



Raise Hepatitis C Awareness by Supporting Others

May 28, 2015 By [Lucinda K. Porter RN](#)

In observance of Hepatitis Awareness Month, in May I am posting to this blog daily, suggesting ways to help raise awareness about issues surrounding hepatitis C.

A good way to help raise hepatitis C awareness, is to support others. When we feel supported, we are more likely to take action against this disease.

Even if you are sick or on hepatitis C treatment, you can raise hepatitis awareness by joining a group.  Tracy Swan, Hepatitis/HIV Project Director for the [Treatment Action Group](#) (TAG) notes, "People can share their experiences through social networks; providing peer support and education is essential. Things that may seem simple, such as tips on how to deal with side effects, reimbursement and other "real-life" issues make a huge difference to other people who are living with the same issues. Being sick can isolate people instead of reinforcing the message that they are resources for their community."

Connecting with others tears down the walls of isolation. It's how we hold ourselves up so we can face the world. If you aren't in a hepatitis C group, join an online or in-person group. My favorite groups are found at [Hep Forums](#).