

**National Hepatitis Education
& Wellness Center**

Hepatitis C: You and Me
for Service Staff

Luther C. Brock, Sr.

Executive Director

National Hepatitis Education and Wellness Center

www.HepCwellness.org

*Our program is provided through a generous grant
from the Atkinson Foundation*

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Hepatitis C: You and Me

for Service Staff

OTHER PRESENTERS IN THIS SERIES

Lavella Benton
Xochilt Borja
Crystal Caldwell
Ruben Colon
Kassundra Dunn
Michael L. Edell
Julia Sullivan

About NHEWC

www.HepCwellness.org

Established in 2014

Nonprofit 501(c)(3)
community
organization

**Founded by
Luther C. Brock, Sr.**

3-member
board of directors

Support from
donations and grants

National Hepatitis Education and Wellness Center

Our Mission

To address the growing crisis of Hepatitis infection and its related health conditions by providing effective and wide-ranging Hepatitis-related prevention education and training that advocates for the broader application of effective Hepatitis treatment options.





About Luther C. Brock, Sr.

NHEWC's Founder and CEO

- ❑ 20+ years experience working with HCV and HIV/HCV.
- ❑ Expansive knowledge of cross-cultural education and outreach strategies.
- ❑ Co-founding member of Free at Last Community Recovery
- ❑ Founding coordinator for Stanford community-based HIV clinical trial outreach
- ❑ Co-developer of ACRC Living Now HIV and HCV peer education program
- ❑ A tireless advocate for community building and has held this vision throughout career in public service

Our Achievements



Hep C: You and Me

- ❑ Learning opportunities for individuals infected with/at risk for HCV and HCV/HIV co-infection
 - ✓ 6- and 12-week programs
 - ✓ East Palo Alto/San Jose, CA
 - ✓ Atlanta, GA

Hep C: You and Me for Veterans

- ❑ Learning opportunities for Veterans infected with/at risk for HCV and HCV/HIV co-infection
 - ✓ 6- and 12-week programs
 - ✓ East Palo Alto/San Jose, CA

Hep C and HIV/HCV Training For Service Staff

Our Goals

- ❑ Provide immersion training to prepare providers for effective responses to local client HCV issues.
- ❑ Provide high quality HCV education and awareness programs for service staff in your community.
- ❑ Provide cost-effective, culturally appropriate learning opportunity geared for frontline providers.

Introductions

Briefly tell us your:

- Name
- Reason why you decided to participate
- Expected outcomes

Overview of (Today) Topics

[16 modules/twice weekly/8 weeks]

- What Is Hepatitis ?
- How Does the Liver Function?
- Why is the Liver Important?
- Types of Viral Hepatitis
- HCV Signs, Symptoms and Transmission
- HCV Complications
- Complementary and Alternative Therapy
- Nutrition
- HCV Antibody Test
- Advantages of Being Tested
- Providing Support to Someone with HCV
- Recommended Vaccinations
- Hepatitis C Infection Prevalence
- Current HCV Drug Therapy
- Genotypes and Viral Loads
- Harm Reduction and HCV
- Wellness and Spirituality

Purpose of this Training

- ❑ CDC reports Hep C is on the rise in the U.S.
- ❑ People living with Hep C in your community likely are:
 - ✓ Veterans
 - ✓ Former/current IDU
 - ✓ Baby Boomers
 - ✓ Former/currently incarcerated

NEW HEPATITIS C
INFECTIONS HAVE
NEARLY TRIPLED
SINCE 2010



GIVEN LIMITED TESTING AND UNDERREPORTING, CDC ESTIMATES THE ACTUAL NUMBER OF AMERICANS NEWLY INFECTED IS **34,000**

Purpose of this Class

- ❑ Provide key information to service providers on Hep C until you can attend a longer training
- ❑ Participation in this class will:
 - ✓ Provide key knowledge about Hep C
 - ✓ Help us understand what people living with Hep C face daily
 - ✓ Gain perspective on the many issues surrounding Hep C
 - ✓ Provide tools on how best to support your clients and the community living with Hep C

