepatitis-c/ diagnosis/ (accessed February 2021)

All hepatitis C patients can be treated, **almost all will be cured!**



Treatment is simple **by taking oral medication (pills)**.

Treatment takes 8 to 16 weeks.

There are no serious side effects,

in contrast to the previously used interferon.

Do not combine with other medication before

discussing with your doctor.





Hepatitis C: treatment. WHO website. Available at: www.who.int/news-room/fact-sheets/detail/ hepatitis-c (accessed February 2021)

When are you **cured**?

12 weeks after the end of your treatment, **a blood test** is done.



Your cure will be confirmed if **no more** virus is found in your blood.

Attention!

With hepatitis C, **the antibodies** are **not protective**. You can always get infected again.

European Association for the study of the liver (EASL). J Hepatol 2017;66(1):153-194

How do you **prevent** re-infection?

Notes

Never use bathroom materials of others and never share yours.



Always use clean and unused material.



Protect yourself

during anal sex and/or sex with multiple partners.



Who can you **contact**?

>	
>	Profession :
>	E-mail address :
>	Phone number :

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>	Profession :	
>	E-mail address :	
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