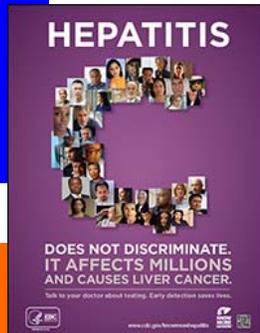


Utah Hepatitis C Resource Guide

<https://sites.google.com/site/hepatitisinfoutah/>



2014



This resource guide was developed for Utah providers and people living with Hepatitis C and their caregivers.

This resource guide is updated regularly. Most recent version can be found at: <https://sites.google.com/site/hepatitisinfoutah/>

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health.utah.gov/epi

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Introduction

Viral hepatitis is a major public health problem in Utah. Nation-wide, it is estimated that more than 1.2 million people are living with chronic hepatitis B and at least 3.2 million people are living with chronic hepatitis C.

It is estimated that up to 75% of people infected with hepatitis C do not know it.

This Hepatitis C Resource Directory was prepared by **The Utah Department of Health** to inform the general community and health and human services providers about available viral hepatitis services in our state.

The directory provides information about a range of services including:

- where to get vaccinated
- where testing is available
- which doctors or clinics provide medical care for people living with viral hepatitis
- how to locate support services for people living with viral hepatitis

Included in this guide is basic information about viral hepatitis and links to important resources throughout Utah.

The guide also includes a list of valuable internet websites with important information on many topics related to viral hepatitis.

Please forward updates, changes and questions about this guide to the Viral Hepatitis Prevention Coordinator: 801-538-6191 or hbush@utah.gov

As information and contact information changes regularly, confirm with each resource you contact.

How to use this guide

This guide is organized to help you find the services that you need. Go to the table of contents and find the pages of the guide that include information about the service you are seeking. Once you turn to that section, you will be able to identify all of the locations where that service is available.

This guide is also set up to help a person who is living with viral hepatitis navigate through a process to learn about their health status and understand available resources / services. It can also be used by health and human services providers as they work with people affected by viral hepatitis.



Step One: Locate a Provider

After you have tested positive for HCV antibodies (anti-HCV) the first thing you need to do is find an appropriate provider that can give you a confirmatory test. This test is what confirms whether you do or do not still have HCV.

Appropriate Providers may include the following:

- **Primary Care Physicians**– Most offer HCV testing and treatment. If you do not currently have a primary care physician you can find information about providers in your area in this book (see pages 34-35).
- **Community Health Centers**– If you do not currently have a primary care provider you can find information about health centers in your area in this book (pages 22-25)

American Liver Foundation—“Find a Provider” Tool:

<http://hepc.liverfoundation.org/find-a-healthcare-provider/utah/#>



How to use this guide, continued

Step One: Locate a Provider, continued

- **Primary Care Network**– Providing healthcare coverage for single adults ages 19-64 who qualify including primary care services and other medical services. More information is provided in this booklet (page 8). If eligible this booklet has information about providers that accept individuals who get coverage through Primary Care Network (PCN) (page 30).
- **Medicaid**– A program that provides health care for people who have low income and cannot afford it. You must be a citizen or legal resident of the United States to apply. More information about Medicaid is listed in this booklet (page 13). In this booklet you can also find information about providers that accept Medicaid (page 32).
- **Veterans Services**– Locations and contact information is provided in this booklet (page 33).
- **Clinical Trials**– Some individuals seeking treatment may be eligible to take part in clinical trials of various treatments (For a list of organizations performing clinical trials see page 28).
- **Providers in Neighboring States**—For information about providers in Colorado, California, Idaho, Nevada, Oregon, Montana, and Wyoming see pages 39-40.

If those options do not work for you, contact:

Project ECHO– A program that will link you to providers who provide HCV treatment in Utah and some neighboring states.

For more information please call: **1-855-297-4528**

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Step Two: Get a Confirmatory Test

A positive HCV antibody test means that at some point you have had the Hepatitis C Virus (HCV). You need to get a confirmatory viral load test to see if you still have HCV. This test measures HCV RNA, or genetic material in the blood. If you have “cleared” or “resolved” the virus, this test will come back “undetectable.” If the test comes back “detectable,” then you are living with chronic (long-term) hepatitis C.

- **Your Local Health Department**– If you do not have a provider or cannot locate an appropriate provider you can schedule an appointment at your local health department to get a confirmatory test. *For local health department information see pages 20-21.*

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Step Three: Find Support

One of the most important things you can do is to find support. It can be frightening to be diagnosed with hepatitis C but remember that you are not alone. Talk with people you care about and ask for support. Different services are available to you.

- **Mental Health Services**– Programs can include counseling and peer support groups. *For a list of professionals that are experienced with hepatitis C , see page 41*
- **Substance Abuse Services**- This can include treatment, counseling, and other services. *For a list of providers that are experienced with Hepatitis C see page 41*
- **Patient Assistance Programs**– Programs that provide some financial assistance for medication, depending on eligibility. *For a list of these programs see page 26*
- **Primary Care Network**– Providing healthcare coverage for single adults ages 19-64 who qualify including primary care services and other medical services (*see page 30*). If eligible see page 31 for providers that accept individuals who are get coverage through Primary Care Network (PCN)

How to use this guide, continued

- **Medicaid**– A program that provides health care for people who have low income and cannot afford it. You must be a citizen or legal resident of the United States to apply. *For more information see page 32.* In this booklet you can also find information about providers that accept Medicaid.
- **Veterans Services**– Locations and contact information is provided in this booklet (*page 33*).

Hepatitis C Support Group

Location: St. Paul’s Episcopal Church
261 South 900 East, SLC Upstairs Media Room
Days: 2nd & 4th Wednesday of each month
Time: 6:30 p.m.
Contact: Shauna, 801-699-9779

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Step Four: Prevention

Obtaining treatment for HCV is very important but there are other things you can do to reduce your risk of further infection and prevent any further damage to your liver. It is also important to keep the virus from spreading to others.

To Help Your Liver:

- Reduce your alcohol intake as much as possible (alcohol harms the liver)
- Eat a healthy, low-fat, low salt diet
- Drink a lot of water
- Get enough rest and moderate exercise
- Get Immunized/Vaccinated and tested for HAV and HBV (the virus that causes hepatitis B)-*More information can be found on page 14.*
- See your Primary Care Physician for regular check-ups and visits to stay healthy and monitor your liver

Preventing transmission to others

It is possible for people with HCV to live healthy, active lives. You can take steps to keep yourself and those around you healthy. There is no vaccine to prevent HCV. The only way to stop the spread of HCV is to avoid direct contact with infected blood.

- Do not share needles or other injection equipment
- Use recommended safety measures if you are exposed to blood or needle sticks
- Practice safe sex
- Use clean needles, ink and other equipment for tattoos or body piercings
- Do not share razors, toothbrushes, or other personal items with others
- Wear gloves if you have to touch someone's blood
- HCV is not spread by sharing eating utensils, hugging, kissing, holding hands, coughing, or sneezing.
- HCV is also not spread through food or water.

Can I transmit hepatitis C sexually?

Yes, it is possible to transmit HCV sexually. HCV is transmitted when someone's blood comes into direct contact with HCV-infected blood. The risk of transmission from sexual contact is believed to be low. However, having multiple sex partners, a sexually transmitted disease, HIV, or engaging in rough sex can increase the risk of transmission. You can prevent transmitting HCV sexually by practicing safe sex.

Can I transmit hepatitis C to my baby?

Yes, it is possible to transmit HCV to your baby during childbirth. The risk of transmission is believed to be low. About 4 of every 100 infants born to mothers with HCV become infected with HCV. Mothers who have HCV and HIV are at greater risk of transmitting HCV to their babies. HCV is not transmitted by breastfeeding. However, women who have cracked or bleeding nipples are advised to temporarily stop breastfeeding until the nipple is healed and is no longer bleeding.

Hepatitis C Information—FAQs

What is hepatitis C?