Class Guidelines

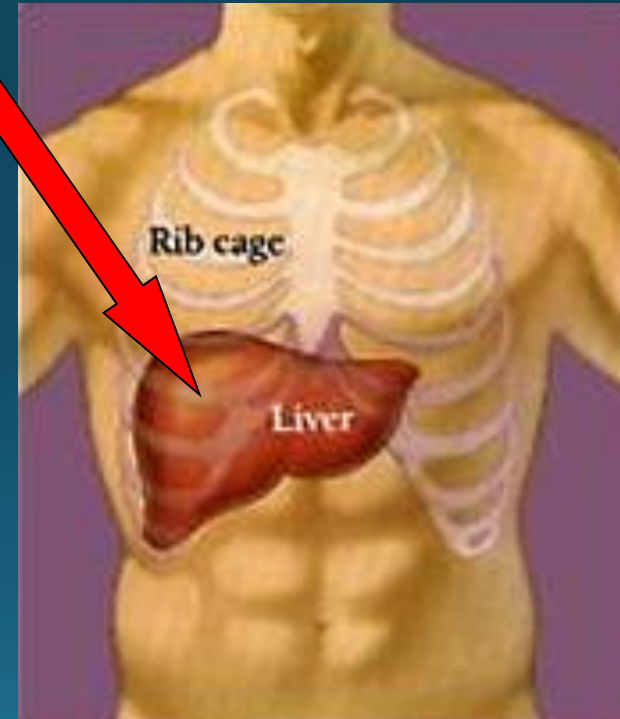
- ❑ Pre- and Post-Test will be given.
- ❑ Evaluation given at the end of each class.
- ❑ Cell phone on vibrate, please.

How Does the Liver Function and What Is Hepatitis ?

The Liver

Located in the upper right quadrant of the abdomen

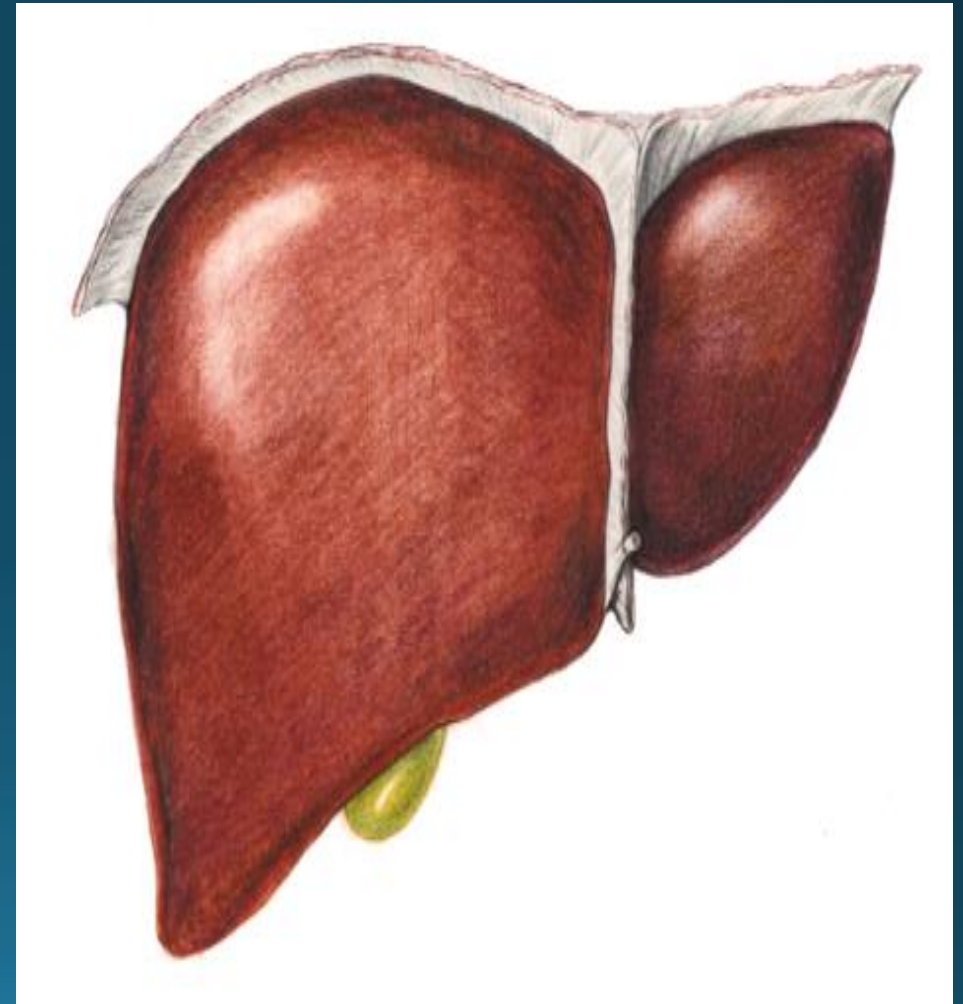
- ❑ Largest organ in your body.
- ❑ Cleans the blood.
- ❑ Regulates hormones.
- ❑ Helps with blood clotting.
- ❑ Produces bile for digestion.
- ❑ Produces important proteins.
- ❑ Maintains blood sugar levels.
- ❑ And much, much, more.



