I’ve been cured of hepatitis C for more than a year, but I am still tired a lot. Will I ever feel good again?

April 3, 2017 By Lucinda K. Porter RN

Unless you already had cirrhosis prior to treatment, that is an unusually long time for fatigue to be lingering. Talk to your doctor to be sure there isn’t another reason you are still tired. Fatigue is a common symptom for many medical problems, such as pain, sleep-related difficulties, thyroid abnormalities, diabetes, depression, and other liver disorders. Certain medications may also contribute to the way you are feeling.

It may be a good time to review your health habits, making sure that you exercise on a regular basis, eat a nutritional diet, and get 7 to 9 hours of sleep on most nights. Here are some fatigue management tips that may provide some relief until you find some resolution.

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http://beta.docker.hepmag.com/article/cured-hepatitis-c-year-still-tired-lot-will-ever-feel-good