

# issue two hepCinfo

A handy mix of  
hepatitis C information

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## Healthy eating, healthy liver

The liver takes on many important tasks in the body, including acting as a processing plant for everything we eat and drink. Certain food and drinks can damage the liver, but the liver has a special defense: It is the only organ that can heal itself when it is damaged.

Hep C can also damage the liver, and eating well is one way to help your liver cope better with Hep C. Healthy eating not only helps to prevent liver damage, it can give you more energy, boost your immune system and decrease some of the symptoms of Hep C and the side effects of treatment (such as feeling tired and sick).

Healthy eating refers to the types of food we eat and how much we eat. It is impacted by factors such as what foods are available, the cost of food and the amount of time and energy a person has to prepare meals. When it comes to healthy eating, it can be hard to follow all the steps, but even small changes make a big difference. If you are looking for ways to start, here are some **TRIED AND TRUE TIPS TO CONSIDER:**

- Choose a variety of foods from all four food groups of Canada's Food Guide:
  - o Vegetables and fruits
  - o Grains (examples – whole grain breads, pastas, rice)
  - o Milk and alternatives (examples – cheese, yogurt, soy milk)
  - o Meat and alternatives (examples – fish, chicken, eggs, peanut butter, beans)
- Eat plenty of fruits and vegetables (fresh or frozen are best). And grains, too. Eat at least two servings of meat and alternatives each day.
- Drink 6 to 8 glasses of fluids every day. Water is a great choice because it helps flush toxins out of the liver (squeeze some fresh lemon juice into it!).
- Cut back on the amount of deep-fried, fatty and high sugar foods you eat.
- Avoid alcohol. It damages the liver.
- Keep your energy level up by eating smaller meals and snacks more often.

- Talk to your doctor or pharmacist about any herb or supplement you take or want to take. Some can be hard on your liver. Others can interact with some prescription medicines. Your doctor or pharmacist can help you make a good choice.

### LOW-COST AND NUTRITIOUS CHOICES

Eating well doesn't have to be expensive. Low-cost nutritious choices can be found in every food group:

- Vegetables and fruits: carrots, potatoes, frozen vegetables of all kinds, apples, bananas, in-season berries
- Grains: rice, bread, pasta, rolled oats (choose whole grain products when you can)
- Milk and alternatives: milk powder, plain milk or yogurt
- Meat and alternatives: baked beans, eggs, dried beans, peas and lentils, canned fish, ground beef, peanut butter

Buying food in bulk is often less expensive than buying packaged foods and you can buy just the amount you need. In general, if you stick to fruit, vegetables, dairy, meat and bread, which are often available along the edges of the store, you will save money. You will also eat better!

### IF YOU HAVE COMPLICATIONS...

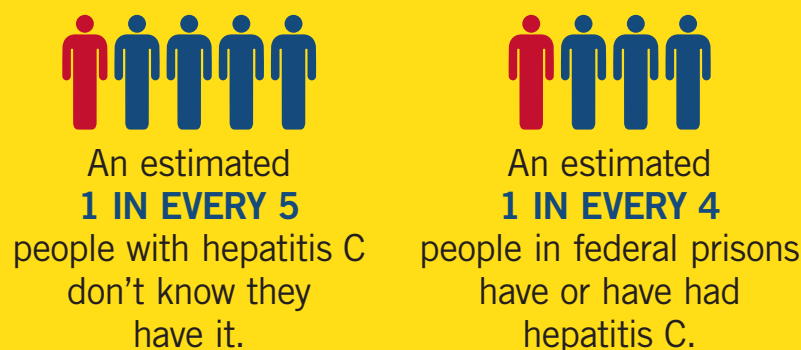
...such as cirrhosis (an advanced form of liver damage), good nutrition is even more important.

- Get tailored advice from a doctor or dietitian (a healthcare professional who specializes in nutrition).
- Eat smaller meals every few hours. This may be easier for your body to handle and will help keep your energy level up.
- You may need to limit your intake of salt if you have swelling of the stomach area (ascites) or legs (edema).
- Talk to your doctor about taking a complete multivitamin with minerals. You may need one without iron.

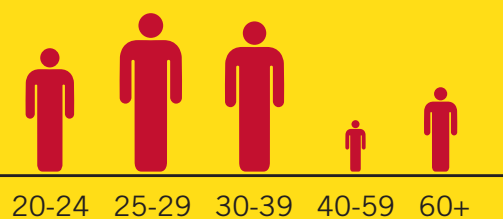
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## Fast facts on Hep C

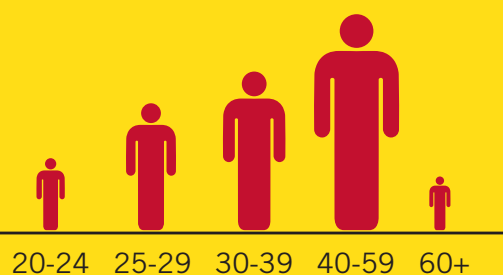
### IN CANADA:



The rate of known new infections is around **5X HIGHER** among Aboriginal people in Canada than non-Aboriginal people in Canada.