The liver is essential for life!

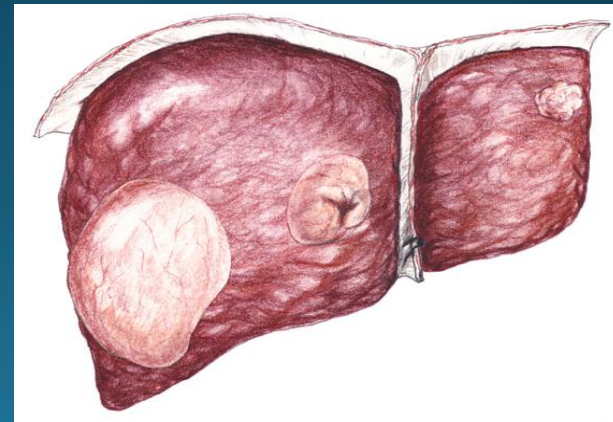
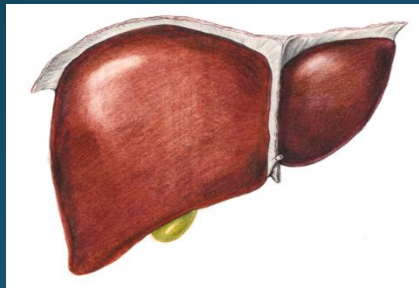
Why is the Liver Important?

- ❑ Responsible for about 500 vital bodily functions.
- ❑ Breaks down harmful substances like alcohol, illegal drugs, poisonous chemicals and some prescribed drugs.
- ❑ Removes waste products from your blood.



What Is Hepatitis?

- ❑ Inflammation of the liver.
- ❑ Hepat (liver) + itis (inflammation).
- ❑ Viral Hepatitis means there is a specific virus causing your liver to swell larger than normal.



Three Types of Viral Hepatitis

Hep A: fecal-oral transmission

Hep B: sexual fluids & blood to blood

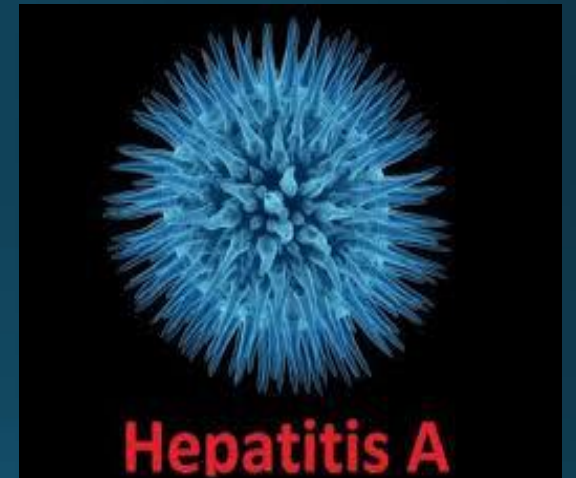
Hep C: blood to blood



**Vaccine
Preventable**

Hepatitis A (HAV)

- ❑ Least harmful of hepatitis viruses.
- ❑ Most people clear the infection without serious symptoms.
- ❑ Immunity develops after initial infection.
- ❑ Does not usually cause a chronic (>6 months) infection of the liver.
- ❑ No cure for Hep A but vaccine available to prevent future infection.
- ❑ Body usually clears the virus and heals the liver.



Hepatitis A

Signs and Symptoms

- Fatigue
- Muscle aches
- Headache
- Decreased appetite
- Nausea
- Vomiting
- Abdominal pain



- Fever
- Jaundice (yellowing of skin/whites of eyes)
- Dark urine
- Clay-colored stool



Hepatitis A Transmission

- ❑ Fecal-oral route through food or water contaminated with feces.
- ❑ Contact with feces during oral-anal contact.
- ❑ Kissing is okay!



