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





What is **hepatitis C**?

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

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

What are the **symptoms**?

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

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



Hepatitis and Liver Cancer: A National Strategy for Prevention and Control of Hepatitis B and C. Available at: <u>https://www.nap.edu/download/1795</u> (accessed February 2021) Hepatitis C, Key Facts. WHO website. Available at: https://www.who.int/news-room/ fact-sheets/detail/hepatitis-c (accessed May 2021)

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

How does hepatitis C If left untreated spread? hepatitis C can damage the liver (fibrosis) and cause cirrhosis and/or **HIGH RISK** liver cancer on the long term. Early stage to advanced disease Sharing of needles and injection materials **MODERATE RISK** Healthy liver Chronic hepatitis Cirrhosis Tattoo and/or HCV positive Unprotected piercina mother high-risk sex Liver (in prison)

cancer

NO RISK



Blood transfusion

and hemodialysis

(before 1992 or in high

endemic countries)

Sharing of

bathroom

materials

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

Hepatitis C online. Core Concepts - Natural History of Hepatitis C Infection: Evaluation. Staging. and Monitoring of Chronic Hepatitis C. Available at: http://www.hepatitisc.uw.edu/go/ evaluation-staging-monitoring/natural-history/core-concept/all (accessed February 2021)

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



If your test is positive = HCV antibodies are positive.

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

FINGERPRICK OR BLOOD WITHDRAWAL



Second test

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

This can be treated. Please consult your medical doctor.

BLOOD WITHDRAWAL



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

How is **fibrosis** evaluated?

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

The more fibrosis, the less elastic is your liver.

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



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

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

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

Treatment takes 8 to 16 weeks.

There are no serious side effects,

in contrast to the previously used interferon.

Do not combine with other medication before

discussing with your doctor.





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

When are you **cured**?

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



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

Attention!

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

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

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

Notes





Always use clean and unused material.



Protect yourself

during anal sex and/or sex with multiple partners.



Who can you contact?

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

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

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