


Day 14 - Mems Caps and Cytokines

February 26, 2013 By [Gemma Pepe](#)

Today was a clinic day. I remembered to take in my drugs and I had a 100% compliance reading.  My nurse Jess, downloaded the times of day I've taken my drugs from the mems cap. I dropped the mems cap in a glass of water last night. I was relieved it still worked.

While I was there Ivana, one of my doctors, told me why hep C patients suffer from high levels of fatigue, cognitive impairment and depression. The virus hasn't been found in the brain. .

The brain of a hep C patient will look different in a scan, however. There is data from Europe and America which shows that hep C patients have elevated levels of [cytokines](#). Cytokines get through the [blood brain barrier](#) and effect behaviour. Elevated levels of cytokines are typically found in people with chronic fatigue syndrome and arthritis or joint conditions.

I asked Ivana if the joint and muscle pain would go along with the virus and she said yes.

I walked to the station telling myself I must swipe my Oyster card. I got to the station, bought a banana and didn't swipe my Oyster card.

The pic is my blood today. It most probably has only thousands of copies of the virus as opposed to millions.

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