Hepatitis C is a disease caused by the hepatitis C virus (HCV). It primarily affects the liver and over time can damage the liver and health of an individual. Usually it takes a long time to do any damage. Sometimes the damage is so minimal that people will go through their entire lives without knowing they have HCV.

How does a person get hepatitis C?

Hepatitis C is usually spread when blood from a person infected with the Hepatitis C virus enters the body of someone who is not infected. This can happen through multiple ways:

- Sharing needles and other equipment (cotton, water, surface, etc) to inject drugs
- From body piercing or tattoos that were done in prisons, at home or in other unlicensed or informal facilities.
- In rare cases, Hepatitis C may be sexually transmitted.
- Babies born to mothers with Hepatitis C can get the infection during childbirth.
- Although uncommon, outbreaks of Hepatitis C have occurred from blood contamination in health care settings
- Before widespread screening of the blood supply began in 1992, Hepatitis C was spread through blood transfusions and organ transplants and people who took blood products prior to 1987

HCV is not spread by kissing, hugging, sneezing, coughing, sharing food, eating utensils or glasses.

Is hepatitis C rare?

No. Approximately 3 to 4 million people in the United States have HCV. Worldwide, more than 170 million people have HCV. And it is estimated that up to 75% with hepatitis C don't know it.

What are the symptoms of hepatitis C?

Some people have little or no symptoms. This could be because they hardly have any liver damage. Unfortunately, it also could be because the liver is a "non-complaining" organ. This means that there could be a lot of liver damage and hardly any symptoms. The most common symptom of HCV is fatigue. Body aches, flu-like symptoms, depression, and abdominal discomfort are also symptoms of HCV.

What are the long term effects of hepatitis C?

Most people will die with HCV and not of HCV.

- About 80-85 people out of 100 who are infected with HCV will develop chronic infection: The other 15-20 people who are infected with Hep C will clear the virus on their own. This is because the immune system of some people is able to fight off the virus naturally.
- About 10 to 20 people who develop chronic infection will have serious disease progression over decades: Only about 10 to 20 out of the original 100 people exposed to Hep C will develop serious life-threatening illness from Hep C.
- Hep C usually takes up to 10, 20, 30 or 40 years or longer to make the liver become really damaged.
- About 2-3 people who develop chronic hepatitis C infection will develop liver cancer: Only 2-3 people develop liver cancer out of the original 100 people exposed to Hep C, which only happens after the liver develops lots of scarring called cirrhosis.

Is there treatment for hepatitis C?

There are treatments that may get rid of or cure HCV, so talk with your doctor or nurse about whether treatment is right for you. How well it works depends on the genotype of HCV you have, how long you have been infected, how much your liver is damaged, and other factors. Also, HCV treatment is very expensive and can have many side effects. There are two or three medications used to treat hepatitis C: pegylated interferon, ribavirin and an HCV inhibitor. Treatment usually lasts 12 to 48 weeks. Talk to your doctor and people who have tried the treatment to help make your decision.

Remember.....

- Many people have hepatitis C so you are not alone.
- It takes many years for hepatitis C to cause damage to the liver and to make someone sick.
- There are many things that people can do to help fight hepatitis C, and the best time to start is early – before hepatitis C has a chance to damage your liver.
- One of the most important things you can do is to stop or cut down on drinking alcohol.
- There are also medicines to get rid of hepatitis C that work in about 8 out of 10 people treated.
- Talk with your doctor about how often you should be monitored, and about the medications that can cure hepatitis C, and if they can help you.

Overview of Viral Hepatitis

Type of hepatitis	Hepatitis A	Hepatitis B
What body fluids can transmit the virus?	Feces	Blood, semen, vaginal secretions
What activities can pass the virus?	Eating food prepared by an infected person who did not wash properly after going to the bathroom; Eating uncooked shellfish Any contact between the mouth and an infected person's feces or anus	Unprotected sexual intercourse Sharing equipment used to inject drugs
How it can be prevented?	Vaccination Early childhood vaccination was started in 1991. People over the age of 18 who are at risk should be vaccinated	Vaccination Early childhood vaccination was started in 1991. People over the age of 18 who are at risk should be vaccinated
What happens if someone becomes infected?	Hepatitis A is a short term illness that clears on its own within 6 months No specific treatment is available except rest, drinking plenty of fluids, over the counter medications to control symptoms	About 85% of people who become infected with hepatitis B are able to clear the virus and will not have it for life. About 15% develop lifelong infection and approximately 15-40% of these people will develop liver damage (cirrhosis) or liver cancer over 10-25 years. Treatment is available to help slow the disease

Hepatitis C	
Blood	
Sharing equipment used to inject drugs	
Unprotected sexual intercourse, but this is less common	
Avoid sharing injection drug equipment; use a new, clean syringe every time you inject	
Use condoms consistently and correctly every time you have sex	
About 20% of people who become infected with hepatitis C are able to clear the virus and will not have it for life.	
About 80% develop lifelong infection and approximately 5-20% of these people will develop liver damage (cirrhosis) or liver cancer over 10-25 years.	
Treatment is available with a success rates improving with new medications that become available all of the time. Some treatments even can completely clear the virus in some patients.	

Hepatitis A & B Vaccines

If you have hepatitis C, it is highly recommended that you get vaccines against hepatitis A (HAV) and B (HBV).

When people with hepatitis C are co-infected with hepatitis A and B, the outcome of the infection can be very severe.

A combination HAV/HBV vaccine is also available for people who are interested, and may be available through a special federal initiative grant for little or no cost to persons with risk conditions who are uninsured.

Utah hepatitis A&B vaccination information and availability:

<http://www.immunize-utah.org/>

More information on vaccines and getting immunized:

<http://www.cdc.gov/vaccines/>

<http://www.vaccines.gov/>

www.cdc.gov/travel



Who should be vaccinated?

Hepatitis A

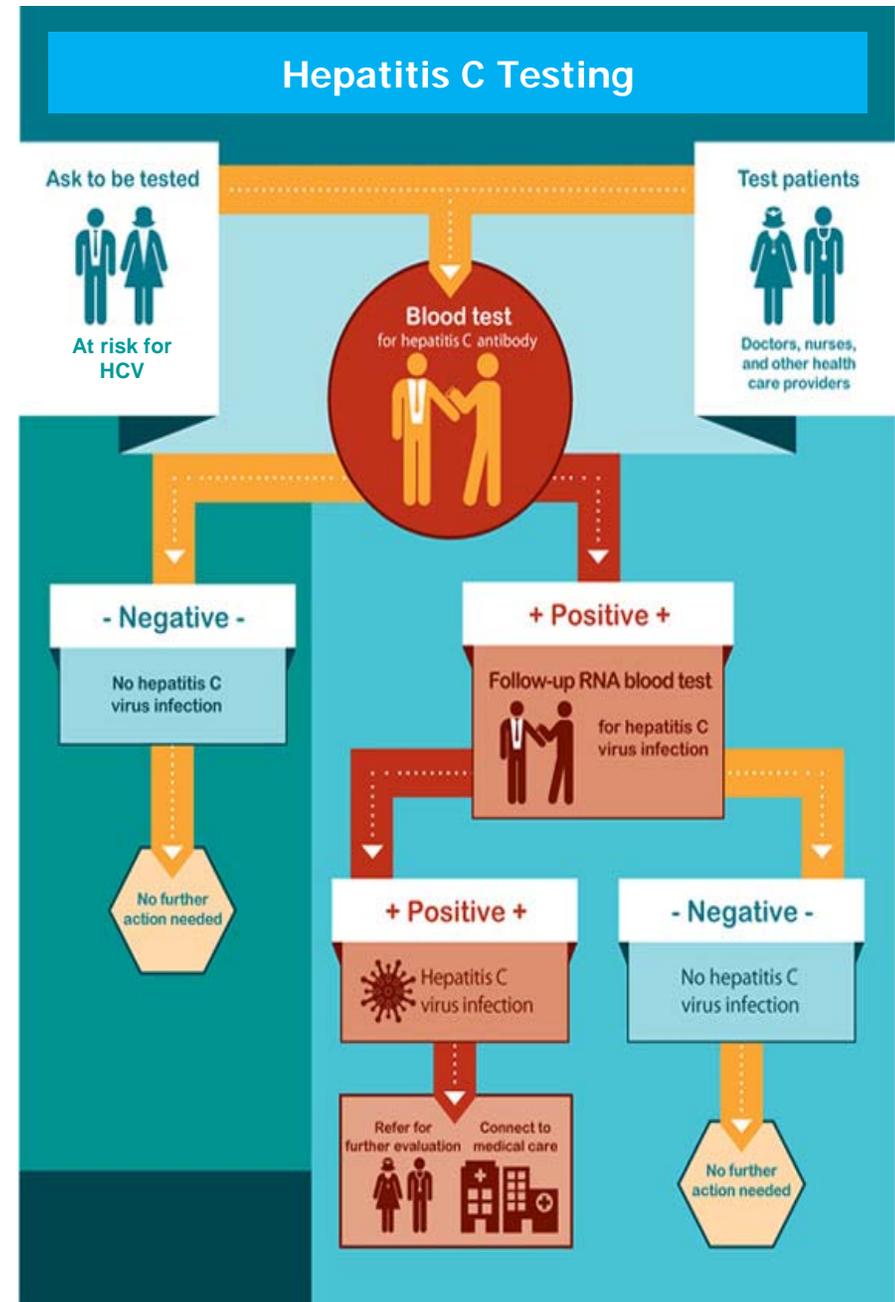
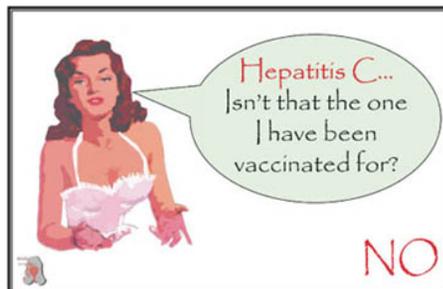
Routine vaccination is recommended for:

