Words without Action Does Nothing to Advance Hepatitis C Cause

April 16, 2013 By Lucinda K. Porter RN

One of my pet peeves is unproductive complaining. I don't really understand grumbling about a situation if I am not prepared to take action. I can scream all I want about the fact that hepatitis C, a disease that kills more Americans than HIV does is grossly underfunded. I can even complain about it in public, much as I am doing in this blog. However, if I am not part of the solution, then I am part of the problem. The real question is what can I do about this lack of funding?

Here are some ways I can act:

- I can email, fax, and call my representatives in Congress.
- I can stay abreast of hepatitis C-related issues. www.hcvadvocate.org/community/advocacy.asp
- I can contact Secretary Sebelius at the U.S. Department of Health and Human Services (Twitter@Sebelius)http://www.hhs.gov/
- I can start, sign, or circulate a petition about hepatitis C funding. www.ipetitions.com/petition/essential-health-benefits/
- I can educate the public about the need for improved hepatitis C services.
- I can donate money to organizations that promote hepatitis C awareness, advocacy and action.
- I can write an opinion piece for the newspaper.
- I can vote and support candidates who support my issues.
- I can get updates from the National Viral Hepatitis Roundtable and the National Alliance of States and Territorial AIDS Directors
- I can maintain my health so I will be able to act on important issues.
- I can never quit trying and never give up hope.

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