Hepatitis A Prevention

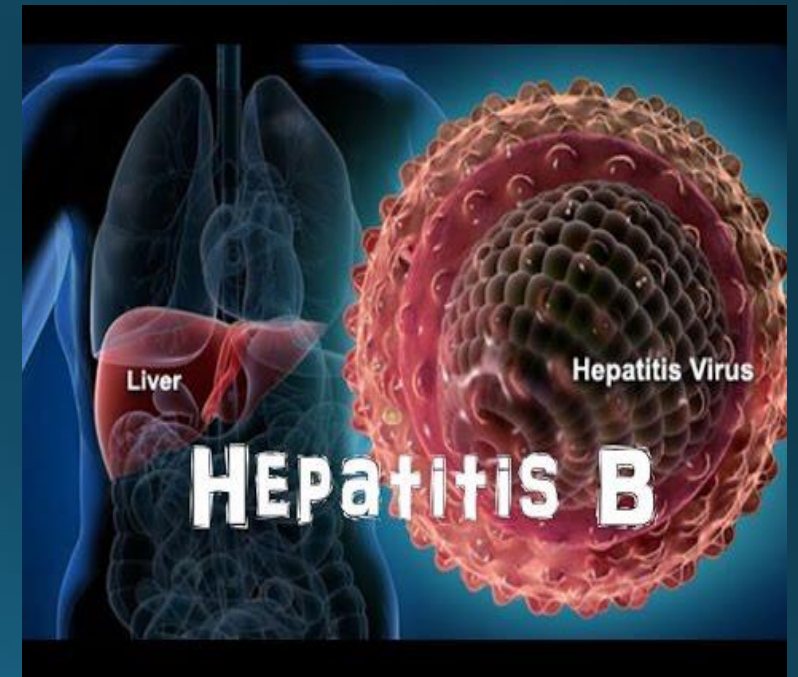
- ❑ Avoid drinking contaminated water and food.
- ❑ Avoid oral contact to feces.
- ❑ Wash hands after toilet use and before handling food.
- ❑ Wash hands after potential exposure to feces.
- ❑ Use condoms to reduce exposure to HAV during anal sex.
- ❑ Clean surfaces exposed to feces (e.g., baby changing tables).
- ❑ Get vaccinated to protect against getting HAV.
- ❑ Abstain from alcohol if you have an active HAV infection.
- ❑ Get a “booster” vaccine 6 to 12 months after first shot to provide long-term protection.



Hepatitis B

Signs and Symptoms

- ❑ Same symptoms as Hepatitis A.
- ❑ More serious than HAV infection.
- ❑ 10% will develop a chronic (long-lasting) form of infection.
- ❑ 90% of adults recover and not become chronically infected.
- ❑ People with HCV or HIV are more likely to develop a severe, chronic form of HBV infection.



Hepatitis B

Transmission – How and Who?

- ❑ Sexual and blood-to-blood contact.
- ❑ People with numerous sexual partners.
- ❑ Injection drug users sharing needles.
- ❑ Infants born to HBV-infected mothers.
- ❑ People who have intimate contact with or live with people who have HBV.
- ❑ Health care workers.
- ❑ 30%- 60% are transmitted through sexual contact.



Hepatitis B Prevention

- ❑ Do not share:
 - ✓ cookers, ties, syringes, needles, preparation water, straws, and actual substance
 - ✓ razors, nail clippers or toothbrushes
- ❑ Use disposable instruments when being tattooed or pierced.
- ❑ Use condoms to protect vagina or penis.
- ❑ Avoid pregnancy and breast feeding during active infection.
- ❑ Get vaccinated to prevent getting HBV.
- ❑ Medications are available for chronic HBV infection, not acute infection.
- ❑ Abstain from alcohol during active HBV infection.

PREVENTION



Hepatitis C

Acute Symptoms Vary and Emerge Over Time

- ❑ Only a few experience symptoms.
- ❑ Most experience no symptoms initially.
- ❑ Symptoms may appear 2-26 weeks after initial infection.
- ❑ Severe liver failure resulting in death is not common.

ACUTE

Hepatitis C

Acute Infection (< 6 months) Symptoms

- Fatigue
- Nausea
- Inability to work at usual high levels
- Lack of appetite and/or weight loss
- Muscle and joint pains
- Itching
- Depression/mood swings
- Headaches
- Diarrhea
- Frequent urination
- Night sweats
- Jaundice (yellowing of the whites of eyes)
- Dark-colored urine and clay-colored stools