- All children between 12 through 23 months of age (Hepatitis A vaccine is not licensed for children younger than 1 year of age.)
- Anyone 1 year of age and older traveling to or working in countries with high or intermediate prevalence of hepatitis A
- Children and adolescents 2 through 18 years of age who live in states or communities where routine vaccination has been implemented because of high disease incidence
- Men who have sex with men.
- People who use illegal drugs
- People with chronic liver disease.
- People who are treated with clotting factor concentrates.

- People who work with HAV-infected primates or who work with HAV in research laboratories.
- Members of households planning to adopt a child, or care for a newly arriving adopted child, from a country where hepatitis A is common.

Hepatitis B

- Babies normally get 3 doses of hepatitis B vaccine
- Anyone through 18 years of age who didn't get the vaccine when they were younger should also be vaccinated.
- All **unvaccinated adults** at risk for hepatitis B infection should be vaccinated. This includes:
 - sex partners of people infected with hepatitis B
 - men who have sex with men
 - people who inject street drugs
 - people with more than one sex partner
 - people with chronic liver or kidney disease
 - people under 60 years of age with diabetes
 - people with jobs that expose them to human blood or other body fluids
 - household contacts of people infected with hepatitis B
 - residents and staff in institutions for the developmentally disabled
 - kidney dialysis patients
 - people who travel to countries where hepatitis B is common
 - people with HIV and/or HCV infection
 - Pregnant women



Testing for Hepatitis C

Why is it important to get tested for Hepatitis C?

- Millions of Americans have Hepatitis C, but most don't know it.
- About 8 in 10 people who get infected with Hepatitis C develop a chronic, or lifelong infection.
- People with Hepatitis C often have no symptoms.
- Many people can live with an infection for decades without feeling sick.
- Hepatitis C is a leading cause of liver cancer and the leading cause of liver transplants.
- New treatments are available for Hepatitis C that can get rid of the virus.

Who should get tested for Hepatitis C?

- Anyone who has injected drugs, even just once or many years ago
- Anyone who has ever shared any injection equipment (needles, syringes, cooker, cotton, water, etc) for any reason
- Anyone who has ever received a tattoo or piercing with shared equipment (needles, ink, etc) or while incarcerated or in other non-professional settings
- Anyone who has/had a sexual partner who has injected drugs or shared injection equipment
- Anyone who has/had sexual partner who has HCV
- Anyone with chronic liver disease or has HIV/AIDS
- A man who has/had sex with other men

Other people who may want to get tested:

- A person who has shared personal care equipment (razors, toothbrushes) with, or had needle-stick from someone who has HCV
- Has/had anonymous sexual partners/multiple sexual partners/other high risk sexual activity
- Received a blood transfusion or organ transplant before 1992, or received clotting factor before 1987
- Patients with signs or symptoms of liver disease (e.g., abnormal liver enzyme tests)
- People born to a mother who has Hepatitis C

Getting tested for Hepatitis C

- A blood test, called a Hepatitis C Antibody Test, is used to find out if someone has ever been infected with Hepatitis C.
- The Hepatitis C Antibody Test, sometimes called the Anti-HCV Test, looks for antibodies to the Hepatitis C virus. Antibodies are chemicals released into the bloodstream when someone gets infected.
- Test results can take anywhere from a few days to a few weeks to come back. New rapid tests are now available in some settings and the results of these tests are available in 20 to 30 minutes.
- Most people who get infected with the Hepatitis C virus develop a chronic, or lifelong, infection. This is known as chronic Hepatitis C.
- However, some people are able to get rid of, or "clear," the virus.

Non-Reactive or Negative Hepatitis C Antibody Test

- A non-reactive or negative antibody test means that you are not currently infected with the Hepatitis C virus.
- However, if you think you might have been exposed to Hepatitis C in the last 6 months, you will need to be tested again.

Reactive or Positive Hepatitis C Antibody Test

- A reactive or positive antibody test means you have been infected with the Hepatitis C virus at some point in time.
- Once people have been infected, they will always have antibodies in their blood. This is true if they have cleared the virus or still have the virus in their blood.
- A reactive antibody test does not necessarily mean that you currently have Hepatitis C and a follow-up test is needed.

Diagnosing Hepatitis C

- If the antibody test is reactive, you need an additional test to see if you currently have Hepatitis C. This test is called a RNA test. Another name used for this test is a PCR test.
- If the RNA or follow-up test is:
 - Negative - this means you were infected with Hepatitis C, but the virus has now been cleared from your body.
 - Positive - this means you currently have the virus in your blood.
- If you have a reactive antibody test and a positive follow-up test, you will need to talk to a doctor experienced in diagnosing and treating Hepatitis C.

HCV Testing Providers

Local Health Departments (pg. 20) , Community Health Clinics (pg.22) and other providers may also provide HCV antibody and confirmatory tests, call for fees, times and appointments.

Utah AIDS Foundation

(801) 487-2323 www.utahaids.org
1408 South 1100 East SLC 84106
Rapid HCV antibody testing
(HIV, Chlamydia, Gonorrhea and Syphilis testing)
Mondays and Thursdays: 5:00 p.m.-7:00 p.m.

Salt Lake County Health Department

(385) 468-4242 www.slcohealth.org
STD Clinic, Rm 135 610 South 200 East SLC 84111
Rapid and conventional HCV antibody testing
Confirmatory HCV RNA testing
Appointments strongly recommended

Utah County Health Department

(801) 851-7057 www.utahcountyonline.org/
151 South University Ave. Provo 84601
Rapid and conventional HCV antibody testing
Confirmatory HCV RNA testing
Appointments strongly recommended

Fourth Street Clinic - Wasatch Homeless Health Care

(801) 364-0058 www.fourthstreetclinic.org
404 South 400 West SLC 84101
Conventional antibody and confirmatory testing

Centro Hispano

(801) 655-0258 <http://www.centrohispanouc.org/>
817 S. Freedom Blvd Provo 84601

Moab Free Health Clinic

(435) 259-1113 www.moabfreehealthclinic.org
350 South 400 East, Moab

Tri-State HIV/AIDS Task Force

Doctor's Free Clinic southernutahhivtaskforce2012@gmail.com
(801) 707-6006
1036 Riverside Dr, St. George
2nd Saturday of each month



Local Health Departments



1-888-EPI-UTAH (1-888-374-8824)

<http://www.ualhd.org/>

LOCAL HEALTH DEPARTMENTS MAY OFFER RAPID AND CONVENTIONAL HEPATITIS C ANTIBODY TESTING AND/OR CONFIRMATORY TESTING.