In women, the highest rate of hepatitis C infection is among those **25 TO 29 YEARS OF AGE.**



In men, the highest rate of hepatitis C infection is among men **40 TO 59 YEARS OF AGE.**

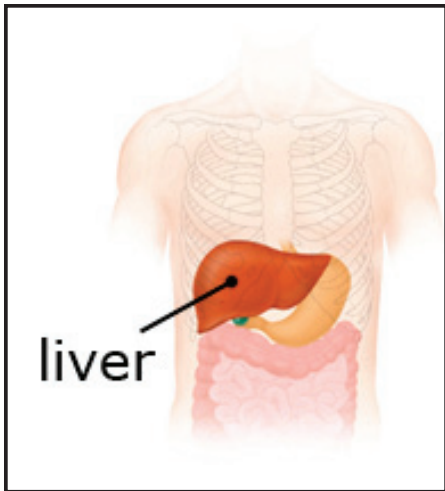
Source: Public Health Agency of Canada. Hepatitis C in Canada: 2005-2010 Surveillance Report. Public Health Agency of Canada, 2011.

# Intro to hepatitis C

Hepatitis C infection is caused by the hepatitis C virus (HCV). Worldwide, about 170 million people have Hep C. In Canada, about 250,000 people are living with Hep C, with 110,000 in Ontario. Roughly 20% of people don't know they have the virus.

You can get Hep C when blood containing the Hep C virus gets in your blood. In Canada, the highest-risk activity for getting Hep C is using drug equipment—needles, syringes, swabs, filters, spoons and water—that has been used by someone else. Taking care to avoid contact with materials that could have blood on them, even if you can't see any blood, will help you stay safe.

The Hep C virus attacks your liver. Located on the right side of your body,



under the ribs, the liver performs more than 500 functions that keep us healthy.

Your body can try to fight the virus—and sometimes it can win—but the Hep C virus is very strong. Ordinary medicines like antibiotics do not kill viruses. However, there are special medications to treat Hep C that work for many people.

### GENOTYPE: 6 TYPES OF HEP C

There are at least six different types, or strains, of the Hep C virus. They are called genotypes. The particular genotype a person has will affect his or her treatment decisions.

### STAGES: DIFFERENT OUTCOMES OF HEP C INFECTION

There are 2 stages of Hep C infection:

1. Acute infection: The first is the “acute” infection stage, which happens when people are first infected and can last from a few weeks to six months. Sometimes the body is able to clear the virus on its own during this stage.
2. Chronic infection: The next stage for many people is long-term or “chronic” infection, which happens when a person has had Hep C for six months or more. Chronic infection

is a concern because even though a person may not feel sick, the Hep C virus can be damaging their liver.

Let's say 10 people have become infected with the Hep C virus. Two of the 10 will recover from the infection, or “clear” the virus, during the acute phase. That means their body fought the Hep C virus and won.

The other eight people will go on to develop chronic Hep C (which means that the Hep C virus is in their blood and liver more than six months after infection). It can take as long as 20 to 30 years for the virus to cause serious liver disease or damage. This damage causes scarring.

Of those eight people with chronic infection, one or two will have enough

damage to their liver over the years that the liver will not work as well as it should. This is called cirrhosis. If the disease continues to get worse, people can also get liver cancer or liver failure.

### LIVING WITH HEP C: SHOW YOUR LIVER SOME LOVE!

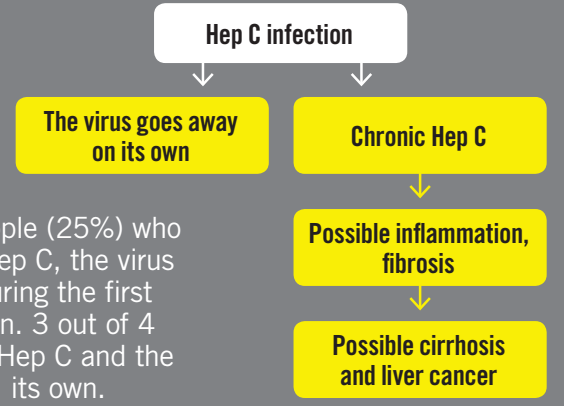
If you have Hep C, you can take steps to reduce harm and prevent liver damage. You might:

- see a healthcare provider
- find out about treatment for Hep C
- learn tips for living with Hep C and preventing liver damage—for example, you may choose to drink less alcohol because alcohol can damage your liver even more

These things can help you stay healthy for a long time with Hep C.

### STAGES OF LIVER DAMAGE

For up to 1 out of 4 people (25%) who become infected with Hep C, the virus goes away on its own during the first six months after infection. 3 out of 4 (75%) go on to chronic Hep C and the virus will not go away on its own.



# Connect with CATIE

Canada's source for HIV and hepatitis C information

Stay up-to-date with unbiased, free HIV and hepatitis C information

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- Subscribe to our publications
- Follow us on Twitter and Facebook: @CATIEInfo
- Call our confidential inquiry service

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Around 20% of people living with hep C don't know they have it.

Did you know most people do not show any signs/symptoms until years after getting Hep C?

The only way you can know is to get tested.

Get the Basic Facts on hepatitis C.

Make sense of your new hep C diagnosis.

Take care of your liver. Your overall health depends on it.