Hepatitis C

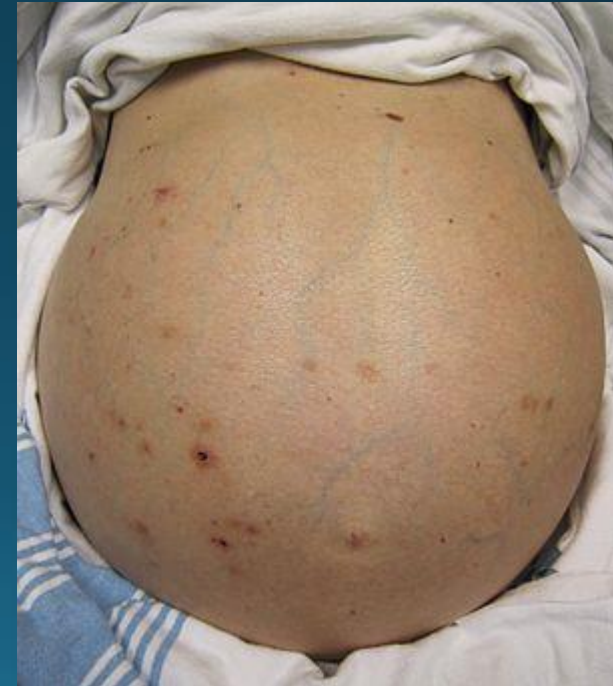
Chronic Infection (>6 months) Symptoms

- ❑ 80-85% infected with HCV will become chronically infected.
- ❑ Most patients with chronic HCV are asymptomatic or mild nonspecific symptoms.
- ❑ The most common complaint is fatigue.
- ❑ Other symptoms are similar to the symptoms presented by acute HCV.
- ❑ 25% of individuals with chronic HCV infection develop cirrhosis 10-20 years after infection.

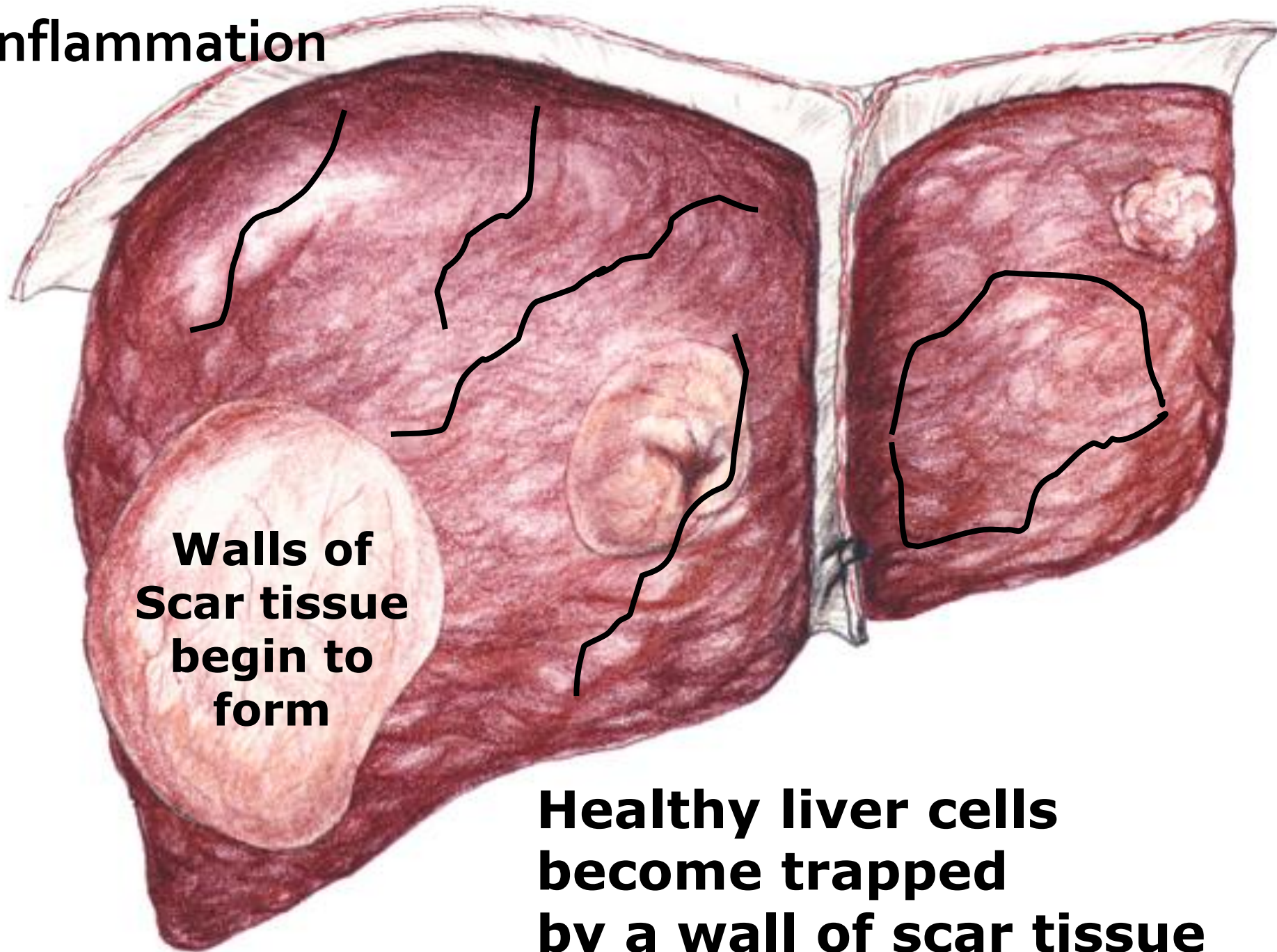


What is HCV-Related Cirrhosis?

