The Mystery of Recovery from Hepatitis C and Treatment

January 19, 2021 By Connie M. Welch

The recovery phase from hepatitis C is often a mystery for many patients. We often expect once we complete treatment to immediately feel better, regain energy and be on our merry way. But sometimes it doesn't happen like that.

Yes, you do get better. But the time line to regaining health and energy is different for each patient, here's why:

1. Your liver condition can have a bearing on how fast you recover. Those with cirrhosis can take longer to recover depending on which degree of cirrhosis they have (compensated or decompensated) and if any conditions exist due to the extent of liver damage.
2. Other medical conditions or medications you are taking can play a part in how you feel and have side effects of fatigue.
3. Not taking care of yourself. Pushing yourself too hard. Not taking rest breaks, getting enough sleep. Not doing any exercise at all can affect your rebuilding your stamina and energy. What you eat and drink effects recovery. Not eating healthy has a huge effect on the body and recovery.
4. Your body has been in a battle to fight a dangerous infection, doing damage to your liver, once you're cured of hepatitis C, your body, and your liver needs time to recover and regenerate.
5. Don't dwell on what you can't do yet, Focus on what you can do. Focus on doing things to help your body regain strength, energy and good health.
6. Don't drink alcohol, your liver is recovering from damage and needs all the help it can get.
7. Recovery takes patience. Every day makes a difference as you move forward.

Sometimes physicians don't explain the recovery process to their patient in relation to their liver and medical condition. This can make the patient feel confused or wondering if their treatment didn't work or if hepatitis has returned. If you've experienced this, write down specific questions and how you're feeling, discuss this with your doctor and healthcare team. This can help take the mystery out of your recovery.

Reach out and talk to a support group. It often helps to hear tips and encouragement from others who have experienced treatment. But remember, everyone's liver condition is different and so is their recovery, try not to compare yourself to others.

Above all remember this, You will get better! Do what you can to help your body recover. Progress is in the works!

Are you in recovery from hepatitis C treatment? If so, what is your experience?

Share your comments below.

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