Contact your nearest local health department to see what services they offer, to make an appointment, check fee schedules and other information.

Bear River Health Department

655 East 1300 North
Logan, Utah 84341
Box Elder, Cache, Rich Counties
(435) 792-6500 (435) 716-8771 or 1-877-229-8825
<http://www.brhd.org/>

Central Utah Public Health Department

70 Westview Drive
Richfield, Utah 84701
Juab, Millard, Piute, Sanpete, Sevier, Wayne Counties
(435) 896-5451

Davis County Health Department

22 South State Street
Clearfield, Utah
801-525-5200
<http://www.daviscountyutah.gov/health/default.cfm>

Salt Lake County Health Department

(385) 468-4242
STD Clinic, Rm 135 610 South 200 East SLC 84111
<http://www.slcohealth.org/>

Southeastern Utah District Health Department

28 South First East, P.O. Box 800
Price, Utah 84501
Carbon, Emery, Grand, San Juan Counties
(435) 637-3671 (435) 650-3550
<http://www.southeastuthealth.org/>

Southwest Utah Public Health Department

168 North 100 East
 St George, Utah 84770
 Beaver, Garfield, Iron, Kane, Washington counties
 (435) 673-3528 (435) 674-5404
<http://www.swuhealth.org/>

Summit County Public Health Department

85 North 50 East, PO Box 128
 Coalville, Utah 84017
 (435) 336-3222
<http://www.summitcountyhealth.org/>

Tooele County Health Department

151 North Main Street
 Tooele, Utah 84074
 (435) 277-2310 (435) 843-2310
<http://tooelehealth.org/>

TriCounty Health Department

147 East Main Street
 Vernal, Utah 84078
 Daggett, Duchesne, Uintah Counties
 (435) 781-5475 (435) 789-4222
<http://www.tricountyhealth.com/>

Utah County Health Department

(801) 851-7024
 151 South University Ave. Provo 84601
<http://www.utahcountyonline.org/Dept2/Health/index.asp>

Wasatch County Health Department

55 South 500 East, PO Box 246
 Heber City, Utah 84032
 Wasatch (435) 654-2700 (435) 671-0908 or 1-800-654-1411
<http://www.wasatchcountyhd.org/Home.aspx>

Weber-Morgan Health Department

2570 Grant Avenue
 Ogden, Utah 84401
 Morgan, Weber (801) 399-7252

Community Health Centers

Community Health Centers (CHCs) are non-profit private or public organizations that serve designated populations in rural and urban areas where barriers to health care exist.

Just like other health care organizations, CHCs rely on patient revenue to operate, but also receive federal, state, and private funding in order to offset the costs of serving uninsured, low-income, and homeless populations.

Anyone can receive care at a CHC regardless of income, ability to pay, or insurance status through a sliding-fee scale.

**Association for Utah Community Health**

860 East 4500 South • Suite 206
 Salt Lake City, UT 84107
 (801) 974-5522
<http://www.auch.org/>

Community Health Centers, Inc.

220 W. 7200 S. Suite A
 Midvale, UT 84047
 (801) 412-6920
<http://www.chc-ut.org/>

Community Health Center Locations

North Logan, Garden City, Hyrum, UT and Evanston, WY

Bear Lake Community Health Center, Inc.
(435) 946-3660
<http://www.blchc.org/>

Brigham City

Clinica de Buena Salud
(435) 723-8276
14 North 100 East #200, Brigham City, UT 84302
<http://www.chc-ut.org/>

Salt Lake City/County

Community Health Centers of Utah
<http://www.chc-ut.org/>

Central City Community Health Center
(801) 539-8634
461 South 400 East

Stephen D Ratcliff Community Health Center
(801) 328-5750
1365 West 1000 North

72nd Street Clinic
(801) 566-5494
220 West 7200 South, Suite A

Oquirrh View Community Health Center
(801) 964-6214
4745 South 3200 West

Midtown South Salt Lake
2253 S State Street
Salt Lake City, UT 84115
<http://www.midtownchc.org/>

Community Health Centers, continued

Salt Lake City/County, continued

Salt Lake County
Utah Partners for Health
Mobile Medical Unit 385-212-4802
Mid-Valley Health Clinic
8446 South Harrison Street, Midvale, UT 84047
<http://www.upfh.org/>

Wasatch Homeless Health Care, Inc.
Fourth Street Clinic
(801) 364-0058
404 South 400 West
<http://www.fourthstreetclinic.org/>

Ogden/Clearfield

Midtown Community Health Center
<http://www.midtownchc.org/>
Dr Richard Gregorie
(801)393-5355
2240 Adams Avenue
Ogden, Utah 84401

Davis County Medical and Dental Clinics
801-393-5355
22 South State Street, Suite 1007
Clearfield, Utah 84015

Provo/Payson

Mountainlands Community Health Center
(801)429-2000
589 South State St., Provo, UT
<http://mountainlands.org/>

East Carbon, Helper, UT

Carbon Medical Service Association, Inc.
(435) 888-4411
305 Center Street, East Carbon, UT 84520
<http://www.carbonmedical.org/>

Enterprise**Enterprise Valley Medical Clinic**

(435) 878-2281

223 South 200 East, Enterprise, UT 84725

<http://evmc.org/>**Green River****Green River Medical Center**

(435) 564-3434

585 West Main Street, Green River, UT 84525

<http://grmedical.org/>**Bicknell/Hanksville****Wayne Community Health Centers, Inc.**

(435) 425-3744

128 South 300 West, Bicknell, UT 84715

<http://www.waynechc.org/>**St. George/Cedar City Areas****Family Health Care**

St. George Area (435) 986-2565

Cedar City Area (435) 865-1387

<http://www.familyhc.org/>**Paiute Indian Tribe of Utah**<http://www.utahpaiutes.org/>

Koosharem Community Health Center

826 N 100 E Richfield, UT 84701

Kanosh Community Health Center

157 North Reservation Drive Kanosh, UT 84637

Utah Navajo Health Systems, Inc.(435) 651-3291 www.unhsinc.org

-Montezuma Creek Community Health Center

PO Box 130, Hwy 262, Montezuma Creek, Utah 84534

-Blanding Family Practice

802 South 200 West, Suite B, Blanding, Utah 84511

-Monument Valley Community Health Center

PO Box 360-005 . Monument Valley, Utah 84536

-Navajo Mountain Community Health Clinic

#2 Rainbow Drive, Navajo Mountain, Utah 86044

Patient Assistance Programs (Medication Assistance)

Pharmaceutical companies have a long-standing tradition of providing prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines. Pharmaceutical companies operate these programs, commonly referred to as patient assistance programs, voluntarily.



Many drug manufacturers offer patient assistance programs, which can greatly decrease or entirely eliminate the costs of many medications.

Rx Connect Utah<http://health.utah.gov/rxconnectutah/>

RxConnectUtah links Utah citizens with resources to get the prescriptions you need. You must qualify for services.

RxAssist Directory of Patient Assistance Programswww.rxassist.org

RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need.

Partnership for Prescription Assistance

1-888-4PPA-NOW / 1-888-477-2669

www.pparx.org

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free.

Drug Company Resources

Please note that the requirements for program eligibility vary. Some programs may be applied for directly by the patient, whereas other program applications must be initiated by the healthcare provider (physician, pharmacist or agency).

