

EASY C FACTS

Alcohol

If you have Hepatitis C (HCV or Hep C for short) one of the best things you can do for yourself is to stop drinking or cut down as much as you can. Drinking alcohol can cause a lot of liver damage in people with hepatitis C.

If possible, it is best to stop drinking. If you

can't stop drinking, try to cut down on the amount that you drink. For many people, it is not easy to stop drinking or even to drink less alcohol. If you are having problems with alcohol talk with your doctor, counselor or anyone you feel safe with to discuss ways that will help you stay healthy.

What happens when you mix alcohol and HCV?

- ◆ Your liver will become damaged more quickly; alcohol by itself can cause liver damage
- ◆ Your body's natural defenses will not be able to fight off HCV as well as someone that does not drink alcohol
- ◆ HCV will make more copies of itself
- ◆ HCV medical treatment may not work as well
- ◆ Most doctors will not give you HCV medications to fight your HCV infection