




Hepatitis C and Exercise

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July 2, 2021 By [Connie M. Welch](#)

Hepatitis C and Exercise, What are the recommendations? Dr. Joseph Galati MD, a hepatologist  from Houston, Texas shares valuable information on how we can improve our health and take care of our liver through proper exercise.

Questions regarding [hepatitis C](#) and exercise are asked daily, and there is interest in the proper recommendation. There is research to support the fact that obese patients with hepatitis C are more likely to develop more fibrosis and scarring in the liver than those with hepatitis C who are thin. Obesity leads to fatty liver, elevated blood glucose levels, diabetes, and increased insulin levels. All of this leads to increased scarring, and the chance of developing cirrhosis of the liver.

Weight loss through diet and exercise is the best defense against progressive scarring of the liver. We have previously discussed hepatitis C and diet in another YouTube video. Here we discuss exercise in patients with hepatitis C. [Options](#) for exercise include a regular walking schedule, light weight lifting, cycling, swimming, elliptical trainers, treadmill work, and interval training.

For more information on hepatitis C and treatment options, visit www.texasliver.com and www.yourhealthfirst.com.

Come check out [Hepatitis C Health tips](#) and [Hep C Patients Treatment Experiences](#) and more at lifebeyondhepatitisc.com.

Do you do some form of exercise? We'd love to hear from you. Please comment below.

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