Gilead—Support path for Sovaldi

1(855)769-7284

<http://www.mysupportpath.com/>

Genentech Patient Assistance Program

1-(888)202-9939

www.genentech-access.com

Vertex Patient Assistance Program

1-855-837-8394

www.vertexgps.com

Three Rivers Pharmaceuticals

RibaCare® 866-650-RIBA

www.3riverspharma.com/pat_riba.html

Kadmon Pharmaceuticals Assistance Program

1-888-668-3393

www.pparx.org/

AbbVie Patient Assistance Foundation

1-800-222-6885

www.abbviepaf.org

Bristol-Myers Squibb Patient Assistance Foundation

1-800-736-0003

www.bmspaf.org/

Jansen Prescription Assistance

www.janssenprescriptionassistance.com/

Clinical Trials

University of Utah Medical Center.

<http://healthcare.utah.edu/clinicaltrials/>

Jean Brown Research

801-261-2000 Sue Griffiths

1255 East 3900 South #301, Salt Lake City, UT 84124

www.jeanbrownresearch.com

Lifetree Clinical Research

(801) 269-8200 1(888) 927-9898

3838 S 700 E #202, Salt Lake City, UT 84106

www.crilifetree.com/clinicaltrials/hepatitis

Clinical Research Centers of America

801-410-1400

Email: info@liver-crca.com

www.liver-crca.com

5450 S Green Street, Suite B, Murray, UT 84123.



Hepatitis C Treatment Options

Our research center is focused on helping people with liver disease, and we currently have several studies for the treatment of Hepatitis C.

**For more information,
call 801-410-1400**

Worried you may have Hepatitis C but don't know what to do next? Call us, we can help.

Health Insurance Marketplace



The Health Insurance Marketplace helps uninsured people find health coverage.

Questions?

Call 24 hours a day, 7 days a week:
1-800-318-2596 (TTY: 1-855-889-4325)

To be eligible for health coverage through the Marketplace, you:

- must live in the United States
- must be a U.S. citizen or national (or be lawfully present)
- can't be currently incarcerated

You're considered covered if you have:

- Medicare, Medicaid, CHIP,
- any job-based plan, any plan you bought yourself,
- COBRA, retiree coverage, TRICARE
- VA health coverage,

Fill out the Marketplace application to find out if you qualify for:

- **Private health insurance.** Plans cover essential health benefits, pre-existing conditions, and preventive care.
- **Lower costs based on your household size and income.** You can preview plans available in your area, with prices based on your income and household size, right now.
- **Medicaid and the Children's Health Insurance Program (CHIP).** These programs cover millions of families with limited income. If it looks like you qualify, we'll share information with your state agency and they'll contact you. Many but not all states are expanding Medicaid in 2014 to cover more people.

Primary Care Network

Primary Care Network

Toll Free: 1-888-222-2542

PO Box 144102

Salt Lake City, Utah 84114-4102

pcn@utah.gov

<http://health.utah.gov/pcn>

The Primary Care Network (PCN) is a health plan offered by the Utah Department of Health. It covers services administered by a primary care provider.

Applications are only accepted during open enrollment periods, which are held when resources are available to cover more people.

Primary care services available through PCN include primary care provider visits, some emergency room visits, emergency medical transportation, lab services, x-rays, up to four prescriptions per month, dental exams, dental x-rays, cleanings, and fillings, one eye exam per year, and family planning methods.

Those who qualify will gain access to preventive health insurance coverage.:

- Age 19 through 64
- U.S. citizen or legal resident
- Uninsured; not covered by any health insurance
- Not qualified for Medicaid
- Not have access to student health insurance, Medicare or Veterans' Benefits

Health Access Project

(801) 412-3980

<http://healthaccessproject.org/>

The Health Access Project (HAP) is a community partnership that works to develop a more effective system for providing health care to low-income, uninsured residents of Salt Lake County who have incomes at or below 150% of the Federal Poverty Level.

Note: Once someone has PCN they will not qualify for The Health Access Project. The Health Access Project should be contacted first. The Health Access Project will register PCN for primary care and specialty care.

Providers Offering HCV Services That Accept PCN

John Lowe, MD

Utah Digestive Health Institute (801) 479-9400
6028 South Ridgeline Drive
South Ogden, UT 84405

Nate McBride, PA-C

Utah Digestive Health Institute (801) 475-5400
6028 South Ridgeline Drive, Suite 201
South Ogden, UT 84405

Veterans Affairs Medical Center

500 Foothill Drive (801) 582-1565 Ext. 495
Salt Lake City, UT 84148

Christopher C. Tietze, MD

University of Utah Clinics (801) 581-3761
50 North Medical Drive
Salt Lake City, UT 84132

Health Access Team - Ogden

2240 Adams Ave (801) 393-5355
Ogden, UT 84404 Fax: (801) 394-4609
www.healthaccessteam.org/intro.php

The Health Access Team works with the underserved community of Ogden to improve their health status through education and equitable access to health care resources.

Medicaid Information & Providers

Medicaid is a program for people who have low income and cannot afford health care. You must be a citizen or a legal resident of the United States and your qualification is determined depending on your disability, income and resources.

Utah Department of Health

(801) 538-6155 Toll Free: 1-800-662-9651
Division of Health Care Financing
P.O. Box 143106
Salt Lake City, UT 84114-3106
<http://health.utah.gov/medicaid/>

Applying for medical benefits:

<http://www.health.utah.gov/bep/>

<https://jobs.utah.gov/customereducation/services/medicaid/index.html>

DWS Assistance:

<http://www.jobs.utah.gov/assistance/index.html>

For new and open medical, food stamps, financial and childcare cases, call:

Salt Lake Area: 801-526-0950
Outside Salt Lake Area:
866-435-7414
Call Center Hours of Operation:
8:00 AM - 5:00 PM

Providers Offering HCV Services that accept Medicaid

J. David Bane, MD (801) 965-3501
Granger Medical Clinic
3725 West 4100 South
West Valley City, UT 84120

Lynn Q. Beard, MD
Medical Arts Center
(435) 723-5248
984 South 500 West
Brigham City, UT 84302

Kenneth Buchi, MD and Eric E. Heaton, PAC
(801) 233-8233
3584 West 900 South, Suite 300
West Jordan, UT 84088

Central Utah Clinic
(801) 374-1268
1055 North 500 West, Provo, UT
84604

Northern Utah Gastroenterology
Bryan Larsen, MD (435) 787-0270
Dirk R. Davis, MD (435) 787-0276
630 East 1400 North, Suite 100 A
Logan, UT 84341

Utah Digestive Health Institute
(801) 475-5400
6028 South Ridgeline Drive
South Ogden, UT 84405

Veterans Affairs

V.A. Salt Lake Health Care System

(801) 582-1565 Toll Free: 1-800-613-4012

500 Foothill Drive
Salt Lake City, UT 84148

<http://www.saltlakecity.va.gov/>

Western Salt Lake CBOC

(801) 417-5734

2750 South 5600 West

West Valley City, Utah 84120

Price CBOC

(435) 613-0342

189 S. 600 W., Suite B

Price, Utah 84501

Ogden CBOC

(801) 479-4105

982 Chambers Street

South Ogden, Utah 84403

Provo Vet Center

(801) 377-1117

1807 North 1120 West

Provo, Utah 84604

Roosevelt CBOC

(435) 725-1050

245 West 200 North

Roosevelt, Utah 84066

St. George CBOC

(435) 634-7608

230 N. 1680 E., Bldg N

St. George, Utah 84790

Orem CBOC

(801) 235-0953

1443 West 800 North, Ste 302

Orem, Utah 84057



Medical Care for Hepatitis C

Why do I need to go to a doctor?