Download copies of these brochures at [www.hepCinfo.ca/brochures](http://www.hepCinfo.ca/brochures)

For more information on hepatitis C, visit [www.hepCinfo.ca](http://www.hepCinfo.ca)

# Tattoos and hepatitis C

Tattooing has existed for thousands of years and means different things in different cultures and communities. There are many different reasons for getting a tattoo—to mark an important experience or milestone, to express oneself and to connect with a tradition are just a few.

Tattooing can come with health risks. When safety practices are not followed, tattooing increases the risk of getting or passing on Hep C, HIV and other infections. While professional studios should follow all the safety practices, it is harder to do so when tattooing happens in other places—at someone's home or in a backyard, for example.

## WHAT ARE THE RISKS?

- Reusing or sharing needles, equipment and ink makes it easier to get Hep C, HIV or skin infections. Hep C can live on or in needles, tattoo machines, ink and ink cups and rags if they have been used before on someone else, even if it looks like there is no blood on them. The Hep C virus is so strong that it can live on equipment for days. Used needles can carry germs that cause skin infections. They can also develop rust or barbs, which can ruin the art and make getting the tattoo more painful.
- A clean workspace prevents germs from getting under the skin while a person is being tattooed. This reduces the risk of skin infections. It's harder to create a clean workspace in a backyard, basement or alley.
- Accidental contact with Hep C and other germs can happen if the tattoo equipment is not safely disposed of after use.
- Drinking alcohol or taking street drugs before getting a tattoo can cause more bleeding and increase the chance of getting an infection. While alcohol and street drugs might reduce the pain of tattooing, they can make some people feel sick during the session.

## THINK BEFORE YOU INK: SAFETY TIPS

There are different steps you can take to reduce the risk of getting or passing on Hep C, HIV and other infections, such as:

- Use new needles, sterile equipment and fresh ink every time. If for some reason you cannot use new equip-

ment every time, **use your own equipment, including ink and ink cups, and do not share them** with others. Marking your equipment will make it easier for you to keep track of it. Some people use nail polish or tape to mark their equipment.

- Use **bleach**, if you have it, to clean tattooing needles and machines. Full-strength bleach does NOT kill all the Hep C but cuts down the amount of virus in the equipment. (It does kill HIV.) See “What’s the deal with bleach,” below.
- Make the **workspace as clean as possible**. The best places are inside and have smooth work surfaces and equipment that can be cleaned easily. Surfaces and equipment should be cleaned with bleach or rubbing alcohol.
- **Cover a fresh tattoo with a clean bandage**. (New plastic wrap will work in a pinch; attach it with masking tape.) Keep the tattoo covered for a few hours. After that, keep the area clean with soap and water.
- **Dispose of needles, pens, razors, ink, ink cups, gloves, cloths and other equipment** immediately after the tattoo is done. A sharps container or other bottle with a tight-fitting lid (such as a bleach bottle or pop bottle) can be used to dispose of equipment safely.
- **Not drinking alcohol or using street drugs** before getting a tattoo can help reduce the chance of bleeding too much and feeling sick during tattooing.

Ever been tattooed in a non-professional setting? **Consider getting tested for Hep C, Hep B and HIV.**

## HOW TO TELL IF YOU HAVE A SKIN INFECTION

A certain amount of pain, redness, swelling and oozing is normal after getting a tattoo. If, after a week, a tattoo is still red, swollen, itchy and oozing pus, it should be checked by a healthcare worker—these may be signs of an infection.



This body map was created by a participant of AIDS Vancouver Island's *Body Mapping Project* on living with Hep C.

## What's the deal with bleach?

One of the most common questions about Hep C is: Does bleach kill the Hep C virus?

The answer is that it depends on the situation. A mixture of bleach and water is a good way to clean surfaces that have come in contact with blood (for example, a countertop or the floor). However, bleach doesn't kill all the Hep C in blood that collects in very small spaces like in a needle or syringe.

To keep bleach as strong as possible, store it away from sunlight and keep the cap on the bottle.

The following info describes how to use bleach to clean: (a) surfaces and (b) very small spaces like needles and syringes. Either method can be adapted to clean tattooing equipment.

### A) CLEANING SURFACES

When cleaning up blood spills, the following steps will help prevent the spread of Hep C and other viruses that can be passed through blood.

1. Wear new gloves or at least gloves with no holes in them. Torn gloves will not protect the hands from coming into contact with the blood.
2. Carefully collect any sharp objects, such as broken glass, and put them in a sturdy plastic container such as one used for detergents.
3. Wipe up the blood using paper towel or rags and cloths that you can throw away after.
4. Pour a solution of 1 part bleach to 9

parts water over the area.

5. Let sit for 10 minutes (at least).
6. Wipe up the bleach solution using more paper towel, rags or cloths.
7. Place the gloves, paper towel, rags and cloths into a heavy plastic bag and seal it.
8. Wash hands thoroughly.

### B) CLEANING NEEDLES AND SYRINGES AND OTHER EQUIPMENT WITH VERY SMALL SPACES

Bleach doesn't kill all the Hep C in a needle or syringe. This is, in part, because blood with Hep C can get caught in very small corners where the bleach cannot reach.

