Improving Long-Term Quality of Life

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People who beat hepatitis C virus (HCV) see their health-related quality of life (HRQL) improve—and not just in the short term.

Researchers conducted an analysis of HRQL test scores from a cohort of 3,486 people cured of hep C through Sovaldi (sofosbuvir)-based regimens. The cohort members' HRQL was assessed every 24 weeks for up to 144 weeks using what is known as Short Form–36v2.

Results were presented at the Annual Meeting of the American Association for the Study of Liver Diseases in Washington, DC.

The median age of the cohort members was 53. A total of 62.3 percent were male, 15.6 percent had cirrhosis, 10.1 percent had diabetes and 62 percent were employed.

Compared with their HRQL scores before they were first treated for hep C, the cohort members saw significant improvements on all related measures after being cured. Through 144 weeks of follow-up, all these scores remained elevated and were actually higher than general population norms. The greatest gains were in the general health and vitality measures.

After adjusting the data for various factors, the researchers found that those that independently predicted impaired HRQL included a history of cirrhosis, depression, anxiety and clinically overt fatigue.

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