Your doctor will evaluate your overall health and monitor you to determine if, and when you may need treatment. There are several different tests your doctor may order:

- Liver function tests, also called a liver panel, to tell how well your liver is working. One of the most common tests is called ALT. The ALT levels are often, but not always, higher in people with hepatitis
- An ultrasound exam to create a visual image of your liver
- A liver biopsy, which is removal of a tiny bit of your liver, to allow your doctor to look directly at the health of the liver
- A genotype test which determines the type of Hepatitis C virus you have
- A viral load test which determines how much virus you have in your body

Questions to ask your healthcare provider

Having a list of questions to ask a healthcare provider during an appointment can be a helpful tool to remember the important questions to ask.

- Do I have acute or chronic hepatitis C?
- What is my current virus level? What does that mean?
- What is my genotype? What does my genotype mean?
- Do I have liver damage? If so, how much is there?
- Do you recommend treatment? What treatment do you recommend? What do I need to know about my treatment?
- Do I need to start treatment for hepatitis C now?
- How will this treatment interact with my other medications?
- How will you assess whether the treatment is working for me?
- What should I do if I have side effects? How can I manage the side effects?
- What are symptoms to pay attention to and look out for?
- Do I need to be vaccinated for hepatitis A and hepatitis B?
- How likely is it that I will develop cirrhosis or liver cancer?
- If I do not start treatment now, how often should my liver be monitored for liver damage?
- What medications or other substances should I avoid?
- Does my family need to be tested for hepatitis C? Should they be vaccinated for hepatitis A and hepatitis B?
- How often should I see a liver specialist? Gastroenterologist?

Medical Providers Managing and Treating HCV

Finding a new doctor or other medical professional can take a little effort. Doing some homework up front may make your first appointment go more smoothly:

- Ask if the provider is accepting new patients and if they treat HCV.
- What is the typical wait time for an appointment?
- Is your insurance accepted? If so, be certain you understand any co-pays, deductibles, or other out-of-pocket costs.
- Does the office bill your insurance or will you need to pay the fee directly and manage the insurance reimbursement yourself?
- What are the fees? Does the provider charge for time spent talking to you on the phone?

The providers listed below have experience in treating HCV. If you need more assistance finding a provider that works for you, or if you want to see if your current provider can treat HCV, please call: **Project ECHO– 1-855-297-4528**

SALT LAKE CITY/COUNTY AREA

University of Utah Gastroenterology Division

(801)1-585-0000 Toll free: 866-550-1333

Email: livercenter@hsc.utah.edu

30 North 1900 East 4R118 Salt Lake City, Utah 84132

<http://healthcare.utah.edu/gi/>

University of Utah Clinics

Christopher C. Tietze, MD

(801) 581-3761

50 North Medical Drive

Salt Lake City, UT 84132

Specializes in VA and Prison patients

University of Utah Liver Clinic

Terry Box

(801) 581-2634

50 North Medical Drive

Salt Lake City, UT 84132

University of Utah Clinic 1A- Division of Infectious Diseases Harry Rosado, MD

(801) 585-2031

50 North Medical Drive , SLC

(Services are available only for those with HCV/HIV co-infection who receive services in Clinic 1A)

Other Language(s) Spoken:

Spanish

Old Mill Clinic Deborah Cobb, MSN, FNP-BC

(801) 944-3144

6360 South 3000 East, Suite 310

Salt Lake City, UT 84121

Bryner Clinic

John Hunt, MD

(801) 519-7193

525 East 100 South, Suite 500

Salt Lake City, UT 84102

Accepts Uninsured or Low-income Patients, Medicaid

Hepatitis C Testing Available

Hep A & B Vaccination Available

Veterans Affairs Medical Center

500 Foothill Drive , SLC

(801) 582-1565 ext. 495

Accepts Uninsured or Low-income Patients, Medicaid, Primary Care Network

Madsen Health Center

Mark Price

555 Foothill Drive

Salt Lake City, UT 84112

(801) 581-7790

Sugarhouse Health Center

Bernadette Kiraly

(801) 213-8845

1138 Wilmington Ave

Salt Lake City, UT 84106

Midtown Community Health Ctr. Dr Carissa Monroy Dr Richard Gregorie

2253 S. State Street

Salt Lake City, UT 84115

801-486-0911

University Health Care Redwood Clinic

Tom Jones PA

(801) 213-9900

1525 West 2100 South

Salt Lake City, UT 84119

Accepts Uninsured or Low-income Patients, Medicaid

Hepatitis C Treatment

Other Language(s) Spoken:

Spanish

Granger Medical Center- West Valley

Deb Plasman PA

(801) 965-33736

3725 West 4100 South

West Valley City, UT 84120

Kenneth Buchi, MD Eric E. Heaton, PAC

(801) 233-8233

3584 West 900 South, Suite 300

West Jordan, UT 84088

Accepts Uninsured and Low-income Patients, Medicaid

Hepatitis C Testing Available, Treatment

St. Mark's Family Practice Issac Noyes MD

(801) 265-2000

1250 E 3900 S, Suite 260, Salt

Lake City, Utah 84124

NORTHERN MOUNTAIN AREA**People's Health Clinic- Park City**

John Hanrahan MD
435-333-1850
650 Round Valley Dr.
Park City, UT 84060

**Coalville Family Practice
Wain Allen MD**

(435) 336-4403
82 North 50 East
Coalville, UT - 84017

**Heber Valley Internal Medicine
Wayne Graham MD**

(435) 657-4400
1473 S Highway 40
Heber City, UT 84032

DAVIS COUNTY AREA**Midtown Community Health
Clinic – Davis County**

801-393-5355
22 South State Street, Suite 1007
Clearfield, UT 84015
www.midtownchc.org

Joseph Jensen, MD

(801) 292-7250
425 Medical Drive, Suite 116
Bountiful, UT 84010
Hepatitis C Testing Available
Other Language Spoken: Italian

OGDEN AREA**Utah Digestive Health Institute**

John Lowe, MD
(801) 479-9400
Nate McBride, PA-C
(801) 475-5400
6028 South Ridgeline Drive
South Ogden, UT 84405
Accepts Uninsured or Low-income Patients
Accepts Medicaid
Accepts Primary Care Network
Other Language(s) Spoken:
Spanish

**McKay Dee Hospital Internal
Medicine Clinic**

Clyde J. Faucett, MD
(801) 387-7950
4403 Harrison Blvd, Ste 3875
Ogden, UT 84403
Hepatitis C Testing Available
Hepatitis A & B Vaccinations
Hepatitis C Treatment

**McKay Dee Family Medicine/
Porter Clinic**

Ann Hutchinson MD
Emily Poff MD
Scott Larsen MD
(801) 387-5300
4401 Harrison Blvd, Suite A-700
Ogden, UT 84404

**Midtown Community Health
Clinic - Ogden**

(801)393-5355
2240 Adams Avenue
Ogden, UT 84401
www.midtownchc.org

LOGAN AREA**Northern UT
Gastroenterology**

Dirk R. Davis, MD
Bryan Larsen, MD
(435) 787-0276
630 East 1400 North
Logan, UT 84341
Accepts Uninsured or Low-income Patients
Accepts Medicaid
Hepatitis C testing available
Hepatitis C Treatment
Other Language Spoken: Spanish

PROVO/OREM AREA**Central Utah Clinic**

1055 North 500 West,
Provo, UT 84604
(801) 374-1268
Accepts Uninsured or Low-income Patients
Accepts Medicaid
Hepatitis C Testing Available,
Treatment

Utah State Hospital

1300 East Center Street (801)
344-4631
Provo, UT 84603
Accepts Uninsured or Low-income Patients
Accepts Medicaid
Hepatitis C Testing Available,
Treatment
Hepatitis A & B vaccinations
Alternative Health Care: Psychiatry

EASTERN UTAH**Moab Family Practice**

Nicole Priest
(435)259-7121
Moab, UT 84532

CENTRAL/SOUTHERN**Gunnison Family Practice
Adam Jensen DO**

(435)528-2130
95 East Center
Gunnison, UT 84643

**Southwest Community Health
Center- St. George**

David Grygla MD
(435) 986-2565
168 N 100 E Suite 101,
St. George, UT 84770

**Mountain West
Gastroenterology**

(435) 673-1149
368 East Riverside Drive, Ste A
St. George, UT 84790
www.mwgi.com
Accepts Uninsured or Low-income Patients
Accepts Medicaid
Hepatitis C Testing Available,
Treatment

Providers in Neighboring States

The providers listed below work with the telehealth program at the University of Utah, Project ECHO. There are many more providers available in these states. Call for eligibility.