To clean needles and syringes with bleach, rinse the syringe twice with water, twice with bleach and then twice again with water:

1. Draw up clean water into the syringe.
2. Shake and tap the syringe to loosen blood drops.
3. Shoot out the water.
4. Repeat steps 1, 2 and 3.
5. Draw up undiluted bleach into the syringe. The syringe should be completely filled so bleach touches the entire inside area of the syringe and the bottom of the plunger.
6. Let sit for 30 seconds (at least).
7. Shoot out the bleach.
8. Repeat steps 5, 6 and 7.
9. Draw up clean water into the syringe.
10. Shoot out the water.
11. Repeat steps 9 and 10.



# Hep C treatment: Getting by with a little help from friends

People who have taken Hep C treatment can be a great source of practical advice on how to deal with treatment. Whether you are on treatment, thinking about starting or caring for someone who is, consider asking other people about their experiences. To get you started, four people from across Canada highlight a key tip to making it through.

## LAURENCE, 56

Montreal

Genotype: 1

**Treatment:** “I was lucky. I took peg-interferon and ribavirin and cleared the virus on the first try.”

**Decided to start treatment** “because I was leading a Hep C support group and helping other people through treatment. People would say to me, ‘You’re telling us that it’s important for us to take the medications—why haven’t you done it?’ So, I decided I would.”

Once I started treatment I realized that I needed to **prioritize things** in my life. While I continued to work two jobs during treatment, I only took on what I could realistically manage. I focused less on things such as housekeeping. The side effects from treatment can be difficult so it helps to plan around them. I rested when I needed to and exercised when I had energy.

Over time, the side effects go away. I finished treatment and came back to my busy life acting as a hepatitis C spokesperson, advocate and educator in Quebec.

## DELVIN, 55

Courtenay, British Columbia

Genotype: 1

**Treatment:** “I took Pegatron (peg-interferon and ribavirin). I didn’t clear the virus.”

**Decided to start treatment** “because it was something I could do to possibly change the situation. I avoided it at first because I had heard that treatment was so hard. Then I thought, ‘How can I look my kids in the eye if I don’t even try?’ I said to my doctor, ‘Let’s do this.’”

My advice for others starting treatment is to **get a good team around you**. Not just a doctor and nurse but family and friends too. It’s critical because there will probably be days when you don’t want to get out of bed and you need someone there to give you an extra push.

There are also many hepatitis C service organizations and HIV service organizations with hepatitis C programming. Once I finally got the nerve to step through the door of one, they played a big part in my education about the virus and finding resources.

Most importantly, you also have to be a partner on your team. Learn how to use the resources, financial and other, that are out there. Go for your monitoring tests and ask questions of your doctor. Be an advocate for yourself.

## ROB, 47

Toronto

Genotype: 3a

**Treatment:** “I cleared the virus with peg-interferon and ribavirin. It took about a year and half including pre- and post-treatment work.”

**Decided to start treatment** “when I finally had enough information about how it works and how Hep C was damaging my liver. I also realized that it was a good time for me to start: I wasn’t working full-time, I was housed and I had good support. There was the chance that I wouldn’t have the same opportunity in the future.”

**Develop a treatment plan that works for you.** Some doctors, including the ones at the first clinic I went to, want people to be clean and sober before starting treatment. For me, it was enough to reduce the negative effects of drug use. I decided not to drink alcohol during treatment after learning that alcohol can decrease the chance that treatment will clear the virus.

I did continue to use cocaine but I changed the way I used and how much I used. I worked with my doctor and support worker to make sure my drug use didn’t negatively affect my ability to follow the routine of hepatitis C treatment. Other people I know continued to drink but did so in safer ways. For example, they limited the amount they drank, and they drank together instead of alone.

There are lots of strategies out there. In the end, I was able to finish treatment and clear the virus.

## DENISE, 59

Truro, Nova Scotia

Genotype: 1

**Treatment:** “I’ve been on treatment in three different drug trials. The last one involved peg-interferon, ribavirin and telaprevir.”

**Decided to start treatment** “after learning that it existed. It was an easy decision for me to make. After all, the

liver helps keep us going and we only get one.”

**Stay positive.** Not clearing the virus on treatment is very disappointing. Still, while I haven’t cleared the virus after three attempts, I am anxious to try again. I focus on that fact that I am looking forward to the next 30 to 40 years and don’t want this disease to cut my life short. I just turned 59 in May and the only thing that matters is that treatment can give me those quality golden years.

In my opinion, it doesn’t matter how you got hepatitis C. What matters is what you’re going to do about it and how you’re going to live with it. Learning about treatment options and making treatment decisions is part of living with hepatitis C.

## WHAT IS TREATMENT FOR HEP C?

The main goal of Hep C treatment is to clear the Hep C virus from the body.

The most common treatment routine is a combination of two drugs: peg-interferon (pegylated interferon) and ribavirin. Peg-interferon is sometimes called Pegasys or Pegatron, depending on the company that makes the drug. Ribavirin is sometimes called Copegus or Pegatron.

In 2011, two new medications for people with genotype 1 Hep C became available in Canada. The new medications are called boceprevir (Victrelis) and telaprevir (Incivek). People who take one of these medications will also take peg-interferon and ribavirin.

Interested in learning more about treatment for Hep C? Talk with a doctor or nurse for more information and to see if treatment could be right for you.



This body map was created by a participant of AIDS Vancouver Island's Body Mapping Project on living with Hep C.

# Don't be sidelined by side effects

As with all medications, medications for Hep C can cause side effects. The thing to remember is that everybody is different when it comes to side effects. Some people have no side effects at all, while others may have some and may be bothered by them more than other people.

