Eye of the Tiger

September 10, 2014 By Oriol R. Gutierrez Jr.

“It all comes down to survival!” So goes the 1982 song “Eye of the Tiger” by the U.S. rock band Survivor. The theme song from the movie Rocky III is over-the-top cheesy, but it did succeed in conveying the fighting spirit of the film. It held the No. 1 spot on Billboard’s Hot 100 chart for six weeks, so it’s not too much of a stretch to say that folks nationwide at least found the song catchy and perhaps inspiring.

Although the fun of finding such inspiration in cheesy places can be uplifting, it’s more often the case that inspiration is found in less flashy places. Counterintuitively, those places can even include dark places, if you’re willing to do the work to find the light again and then apply the lessons you learned while in the dark.

Such was the journey for Lucinda Porter, who graces the cover of this issue. Now cured of the hepatitis C virus (HCV), she went through many struggles to accomplish that goal. Not only did she endure going through unsuccessful treatments using the older medications before being cured by the latest hep C meds, but Porter also battled severe depression both before and after becoming HCV positive.

Along the way—and well before she was cured of hep C—Porter says she “had an epiphany” that led to her eventual wellness and even advocacy. As a result, Porter is an inspiration not just for people living with HCV, but for all people who face health challenges (in other words, all of us). Click here to read more about Porter (as well as her love of organic food and the TV show Mad Men).

Just as Porter and countless others have already benefitted from the new hep C meds, the potential for up to millions of Americans to also benefit makes this one of the most exciting moments in modern medicine. Taking the best advantage of this time, however, will require your getting educated on the new treatments, as well as working with your health care providers to figure out the best treatment options for you.

In this issue, start learning about the latest news on hep C treatments. For daily updates and in-depth lessons on hepatitis transmission, testing and treatment, as well as prevention, go to hepmag.com. You’ll also read real-life stories of people living with HCV, and you’ll find support in the forums.

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