

# Hep C and Cirrhosis

August 2020

## Know the facts

Chronic hep C and cirrhosis: the more you know the better prepared you are to talk to your doctor or specialist about management and treatment options.

### The Basics



Your doctor can do a blood test to see if you have hep C.



Chronic hep C is one of the most common causes of liver transplants and liver cancer.



Over time, chronic hep C can cause serious liver damage, known as cirrhosis.

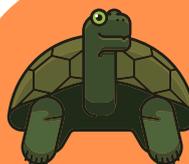


Chronic hep C can be cured in most patients (95%) even if you have cirrhosis.

### YOUR LIVER IS IMPORTANT



Our liver is an important organ, we can't live without it. Our liver is responsible for helping us digest food, store energy and remove harmful chemicals.



Chronic hep C can cause liver damage over time.

### STAYING HEALTHY



Have regular liver check-ups



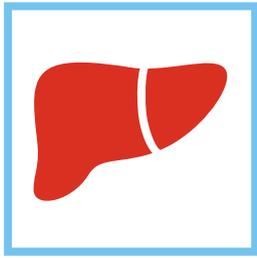
Avoid alcohol



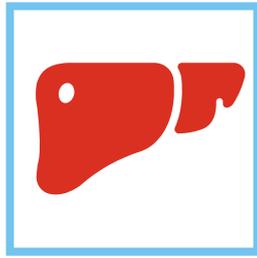
Keep a healthy diet



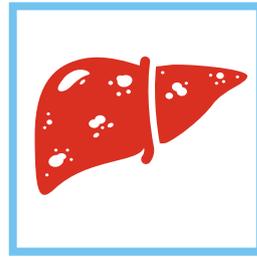
Exercise and keep an active lifestyle



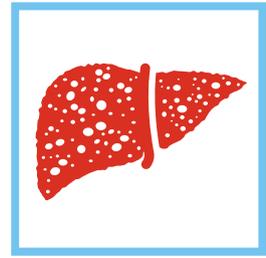
Healthy liver:  
no scarring



Moderate liver  
damage



Significant liver  
damage



Final stage of  
liver damage

### Inflammation

Your liver may become inflamed when you have chronic hep C. It is a sign that your body is trying to fight off an infection.

### Fibrosis

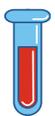
Inflammation causes your liver to form scar tissue. Over time, this scar tissue replaces healthy liver cells. This is called fibrosis.

### Cirrhosis

If your hep C is not treated, the scarring can continue and take over most of your liver and your liver may no longer heal itself. This is called cirrhosis.

## TESTING FOR LIVER DAMAGE

Different for everyone, it can take many years to go through each stage of liver damage. Your doctor may test your liver for damage with one or more of the following tests:



Liver Function Test (LFT) A blood test to see how well your liver is working



FibroScan is a special machine that can detect the level of scarring



APRI score which uses existing blood test results to calculate the probability of liver damage

# HEP C

## GET TESTED, GET TREATED

Contact

 **hepatitisACT**

02 6230 6344

[www.hepatitisact.com.au](http://www.hepatitisact.com.au)

Hep C treatment - read about other peoples stories and how they are now cured.

<https://www.hepatitisaustralia.com/Blogs/share-your-story>