**“DIFFERENT PEOPLE EXPERIENCE DIFFERENT SIDE EFFECTS AND THEY EXPERIENCE THOSE SIDE EFFECTS DIFFERENTLY. THERE IS NOT ONE SOLUTION THAT WILL FIT ALL.” — LAURENCE**

Don't be discouraged by side effects! The good news is that most side effects can be managed with the help of a doctor or nurse. People who have already been through treatment are often a great source for tips, too. Finally, check out CATIE's *Hepatitis C: Managing Common Symptoms and Treatment Side Effects*. Call CATIE at 1-800-263-1638 to order a free copy.

Injection site reactions, nausea and extreme tiredness are three common

side effects of Hep C treatment. Here is what you can do if they appear.

## INJECTION SITE REACTIONS

What is an injection site reaction? Some people experience pain, swelling or irritation on the skin when peg-interferon injection is given. This is called an injection site reaction.

What can you do about it?

- Review the correct injection techniques. These can be found in the peg-interferon instruction insert. You can also check with a doctor, nurse or pharmacist.
- Check with your doctor or pharmacist to be certain you are using the right size needle.

When injecting:

- Wash your hands with soap and water before beginning.
- Wipe the injection site with alcohol and let it dry for about 15 seconds before injecting.
- Make sure the peg-interferon is at room temperature.
- Insert the needle at a 90-degree angle to the skin—straight in, not on a slant.
- Don't massage the injection site. Cover it with a bandage instead.
- Use a different place each time

you inject. It may be easiest and least painful to alternate the sites between your stomach and your thighs.

- Never reuse the needle and syringe. Put both of them in a sharps container (a puncture-proof disposable container that can be picked up at your pharmacy).

## NAUSEA

What is nausea? Nausea is a word used to describe feeling sick to the stomach and wanting to vomit (throw up). It is a common side effect of peg-interferon. It is also one of the most common symptoms of Hep C infection even if you are not on treatment.

What can you do about it?

- If nausea leads to vomiting, take many sips of water over short periods of time. Drinking about two litres of water per day will prevent dehydration (when the body does not have enough water).
- Ask your doctor about anti-nausea medication.
- If your nausea gets better after you eat, ask your doctor to check for an ulcer caused by a bacteria called *H. pylori*. If you have this bacteria, the medication to treat it should help the symptoms go away within a few days.
- Eat soup as it is easier for your body to digest. Try to find soup that has a low salt content, because eating a lot of salt can lead to high blood pressure. Salt is written as sodium on the nutrition label.
- Avoid carbonated (fizzy), sugary or alcoholic drinks.

**“I STARTED MEDITATING, GETTING ACUPUNCTURE AND READING BOOKS ABOUT HEALING YOURSELF. THIS WAS ESPECIALLY GREAT FOR MY MENTAL HEALTH DURING TREATMENT AND FOR THE TIMES WHEN I WAS STUCK IN MY APARTMENT BECAUSE I WAS FEELING SICK.” — ROB**

## EXTREME TIREDNESS

What is extreme tiredness? Extreme tiredness is also called fatigue. People often describe it in terms of having “good days and bad days.”

Sometimes a string of good days will be followed by days of feeling totally “wiped out.” For other people, fatigue is a daily companion. They feel extremely tired in the morning and completely exhausted before the end of an ordinary workday. They experience a total lack of energy to the point of feeling unable to make any physical or mental effort. This feeling happens even after a full night's sleep.

**“SOMETIMES I FELT A LOT OF ANGER. IT AFFECTED MY RELATIONSHIPS WITH EVERYONE FROM FAMILY AND FRIENDS TO MY DOCTOR AND EVEN MY PHARMACIST. I BEGAN TO ISOLATE MYSELF. BUT ISOLATION ISN'T GOOD. A BURDEN BECOMES LIGHTER WHEN MANY HANDS COME TOGETHER TO HELP.” — DENISE**

What can you do about it?

- Start a gentle exercise program, such as walking, that gradually increases in difficulty as you recover your strength and stamina. Being physically active will help keep you strong.
- Plan your peg-interferon injections: Make sure you can rest the day after your peg-interferon injection.
- Plan your day so that you have time to rest. Take several breaks or short naps rather than one long rest period.
- Ration energy by pacing yourself: On days that you feel well, you're probably tempted to do all you can to catch up. Try not to overdo it. It is a much better strategy to balance activity with rest or to alternate between a heavy and a light chore.
- Ask for help: Try not to let feelings of pride or guilt stand in the way of getting help with an exhausting task. Inviting others to share your difficulties often eases the burden of extreme tiredness.

## MORE ABOUT COMMON SIDE EFFECTS

- Other common side effects include: body aches, dry skin, a low red blood cell count (called anemia).
- Feeling low or down (depression) is a common side effect that deserves special attention. There are many different ways to lower the risk of depression and treat it if you experience it, such as counseling and medicines. Talk to a nurse or doctor for more information.
- Work with your nurse or doctor to plan a treatment schedule that fits into your routine.
- Drink plenty of water throughout treatment—it will help you feel good!