- ❑ Occurs when liver cells are killed or damaged.
- ❑ The liver replaces dead or damaged cells with scar tissue.
- ❑ Scar tissue formation:
 - ✓ prevents flow of blood through the liver
 - ✓ causes more liver cell death and a loss of liver function
- ❑ Ascites can develop – swelling of the abdomen



Inflammation



Other HCV Complications

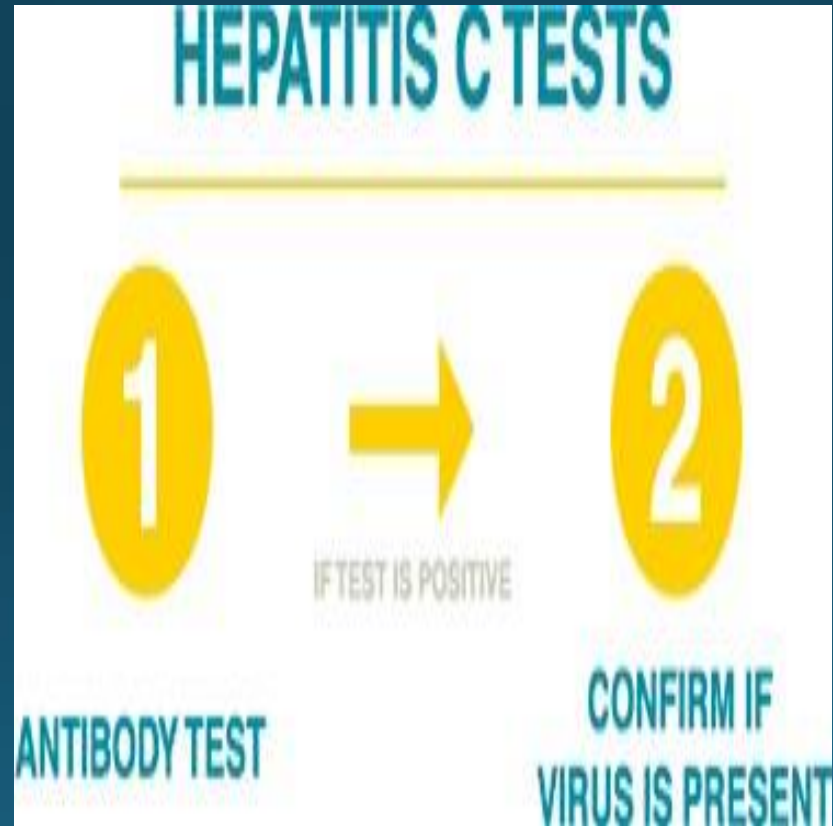
- ❑ Some people with chronic HCV will develop one of the following:
 - ✓ Kidney disease
 - ✓ Diabetes
 - ✓ Skin conditions
 - ✓ Thyroid disease
 - ✓ Disorders of the blood cells

HCV Antibody Test

- ❑ **Antibodies** = our body's immune system response to specific invaders.
- ❑ A saliva test looks for HCV antibodies



***IF HCV ANTIBODY TEST IS POSITIVE
A BLOOD TEST IS NEEDED TO CONFIRM IF THE VIRUS IS PRESENT.***



Why get tested?

- ❑ Knowing your status encourages safer behaviors.
 - ✓ Helps keep you HCV-negative.
 - ✓ Protects your loved ones if HCV-positive.
- ❑ If positive get monitored for changes in your condition and for treatment, even before symptoms appear.
- ❑ Virus can live on surfaces for up to 6 weeks at room temperature.
- ❑ 1/3 of adults just want to know.
- ❑ Some get tested because their MD, clinic or peer recommend it.



Knowledge is
Power

Reasons Why People *Don't* Get Tested:

- ❑ Some people may deny their risk.
- ❑ Some don't know where to go for testing.
- ❑ Some don't want to know the results.
- ❑ Some are concerned about confidentiality of test results.
- ❑ Some fear discrimination.



Anonymous vs. Confidential Testing

What is the difference?



Anonymous vs. Confidential Testing

Anonymous testing

- ✓ Your name is not recorded.
- ✓ No one has access to your test results.

Confidential testing

- ✓ You and your doctor/clinic know your results.
- ✓ Your status is part of your medical record.

