# A harder pill to swallow.

May 28, 2015 By Rick Nash

Some introspection regarding failing treatments.

One of the first things you should understand if you're going to start a Hep C treatment is that it's not a goal. How hard you work, whatever you do has very little impact on the success or failure of the treatment. There are a few things that can help a treatment: proper cleaning and handling of blood/hygiene, a nutritionally balanced diet, exercise, and a good support network.

But besides the blood, it's not much different than everyday precautions.

The treatment is largely out of your control. It may sound disappointing, but it's important. Because if it fails, this attitude can help you move forward. I've failed five different Hep C (HCV) treatments, it's hard not to take it personal, but it's necessary.

Remember that how you acquired HCV was out of your control. Certainly there are high-risk behaviors, and age groups but that's analysis, it has nothing to do with how you got it. The lack of control as to how you got it, is the same lack of control regarding it's purge via treatment.

What matters is that there are factors about HCV you can control.

You can learn more about the virus, and educate those around you.
You can find information regarding treatment, and which one is best for you.
You can reach out to those around you to/for support, physical or online.
You can encourage others to get tested, to understand your abilities, and to understand prevention techniques.

This treatment isn't a goal, it's an obstacle, just like the virus itself.

The only goals you need regarding treatment, are the one you make beyond it.

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