**“THE NUMBER ONE THING IS WATER, WATER, WATER! AFTER THAT, YOU NEED A PURPOSE, SOMETHING TO KEEP YOU GOING.” — DELVIN**

What is Hepatitis C?  
 什么是丙型肝炎?  
 ਹੈਪਟਾਇਟਿਸ ਸੀ (C) ਕੀ ਹੈ?  
 Ano ang Hepatitis C?  
 អណូ អង់ អេបាតាយស៊ីស C?

**Hepatitis C is important for all communities to learn about.**

Check [www.hepCinfo.ca](http://www.hepCinfo.ca) in Fall 2012 for new multilingual print resources and websites in **Simplified Chinese, Punjabi, Tagalog and Urdu.**



# HOW WELL DO YOU KNOW YOUR VIRUSES?

You may have heard of hepatitis before, but there are many kinds of viral hepatitis. You may have also heard of Human Immunodeficiency Virus, or HIV. Get to know the difference between these kinds of viral hepatitis and HIV. How? Using two of the clues provided for each virus, match them with their full description.

## HEPATITIS A VIRUS

- I am passed by fecal matter (poo)
- Most people clear me from the body on their own

## HEPATITIS B VIRUS

- A vaccine is available to protect against me
- Treatment can help manage symptoms but will not clear me from the body

## HEPATITIS C VIRUS

- I am passed from one person to another through blood-to-blood contact
- Treatment can clear me from the body

## HIV

- I affect your immune system
- There is no vaccine to protect people from me

- 1) I affect the liver.
- I am passed through blood-to-blood contact.
  - A blood test can determine if a person has an active infection.
  - There is no vaccine to protect people from me.
  - Some people clear me from the body on their own; other people will develop a chronic or long-term infection.
  - Treatment can clear me from the body, but a person can become infected again.

Which virus am I? I am: \_\_\_\_\_

- 2) I affect the liver.
- I am passed through blood, semen, pre-cum, vaginal fluid or rectal fluid coming into contact with another person's bloodstream.
  - A blood test can determine if a person has an active infection.
  - A vaccine is available to protect people from me.
  - Some people clear me from the body on their own and develop immunity; other people will develop a chronic or long-term infection.
  - Treatment can slow me down but will not clear me from the body.

Which virus am I? I am: \_\_\_\_\_

- 3) I affect the liver.
- I am passed through swallowing fecal matter (poo).
  - A blood test can determine if a person has an active infection.
  - A vaccine is available to protect people from me.
  - Most people clear me from the body on their own and there is no treatment.

Which virus am I? I am: \_\_\_\_\_

- 4) I affect the immune system.
- I am passed through blood, semen (cum), pre-cum, vaginal fluid, rectal fluid and breast milk coming into contact with another person's bloodstream.
  - A blood test can determine if a person is infected.
  - There is no vaccine to protect people from me.
  - Treatment can help keep the immune system strong and slow me down but will not clear me from the body.

Which virus am I? I am: \_\_\_\_\_

Answer key: 1) I am hepatitis A, 2) I am hepatitis B, 3) I am hepatitis C, 4) I am HIV

# WORDSEARCH

N O I T C E F N I O C  
 T F L B L O O D M F A  
 U S I S S P L T M R U  
 C T O B N R A C U T E  
 A R A P R C B S N B T  
 T W M M A O R E I A I  
 S O O T I C S T T W O  
 R T I U O S Y I Y U N  
 A E S L F P C R S E F

**CATIE** – CATIE is Canada's source for up-to-date, unbiased information about HIV and hepatitis C. Give us a call at 1-800-263-1638 or email us at questions@catie.ca and we can help you find the information you're looking for.

**FIBROSIS** – Over time, Hep C can cause scars to form on the liver. This is called fibrosis. How much fibrosis there is usually depends on how long a person has been living with Hep C.

**PCR** – There are two separate blood tests for Hep C. The first is an antibody test (to see if you have come in contact with the virus). The second is called a PCR test, a viral load test or an RNA test (to check for active Hep C infection).

**IMMUNITY** – The body can protect itself from many viruses. This is called immunity. It can sometimes do this on its own but it often needs the help of a vaccine. There is no vaccine or other immunity against

Hep C. Even people who get Hep C and clear the virus can get it again.

**SWABS** – Hep C can be passed from one person to another during injection drug use when materials such as needles, syringes, filters, cookers, acidifiers, water and alcohol swabs are shared between people. You can help prevent getting or passing on Hep C by having your own equipment and not sharing with others.

**ACUTE** – There are two phases of Hep C infection: the first six months after the virus enters the body (the acute phase) and lifelong (the chronic phase). For up to 1 out of 4 people, the virus goes away on its own during the acute phase. After that, the infection is chronic and Hep C will not go away on its own.

**CO-INFECTION** – It is possible to have Hep C and another virus, such as HIV or Hep B. This is called co-infection and it can make the damage that Hep C does to the liver worse. Talk to a doctor for information about preventing, testing for, and/or living well with a co-infection.

**BLOOD** – Hep C is passed when blood carrying the virus gets into the bloodstream of another person (called blood-to-blood contact). This usually happens through breaks in the skin or breaks in the lining of the nose and mouth.

## Healthy eating, healthy liver

continued from page 1

- Try extra-strength liquid nutrition supplements, available from your local pharmacy. Some examples

are: Boost Plus Calories, Ensure Plus and Resource Plus.

