On the Road to Recovery from Hepatitis C Treatment

October 3, 2018 By Connie M. Welch

In recovery from hepatitis C treatment, there are days that are better than others. It's important to remember even on days when you don't feel chipper, healing is still going on and you are heading in the right direction. Don't let your thoughts lead you into thinking you're not getting better. It takes time to get over fighting a battle. If you have days of feeling worn out, that's normal. It will get better.

Here's a snippet from my 2012 Hep C treatment recovery journal:

Yesterday, I woke up and felt like someone had jerked the rug out from under me. I felt washed out, ran a low-grade fever and slept most of the day. The biggest thing I've noticed is energy goes up and down, like riding a wave. You never know how long it's going to last. I know each day I'm getting further down the road to recovery, God will bring the right amount of energy designed for each day.

My doctor told me last week I had an excellent chance of the Hepatitis C virus never coming back. Getting back to normal after Hepatitis C treatment does not happen overnight but progress is being made daily.

I've learned to focus on the weekly victories. Keeping your focus on your gains rather than losses keeps you looking up and forward. You can't move forward while looking in the rear view mirror. Keep your eyes on the recovery road in front of you. It makes a difference.

Here's the happy news for this week. Progress on Post Hepatitis C Treatment for Week 2:

1. Appetite is still off but slowly coming back. I'm able to "taste" food again, yeah!
2. Thrush is clearing up and tongue soreness is almost healed.
3. Skin sores are healing.
4. Hair loss has slowed down considerably.
5. Sleeping has improved.

I'm thankful Treatment for Hepatitis C is over. Love that word. . . OVER!!!

Here's a nugget that jumped off the page when I was reading this morning. It was a pat on the back and a boost to my spirit that "this too shall pass," and to remember, the Lord brings us to a better place and never lets us go.

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on the rock and gave me a firm place to stand. Psalm 40: 1-2O

We walk by faith, not by sight. 2 Corinthians 5:7

Are you listening to your emotions right now or are you walking in faith toward all that God has for you?
Shout out your update. What progress have you made in your Hep C treatment or recovery journey?

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