Advantages of Being Tested

- ❑ Keeps organ donations safe.
- ❑ Explains symptoms related to HCV.
- ❑ Know your status before deciding to get pregnant or give birth.
- ❑ Reduces anxiety for “the worried well.”
- ❑ Motivates those engaging in high risk activity to reduce those behaviors.
- ❑ Helps epidemiologists (people who study epidemics) determine how much HCV infection is in the population.



What Are The Risks of Being Tested?

- ❑ High anxiety, insomnia, depression.
- ❑ Feeling stigmatized if others found out you were tested.
- ❑ Being discriminated against with employment, insurance, or housing or by drug partners.
- ❑ Overly preoccupied with bodily symptoms.
- ❑ NOT dying from a “silent killer” that had a cure available to you and NOT infecting the people you love



Supporting Someone Who Just Got Tested

If they test positive:

- ❑ Encourage them to reduce unsafe sex and needle-sharing.
- ❑ Get them accurate information.
- ❑ Encourage them to get support from those they trust.
- ❑ Thank them for their courage.

If they test negative:

- ❑ Encourage them to not engage in unsafe sex and needle-sharing.
- ❑ Help them stay in the loop with accurate information from local resources.



Harm Reduction and HCV Treatment

- ❑ People who use alcohol and street drugs have the right to be offered HCV treatment.
- ❑ There is little info about:
 - how street drugs (such as heroin, crack, crystal meth or speed) affect the liver or
 - how HCV meds and street drugs interact with each other.
- ❑ It is possible for people who use alcohol and street drugs to take treatment and be cured of HCV.
- ❑ Harm reduction model:
 - Stop or use smaller amounts of street drugs.
 - Stop or cut back alcohol use.



Recommended Vaccinations

Get vaccinated for Hepatitis

A and B if:

✓ you have **chronic HCV**
infection

AND/OR

✓ **at high risk for HIV.**

PEOPLE AT HIGH RISK FOR HIV
INFECTION,



including men who have sex with
men and injection drug users,

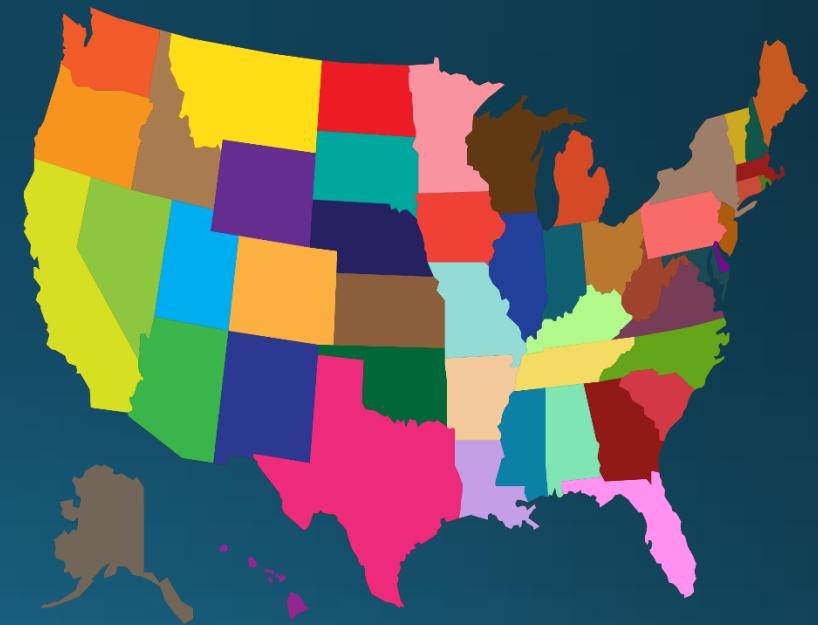
**SHOULD BE VACCINATED
AGAINST HEPATITIS A AND B.**

(THERE IS NO HEPATITIS C VACCINE)

Hepatitis C Infection Prevalence

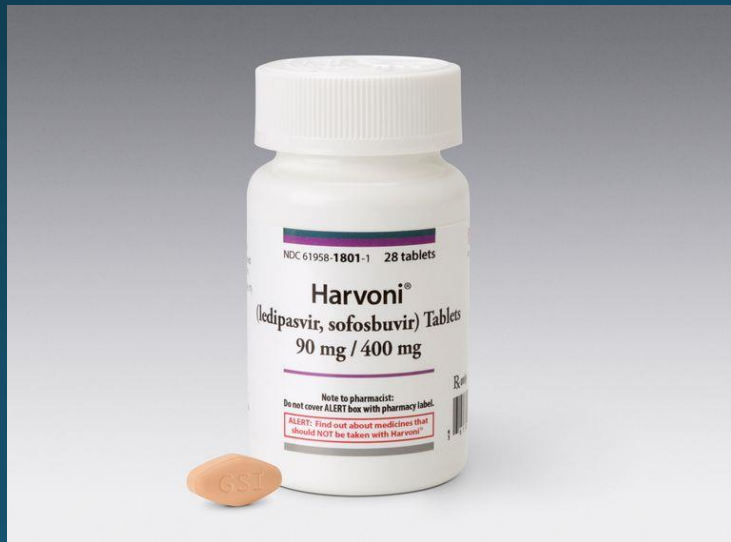
In the U.S.