Dietitians can also help you if you have additional health issues, such as diabetes or HIV, ongoing diarrhea, trouble

eating well or problems with weight loss or weight gain. To find a dietitian, contact a local health centre, hospital or department of health. Also, Dietitians of Canada offers "Find a Dietitian" at [www.dietitians.ca](http://www.dietitians.ca).

Looking for **LIVER-FRIENDLY MEAL IDEAS**? Try these nutritious (and delicious) recipes below!

## LIVER-FRIENDLY MEAL IDEAS

### GINGER STEAMED CHICKEN AND RICE

#### Ingredients:

- 1 lb Chicken breast
- 2 cups Mushrooms, cut in quarters
- 3 Green onions, chopped
- ¼ Red pepper
- 1 Egg yolk
- 2 tbsp Soy sauce, low-sodium
- 1 tbsp Water
- 2 tsp Corn starch
- 2 tsp Sesame oil
- 1 tsp Ginger root, grated
- 1 cup Rice
- 1 cup Broccoli, chopped
- 1 large Carrot, sliced

#### Directions:

Cut chicken into cubes. In bowl, combine chicken, mushrooms, half of the green onions, red pepper, egg yolk, soy sauce, water, cornstarch, sesame oil and ginger; let sit for 10 minutes.



While it is sitting, bring 2 cups of water to boil in a pot. Add rice; reduce heat, cover and simmer until no liquid is on surface, about 10 minutes.

Cook chicken mixture in a pan for 8 minutes; sprinkle carrot and broccoli around edge; cook until carrot is tender and chicken is no longer pink inside, about 10 minutes.

Serve chicken and vegetables over the rice and sprinkle with remaining green onions.

Makes 4 servings.

### GRANOLA OATMEAL COOKIES

#### Ingredients:

- ¼ cup Margarine
- 1½ cups Brown sugar
- 1 Egg
- ¼ cup Water
- 1 tsp Vanilla extract
- 1 cup Granola, unsweetened (any flavour)
- 2 cups Rolled oats, uncooked
- ½ cup Coconut flakes, unsweetened
- 1 cup All-purpose flour
- ½ tsp Baking soda
- 1 tsp Salt

#### Directions:

Mix margarine with sugar. Add egg, water and vanilla extract. Beat until creamy. Add granola, oats, coconut, flour, baking soda and salt. Mix until blended.

Use about 2 tsp dough for each cookie (making them the size of a small walnut).



Drop cookies onto a greased baking sheet, about 3 inches apart. Bake at 350° F for 10-12 minutes or until cookies are evenly browned.

Makes 5 dozen cookies.

