Hepatitis C Patient John Conquers Hepatitis C, Cirrhosis, Liver Cancer, and Liver Transplant: Part 2

September 19, 2018 By Connie M. Welch

To read Part 1 of this interview, click here.

Connie: What has your post liver transplant recovery been like so far?

John M.: Overall it has been fantastic. I feel better now than I did ten years ago, or at least as far as I can remember. There have been a few glitches along the way, the bile ducts were restricted and the liver team did a scope hoping to insert a stint to fix the problem. The first attempt didn't work but round 2 proved to be successful.

Connie: What meds are you required to take?

John M.: I'm on anti-rejection medication, Prograf and such. I also take antibiotics, aspirin, vitamins, etc…somewhere around 18 a day.

Connie: Do you have a special recommended diet due to transplant?

John M.: Fruits, vegetables, chicken and fish.

Connie: Are you doing any physical therapy or exercise program to rebuild your strength?

John M.: I try to walk 30 to 45 minutes a day.

Connie: Is there something that helped you get through this process, like support from family, friends, God, prayer, special scriptures, or something else?

John M.: I had wonderful support from my family and friends. My church family was awesome in helping out especially with backing up my wife Adrienne. I prayed continually, as I still do.

I didn't necessarily pray for myself, but prayed more praise and adoration for all that God was and had done for me. Miracle after miracle came, and it just astounded me. Just when I would think that God had blessed me more than enough, I couldn't imagine anything beyond what He had already done, up would pop another blessing. The 23rd Psalm ran through my mind consistently.

Connie: Is there any additional information you'd like to share about the transplant or recovery process?

John M.: Simply, DO WHAT THEY TELL YOU TO DO, family, doctors and those concerned. I tried to "customize" some of my recovery process, and it didn't work.

Connie: Do you have any advice for Hep C patients or their families who are at the stage of needing transplant?

John M.: Yes, Trust God in all things, always. Don't fear, which seems overly simplistic coming from somebody who has received a new liver, but it's true. I went into the "holding pattern" not knowing if I would be allotted a liver or not. I honestly had nothing but a confident concern. I held onto this, if I received a new liver Praise God, if I didn't Praise God.

Connie: John now that you're 3 months post liver transplant, what is your activity level like?

John M.: I am doing well and actually taking fly fishing lessons. I love this new adventure. I've really enjoyed it so far. I've even entered a competition to catch the four native species of trout that live in Utah waters. I love it. I love the time being in God's magnificent creation, and communing with Him.

This entry was originally published on Life Beyond Hepatitis C, and is reprinted with permission.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.hepmag.com/blog/hepatitis-c-patient-john-conquers-hepatitis-c-cirrhosis-liver-cancer-liver-transplant-part-2