COLORADO

Merrilac Community Health Center

Tonya Wren MD
John Cain PA
(970) 244-2800
Grand Junction, CO

Grand Junction Gastroenterology

Serena Evans NP
(970) 242-6600
Grand Junction, CO

Mountain Family Health Clinic

Ken Davis PA
970-945-2840
Rifle, CO

Mountain Family Health Clinic

Amy Brown MD
970-945-2840
Glenwood Springs, CO.

CALIFORNIA

Fairchild Medical Clinic

Judy Broeckel MD
530.842.3507
Yreka, CA 96097

Sutter Pacific Health

Maurice Thomas NP
707-521-7755
Santa Rosa, CA

Yucca Valley Family Health Clinic

Twentynine Palms Family Health Clinic
Hector Alvarez
(760) 501-0212
Yucca/Twentynine Palms, CA

Shasta Community Health

Mary Spiegel
(530) 246-5710
Redding, CA

IDAHO

Family Health Services

St. Luke's Health System
Anastasia Milliron
(208) 324-3471
Jerome, ID

Shoshone Bancock Tribal Health

Chantell McAteer
(208) 238-2400
Shoshone Reservation, ID

Digestive Health Services

Ted Rae
(208) 933-4277
Twin Falls, ID

Providers in Neighboring States, cont.

MONTANA

Billings Clinic

Karen Stainton NP
406-238-2500 or 1-800-332-7156
Billings, MT

Billings Infectious Disease

Aurelia Schmalstieg
(406) 238-2500
Billings, MT

Kalispell Regional Healthcare

Jeffrey A. Tjaden, M.D., M.P.H.
(406) 751-5364
Kalispell, MT

NEVADA

Nevada GI Elko

Fred Fricke
(755) 753-4700
Elko, NV

OREGON

Siskiyou Community Health

Nima Azarbehi
(541)471-3455
Grants Pass, OR

Umpqua Community Health Center

Chris Gessell
(541) 672-9596
Roseburg, OR

WYOMING

Wilson Medical Clinic

Mike Menolascino MD
307-733 5676
Wilson, WY

Cheyenne Health & Wellness

Dr. Hagemeyer
(307) 635-3618
Cheyenne, WY

Northwest WY Family Planning

Sonja Hein MD
(307) 527-5174
Cody, WY

University of WY Fam. Practice

Dr. Hagemeyer
(307) 632-2434
Cheyenne, WY

St. John's Internal Medicine

Dennis Butcher MD
(307)733-7222
Jackson, WY

Teton Internal Medicine

Ellen Meyers
(307) 733-2222
Jackson, WY

Castle Rock Hospital District

Nicole Summers
(307) 872-4595
Green River, WY

Wilson Medical Group

Mike Menolascino
(307) 733-2855
Wilson, WY

Substance Abuse Treatment Programs & Mental Health Providers Experienced with Hepatitis C

The Ark of Little Cottonwood
Jeremy Boberg
 (801) 733-9913
 2919 Granite Hollow
 Sandy, UT 84092
www.thearkoflittlecottonwood.com
 *Private Insurance is required.

First Step House (men only)
 (801) 359-8862
 411 North Grant Street
 Salt Lake City, UT 84116

Project Reality
 (801) 364-8080
 150 East 700 South
 Salt Lake City, UT 84111

The Haven
 (801) 533-0070
 974 East South Temple
 Salt Lake City, UT 84102

Cornerstone Counseling Center
John Bonner
 (801) 363-9414
 435 West Bearcat Drive
 Salt Lake City, UT 84115
www.cornerstoneslc.com

Odyssey House
 (801) 322-3222
 344 East 100 South, Suite 301
 Salt Lake City, Utah 84111
www.odysseyhouse.org

Utah Alcoholism Foundation
 (801) 487-3276
 857 East 200 South
 Salt Lake City, UT 84102
www.uafut.org

VA Salt Lake City Health Care System
 (801) 582-1565
Dale Sterner, LSAC (Outpatient)
 1-800-613-4012 Ext. 840
Charles Talcott, LSAC (Inpatient)
 North Star S.A.T./Eagle's Nest R.
 T. (116NS) Building 3
 500 Foothill Drive, SLC, UT 84148
 Walk-in intake appointments:
 Monday-Friday 11:00 AM

Allison Musso, PhD
 (801) 478-2780
 1545 East 3300 South
 Salt Lake City, UT 84106

Sundance Behavioral Resources LLC
 (801) 264-9522
 845 East 4800 South
 Murray, UT 84107

Valley Mental Health
 (801) 263-7225
 5965 South 900 East, Suite 150
 Salt Lake City, UT 84121
 * Crisis Unit (in case of emergency) (801) 261-1442
 Accepts Medicaid

Living With Hepatitis C

What is chronic Hepatitis C?

Chronic Hepatitis C is a contagious liver disease that results from a long-term infection with the Hepatitis C virus (HCV). Chronic Hepatitis C can lead to serious health problems including liver damage, liver failure, or liver cancer. Over time, approximately 60%-70% of people with chronic Hepatitis C develop liver disease and 1%-5% of people get liver cancer or cirrhosis.

What are the symptoms of Hepatitis C?

Most people with chronic Hepatitis C do not have any symptoms. Whether or not you show symptoms depends on many factors, such as how long you have had the virus and any other health conditions you have. Symptoms of chronic Hepatitis C can take up to 30 years to develop. When symptoms do appear, they can be a sign of serious liver problems. If and when you experience symptoms, they can include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, grey-colored bowel movements, joint pain, and jaundice.

What if I don't feel sick?

People with Hepatitis C often do not feel sick for many years. As a result, people could be living with Hepatitis C and appear healthy while liver damage silently occurs. Whether or not you have symptoms, the virus can be spread to others.

How is chronic Hepatitis C treated?

Medications, called antivirals, can be used to treat many people with chronic Hepatitis C. However, not everyone needs or can benefit from treatment. It is important to be checked by a doctor experienced in treating chronic Hepatitis C. He or she can determine the most appropriate medical care. Decisions about starting antiviral treatment are based on many factors, such as the type of virus, the condition of the liver, and other health conditions. Whether or not to be treated or when to start treatment should be discussed with your doctor.

What is treatment like?

Current treatment typically involves taking combinations of different antiviral medications for 3 to 12 months. These medications help your body to fight the Hepatitis C virus. Treatment can cause side effects such as flu-like symptoms, depression, weight loss, rash, anemia, and

insomnia. Sometimes side effects can disrupt a person's life and day-to-day activities. Even though side effects are common, many can be managed with the help of your doctor. Some people may stop treatment because of side effects. Never change your dosage or stop taking medication without talking to your doctor. New medications are available that may increase the number of people who get rid of the virus and may reduce the length of treatment and have fewer side effects

Can Hepatitis C be cured?

For many people with Hepatitis C, medical treatment can be successful and can result in the virus no longer being detected in the blood. This is referred to as a sustained viral response, or SVR.

What are the potential outcomes of treatment?

- Sustained virologic response (SVR) – Treatment for hepatitis C is considered successful when HCV cannot be detected in the body six months after the medication has been completed.
- Improved response, but no SVR – The amount of HCV in the body is significantly lower than before treatment, but HCV is detectable in the body.
- No response – The medications had minimal or no effect.
- Incomplete treatment – Treatment ended earlier than the prescribed duration.

After treatment, is a person protected from Hepatitis C?

No. A person who has been successfully treated and has an SVR is not protected for life from Hepatitis C. A person can get infected with Hepatitis C again if he or she is exposed to blood infected with the Hepatitis C virus.