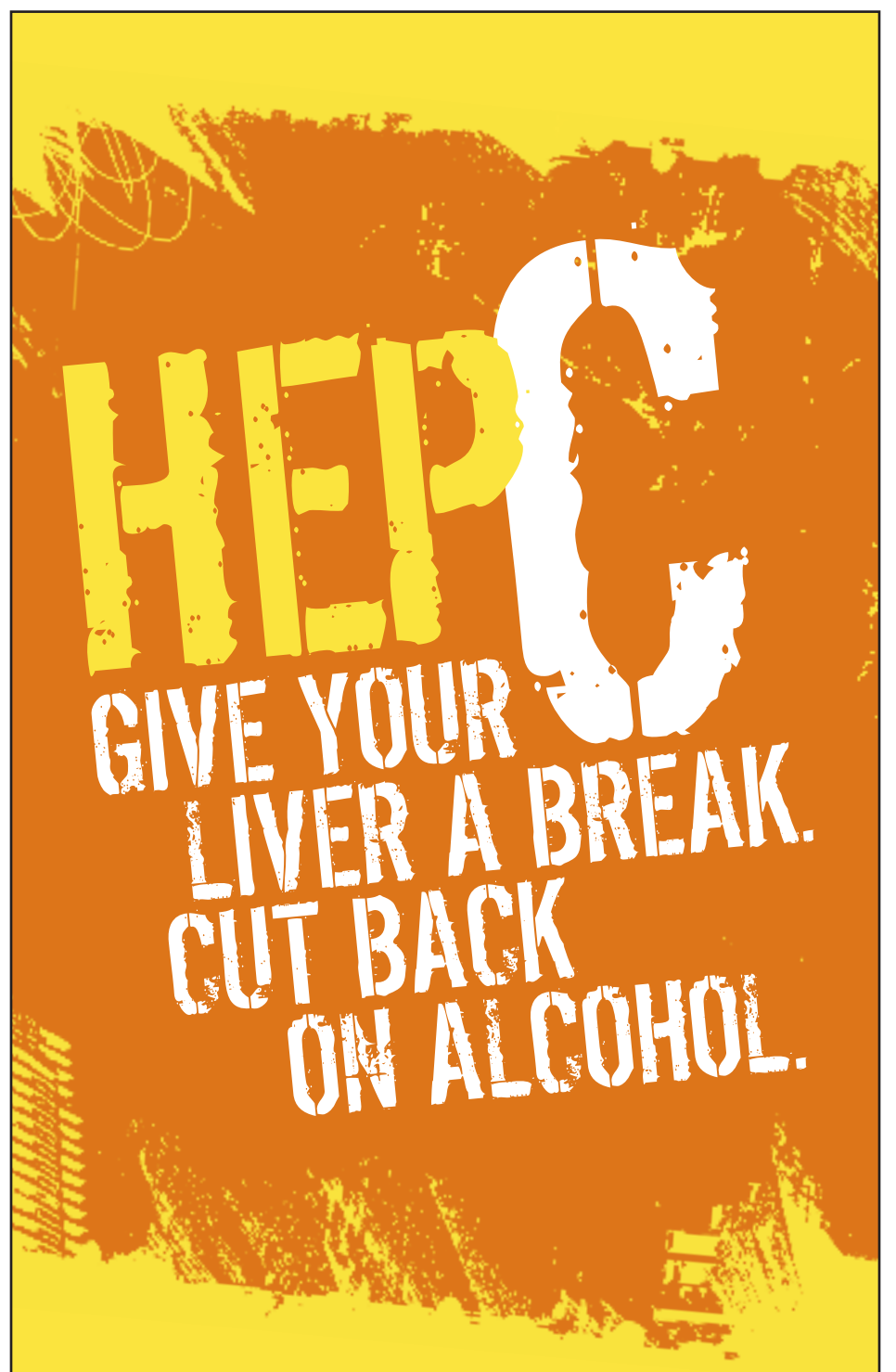
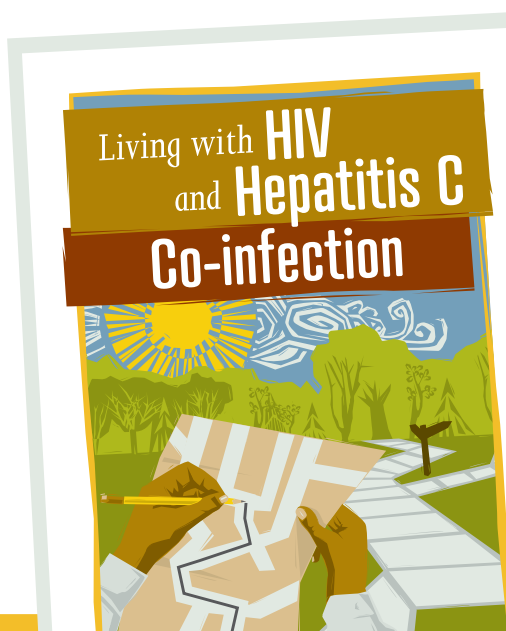
Adapted from: *Helping you Feel Your Best: Nutrition Tips for People with Hepatitis C*, with permission from Dietitians of Canada ([www.dietitians.ca](http://www.dietitians.ca)); and *Canada's Food Guide*, available at: [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php). Thank you to PACE Society in Vancouver, BC, for sharing these recipes from its cookbook, *A Taste of This Life: Recipes and Reflections from People Living with Hepatitis C*. The entire cookbook can be downloaded from: [www.pace-society.org](http://www.pace-society.org).

## Living with HIV and Hepatitis C Co-infection

### This booklet helps make sense of:

- ▶ effects of co-infection
- ▶ disease progression
- ▶ treatment strategies
- ▶ preventing transmission
- ▶ how to take an active role in staying healthy

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# A brief history of hepatitis C

Alpha interferon is the first treatment approved for hepatitis C. Alpha interferon is injected three times a week.

The hepatitis C virus (HCV) is discovered. Before 1989, hepatitis C was called 'non-A, non-B hepatitis.'

Health Canada approves the first combination of pegylated interferon and ribavirin for the treatment of hepatitis C. Peg-interferon is injected once a week. Ribavirin is taken orally, twice a day.

Corrections Services Canada and the Public Health Agency of Canada launch the 'Safer Tattooing Practices Initiative' pilot project in several men's federal institutions and one women's institution. The project is canceled in 2006.

Almost 10 years after the last development in hepatitis C treatment, two new medications (boceprevir and telaprevir) are approved for genotype 1 hepatitis C. Response rates are upwards of 65% among people with this genotype, which is traditionally the most difficult to clear.

Musicians Gregg Allman, Natalie Cole and Jon Secada turn up the volume around hepatitis C at Tune in to Hep C, an American public health campaign created to raise awareness of the virus.



A hepatitis C screening test is developed. Blood banks across Canada begin screening blood donations for the virus. It is estimated that 90,000 to 160,000 people in Canada contracted hepatitis C through infected blood or blood products between 1960 and 1992.

The first national Aboriginal Hepatitis C Conference takes place in Edmonton, Alberta.

Insite, North America's first supervised injection facility, opens its doors in Vancouver, British Columbia. Insite reduces negative health effects of injection drug use, including hepatitis C risk.

Canadian actress Pamela Anderson publicly announces that she has hepatitis C. She speaks openly about living with hepatitis C and kicks off a 2002 Canadian Liver Foundation (CLF) hepatitis campaign.

The WHO endorses July 28th as World Hepatitis Day, making it the fourth official global health awareness day, alongside HIV, malaria and tuberculosis.

The World Hepatitis Alliance launches the first World Hepatitis Day on May 19 with a campaign called Am I Number 12? This refers to the statistic that, worldwide, one in every 12 people is living with a form of viral hepatitis.

## JULY 28TH IS WORLD HEPATITIS DAY!

### KNOW IT. CONFRONT IT.



This body map was created by a participant of AIDS Vancouver Island's Body Mapping Project on living with Hep C.