Your Liver Health

It is important to take good care of your liver before and after hep C treatment.

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Successful hepatitis C treatment slows or halts liver disease progression and lets the liver start to heal. In some cases, treatment can improve liver function enough that people can come off a transplant waiting list. But curing HCV does not fully reverse existing liver damage. People who have developed cirrhosis remain at risk for liver cancer and other liver problems and should receive ongoing monitoring.

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Alcohol can cause further liver damage, so it’s recommended that people without cirrhosis avoid heavy drinking and those with cirrhosis don’t drink at all. Let your doctor know about any over-the-counter medications, herbs or supplements you are using. Get vaccinated against hepatitis A and B. Catching one of these viruses in addition to hep C can lead to more serious liver problems. Finally, eat a balanced diet, get regular exercise, maintain a healthy weight and get enough sleep to lower your risk of fatty liver disease and improve your overall health.

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