Can people with chronic Hepatitis C continue to work and do everyday activities?

People with chronic HCV can continue to work and perform everyday activities. The Centers for Disease Control and Prevention's recommendations state that people should not be excluded from work, school, play, child care, or other settings because they have HCV.

Living With Hepatitis C

TIPS FOR LIVING WELL WITH HCV:

- Rest when tired
- Take only the medications recommended by a healthcare professional
- See a liver doctor regularly (hepatologist or gastroenterologist)
- Keep all medical appointments
- Be screened for liver cancer regularly
- Avoid alcohol, tobacco and recreational drugs. If you cannot quit, try to cut back or get some help.
- Aim for 7 to 9 hours of sleep every night.
- Keep current with regular medical screenings.
- Be immunized against hepatitis A and B. Make sure all vaccinations are up to date.
- Strive to be as physically active as you can be on a regular basis.
- Maintain a healthy weight.
- Eat a low fat, high fiber diet. Include fruit, vegetables, and whole grains. Avoid trans-fatty acids and saturated fats.
- Avoid dietary supplements that may harm the liver, such as iron or vitamin A, kava, and valerian; never take large doses of supplements; verify that what you are taking is compatible with everything else you are taking.
- Avoid or reduce stress.

SUBSTANCE USE

One of the first recommendations given to patients with HCV infection is to abstain from alcohol use. This is especially important for HCV patients undergoing antiviral therapy. Patients who drink during HCV treatment are less likely to clear the virus.

SUPPORT GROUPS

A good support group provides information, resources and support. Patients share their experiences, talk about their favorite doctors, discuss how they handle medication side effects, and provide tips on living with HCV. Most patients find it valuable to be with others who share the same experiences as they do, where they can be among others without having to explain themselves.

Hepatitis C Support Group

Location: St. Paul's Episcopal Church
261 South 900 East, SLC Upstairs Media Room
Days: 2nd & 4th Wednesday of each month
Time: 6:30 p.m.
Contact: Shauna, 801-699-9779

Internet Resources

Centers for Disease Control and Prevention, Hepatitis Branch

<http://www.cdc.gov/hepatitis/>

Know More Hepatitis

www.cdc.gov/KnowMoreHepatitis

American Liver Foundation

www.liverfoundation.org

HBV Advocate-Tons of Hepatitis B information

www.hbvadvocate.org

HCV Advocate- Tons of Hepatitis C information

<http://www.hcvadvocate.org/>

Hepatitis C Awareness Project National Hepatitis C Prison Coalition

www.hcvinprison.org

Hepatitis C Caring Ambassadors Program

www.hepcchallenge.org

Hepatitis C Connection

www.hepc-connection.org

Hepatitis C Global Foundation

www.hcvglobal.org

Hepatitis Foundation International

www.hepfi.org

HIV and Hepatitis

www.hivandhepatitis.com

National Institutes of Health

<http://medlineplus.nlm.nih.gov/medlineplus/hepatitisc.html>

Veterans Affairs—Center for Excellence in HCV Research & Education

<http://www.hepatitis.va.gov/>

The Combo Survival Guide— Information about Treatment

<http://www.hepcsurvivalguide.org/comboguide.htm>



Glossary of Important Terms

Esophagus – The tube that carries food from the mouth to the stomach.

Fibrous – Composed of or containing fibers.

Fulminant – Sudden onset, most severe.

Gastroenterologist – A doctor that specializes in the function and disorders of the esophagus, stomach, pancreas, intestines, and liver.

Glucose – A sugar formed during digestion.

Glycogen – A substance found in the liver and muscles that is easily converted to glucose for energy.

Hemodialysis – The process of filtering the accumulated waste products from the blood of a person whose kidneys are not functioning properly, using a kidney machine.

Hepatitis – Inflammation of the liver. It may be caused by a variety of agents, including viral infections, bacterial invasion, and physical or chemical agents. Symptoms include: fever, jaundice, and an enlarged liver.

Hepatitis A – An acute infection and does not progress to chronic hepatitis or cirrhosis. Most patients recover completely within six to ten weeks. Hepatitis A is spread mainly via feces and contaminated food and water. A vaccine against the hepatitis A is available.

Hepatitis B – About 10% of cases progress to chronic infection. It is transmitted through sexual contact with an infected individual, injection drug use, and other exposure to infected body fluids. A vaccine against the hepatitis B is available.

Hepatitis C – A form of hepatitis that was previously known as non-A, non-B hepatitis and is caused by the hepatitis C virus (HCV). There is no vaccine against hepatitis C virus.

Hepatitis D – A person cannot be infected with HDV without current or simultaneous infection with hepatitis B virus. Hepatitis D infection is rare in the U.S. and occurs primarily in recipients of multiple blood transfusions, including patients with hemophilia or undergoing renal dialysis, and among those who share contaminated needles.

Hepatitis E – Caused by a waterborne virus (HEV). It is rare in the U.S. and occurs primarily in developing countries. Hepatitis E infection results in an acute infection much like hepatitis A. It does not cause chronic infection. It is spread by fecal contamination in water.

Hepatocellular carcinoma (HCC) – Liver cancer.

Hepatocytes – Liver cells.

Hepatologist – A doctor who specializes in the study and treatment of liver disease.

Immunoglobulin – One of a family of closely related though not identical proteins capable of acting as antibodies.

Immunology – The branch of medicine that focuses on the immune system, immunity, and allergy.

Jaundice – Yellowing of the skin and whites of the eyes.

Laparoscopic biopsy – A medical procedure performed when a tube (laparoscope) is inserted through an incision in the abdomen and a piece of tissue is removed.

Lipid – Component of fat.

Lipoproteins – A complex of lipids and proteins that carries lipids around the body.

Liver – The largest glandular organ in the body. It has many functions that include, but are not limited to: the production of protein and cholesterol, the production of bile, the storage of sugar in the form of glycogen, and the breakdown of carbohydrates, fats, and proteins. The liver also breaks down and excretes many medications.

Malaise – Discomfort, uneasiness often indicates infection.

Pancreas – A long, irregularly shaped gland lying behind the stomach that secretes digestive enzymes and produces insulin.

Pathologist – A specialist in diagnosing the abnormal changes in tissues removed at operations and postmortem examinations.

Perinatal – Concerning the period beginning after the 28th week of pregnancy through 28 days following birth. Perinatal Transmission of an infectious disease from mother to infant. It can happen in the uterus, or during or after birth.

Peripheral edema – Fluid build up in the feet and ankles.

Phospholipid – A phosphorus-containing lipid found in cell membranes.

Polymerase inhibitors – A compound that stops an essential enzyme needed for viral replication.

Portal hypertension – High pressure in the liver, intestines, and spleen.

Prophylaxis – A type of treatment to prevent disease or stop it from spreading.

Protease inhibitor – A compound that breaks down proteins, inhibiting the replication of viruses such as HIV.

Serologic testing – Blood test.

Transvenous biopsy – A procedure during which a tube is inserted into a vein in the neck, then a needle is put into the catheter to remove tissue samples.

Ultrasound – A test that uses a wand, which is placed on the abdomen and moved back and forth to examine the shape, size, and appearance of the liver.

Variceal bleeding – Bleeding from blood vessels in the esophagus. This may occur in patients with cirrhosis.

One Call. Lots of Help.

Peer Counseling

Our goal is to help you understand and cope with hepatitis C, in whatever way it is affecting you. With one call you can:

- Get information at the pace that you need
- Find resources in your community
- Connect with a peer counselor on your journey to better health

877-HELP-4-HEP

The 877-HELP-4-HEP national helpline is run by The Support Partnership: a group of non-profits working together to help people affected by hepatitis C.

All calls are confidential.

Call Today

Dial toll-free:
877-435-7443

Hours:
9:00am through 7:00pm EST
(excluding holidays)

Website:
www.help4hep.org

Email:
info@help4hep.org



Updates and questions about this guide
please forward to:

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