

Being Diagnosed with Hepatitis C: Blood Tests

Hepatitis C Virus Antibody Test

Positive
You have been
exposed to HCV.

Negative
You do not
have HCV.

Test for Virus: HCV RNA Test

Positive
You have HCV.

Negative
You do not have HCV.

Once You Have Been Diagnosed with HCV

Blood Tests for Liver Health or Disease, and Liver Function

liver enzymes • albumin • bilirubin • complete blood count (CBC) • prothrombin time (PT)

Genotype Testing

The type of hepatitis C virus you have can be important in deciding on treatment.

Liver biopsy

This is the only way to tell if the virus has damaged your liver, and if so, how much damage has been done.

Important Actions for Everyone with Hepatitis C



STOP Drinking Alcohol

Work to Attain Your Ideal Body Weight

Educate Yourself: Knowledge is Power

Hepatitis C Treatment Options

What Do You Hope to Accomplish?

There are two routes you can choose from when it comes to treating chronic hepatitis C:

Aggressive Therapy

This approach involves taking powerful medicines in an attempt to kill the virus and eliminate it from your body.

Watchful Waiting & Supportive Care

This approach involves taking steps to improve your overall and liver health to maximize your natural ability to fight the virus, and limit damage to your liver.

Choosing Providers to Help You Accomplish Your Treatment Goals



Aggressive Therapy

If you choose to pursue Aggressive Therapy, you will want to work primarily with a western medical doctor (MD or DO) who specializes in liver diseases. These doctors are called **hepatologists**. Western medicine treatment options include:

Pegylated Interferon plus Ribavirin
Consensus Interferon
Interferon Monotherapy
Experimental Protocols

Watchful Waiting & Supportive Care

If you decide on the Watchful Waiting approach, you can work with a western doctor, or one or more CAM providers. There many different CAM specialties. A partial list includes:

Ayurvedic Medicine
Chinese Medicine
Homeopathy
Mind Body Medicine
Naturopathic Medicine
Nutritional Counseling
Lifestyle Counseling

Integrative Medicine

You may choose to pursue Aggressive Therapy and decide to enhance that care by also using CAM therapies. You may opt to find a doctor who uses both western medicine and CAM. Or, you may choose to have separate western medicine and CAM providers.

Always tell each of your health care providers all the therapies you are using.