- ❑ ~35,000 Americans contract Hep C each year.
- ❑ 8-10K die of HCV-related cirrhosis or liver cancer each year.
- ❑ 4M Americans (2% of population) have chronic HCV.
- ❑ Chronic HCV is leading cause of liver transplants in the US.



Current Hep C Drug Therapy

- ❑ Newer drugs cure up to **99 percent** of people depending on the type of HCV infection and treatment exposure.
- ❑ **Harvoni** is the most commonly used drug therapy today due to its high success rate.
- ❑ **Harvoni generic version** will be released in 2019.
- ❑ **Mavyret** is an alternative treatment available.



Harvoni Treatment Schedule for most HCV strains

- ❑ 8 weeks – if no cirrhosis and no previous treatment
- ❑ 12 weeks – if no cirrhosis, but previously treated
- ❑ 24 weeks – for specific cases with other conditions
- ❑ Harvoni is sometimes prescribed in combination with Ribavirin.
- ❑ Men and women respond well to Harvoni treatment.



Common Treatment Side Effects for Ribavirin

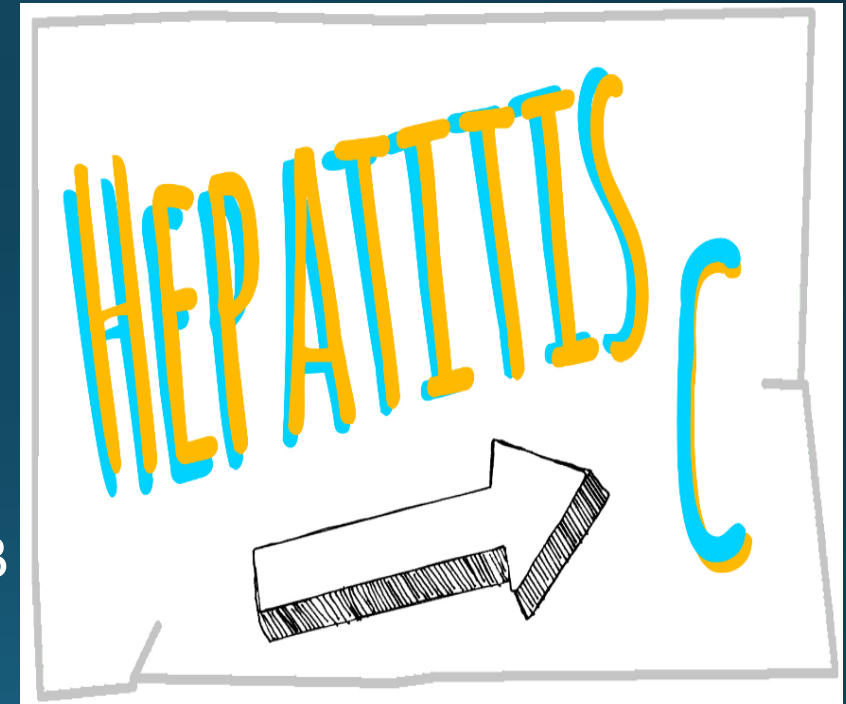
Mild symptoms include:

- ❑ Fatigue
- ❑ Headache
- ❑ Nausea
- ❑ Diarrhea
- ❑ Insomnia
- ❑ Rare instances: skin swelling, rash, or blisters.



Bottom Line about Hepatitis

- ❑ Hepatitis means inflammation of the liver.
- ❑ Vaccines are available for Hepatitis A and B.
- ❑ Hep A is spread through contaminated food or water.
- ❑ Hep B is spread through sexual and blood-to-blood contact.
- ❑ Hep C can be treated and cured.
- ❑ Hep C is spread through blood-to-blood contact and possible sexual intercourse
- ❑ People with HCV should be vaccinated for Hep A and B and avoid drinking alcohol.
- ❑ It can take 10-40 years for severe symptoms of HCV to develop.
- ❑ All Hepatitis infections can result in liver cirrhosis and liver cancer.



Post-test Learning Assessment

Let's see what we've learned

Class Evaluations

Help us improve and help more people

National Hepatitis Education & Wellness Center

www.HepCwellness.org

