



Screen, Treat, Or Prevent (STOP) Hepatocellular Carcinoma (HCC) and Hepatitis C (HCV)

English

Español



## Why are you using this app?

To learn about hepatitis C  
virus

To understand my hepatitis C  
diagnosis

For training purposes only

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**UT Health San Antonio**

**What is your age?**  
**(choose one of the following)**

**18-25 years**

**26-34 years**

**35-44 years**

**45-54 years**

**55-64 years**

**65 years or older**



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**What is your gender?**  
(choose one of the following)

Male

Female

Transgender-  
Female to Male

Transgender-  
Male to Female

Decline to answer



**UT Health San Antonio**

**What is your ethnicity?**  
**(choose one of the following)**

**Hispanic or  
Latino/a**

**Not Hispanic or  
Latino/a**

**Decline to answer**



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**How do you describe yourself?**  
**(choose one of the following)**

**Black or  
African American**

**White**

**American Indian or  
Alaskan Native**

**Native Hawaiian or  
Pacific Islander**

**Asian**

**Decline to answer**

**Pathway 1: For patients who have not been screened for  
hepatitis C**



**UT Health San Antonio**

## **Welcome**

This app helps you understand why you  
should be screened for hepatitis C infection.





## Welcome

Do you know what hepatitis C means for your health?

We're here to help you find out.



## What is hepatitis C?

Hepatitis C virus is a liver infection.

Most people with hepatitis C infection don't know they have it.

Hepatitis C causes few symptoms for many years until serious liver problems occur.

It is important to know if you have hepatitis C infection, because it can seriously hurt your liver.

There is a **cure** for hepatitis C so most people can get rid of the infection!



## What is Hepatitis?



Hepatitis is an inflammation of the liver.

Your liver is an important organ in the upper right part of your stomach area.

Your liver helps your body use the food you eat.

It fights infections, cleans your blood, and helps it clot.

You can't live without your liver!



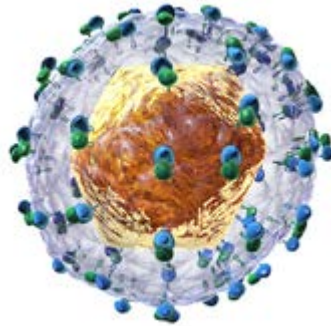
## What causes hepatitis C?

Hepatitis C is a virus that infects the liver.

There are several different kinds of hepatitis viruses such as: A, B, and C.

Hepatitis C is the most common type in the U.S.

Hepatitis A and B can be prevented by vaccines but hepatitis C cannot.





## Quick Question

What part of your body does hepatitis C hurt?

**Stomach**

**Bones**

**Liver**

**Eyes**



## Quick Question

What part of your body does hepatitis C hurt?

**That's Correct!**

**Hepatitis C hurts your liver.**



## Who has hepatitis C?

From 3 to 5 million people in the U.S. have hepatitis C infection.

About half of these people do not know that they have this infection.

Most of the people with hepatitis C were born from 1945 through 1965 (baby boomers).

Hepatitis C is also very common in people who have ever injected drugs.

They should all be tested for hepatitis C.



## How do you get hepatitis C?



You can get hepatitis C from contact with blood from another person with hepatitis C.

An infected mother can also give the infection to her baby

It is much less common to get this infection from sexual relations.





## Other ways to get hepatitis C

An uninfected person can be exposed to infected blood from:

Injecting or snorting drugs.

Getting tattoos using dirty needles.

Having a blood transfusion before 1992.

Having rough or anal sex.

Needle stick in a health care worker.

A mother to her baby.





## What does not spread hepatitis C?

**You CANNOT get hepatitis C from:**

Kissing and hugging

Sharing food.

Everyday work and play.





## Quick Question

What is one of the ways you can get hepatitis C?

**Hugging someone with hepatitis C**

**Getting a blood transfusion today**

**Using a needle that was used by  
someone with hepatitis C**

**Eating food that was made by  
someone with hepatitis C**



## Quick Question

What is one of the ways you can get hepatitis C?

**That's Correct!**

Needles with blood on them from an infected person can give you hepatitis C.



## How do you know you have hepatitis C?

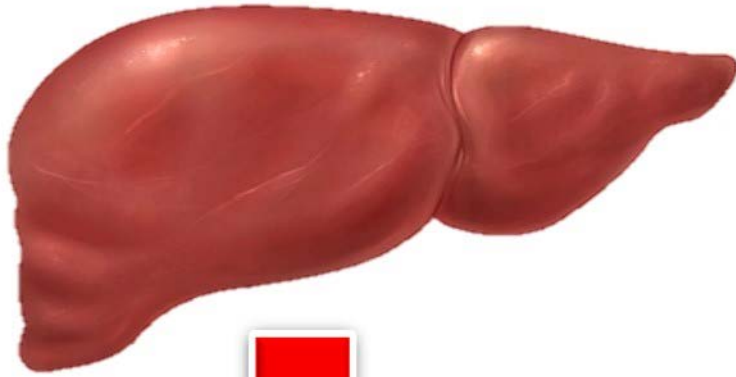
There are two common blood tests for hepatitis C:

1. Hepatitis C test for antibodies that fight the infection.
2. Hepatitis C RNA test to find out if the virus is still in your body.

If the first test is positive, it means you have had the infection at some point in your life. Some people do not stay infected, so the second test checks for the virus in your blood.



Healthy Liver



Unhealthy Liver



## How can hepatitis C affect your liver?

Over time, hepatitis C can scar your liver.

When the liver is scarred a lot, it is called fibrosis.

Over time, these scars (fibrosis) become severe with nodules and the liver shrinks. That is called cirrhosis.

With cirrhosis, the liver does not work well so people can get very sick.

Hepatitis C is also the most common cause of liver cancer.



## How can hepatitis C affect you?

Most people infected with hepatitis C do not know it.

When they first get infected, some people feel as if they have the flu.

After about 20 years, hepatitis C can start to make you sick, including feeling tired or less energy.

With severe liver damage, people can get nausea, loss of appetite, fluid in the stomach, yellow skin (jaundice), severe weakness, easy bleeding/bruising.



## Quick Question

How do you know for sure if you have hepatitis C?

**Two blood tests to confirm the diagnosis**

**You can tell from a chest x-ray**

**You can never be sure**

**Doctor can tell by looking at you**

**Back**





## Quick Question

How do you know for sure if you have hepatitis C?

**That's Correct!**

Two blood tests are needed to confirm that you currently have hepatitis C.

Back

Next



## How can I protect my liver?

Cut out the alcohol.

Beer, wine, hard liquor, or other alcohol can hurt your liver even more and can cause the liver to fail.

Tell your doctor or health care provider check if you need to be vaccinated against hepatitis A & B.

There is no vaccine for hepatitis C but there is treatment that can cure you.



## Other ways to protect my liver

Fat can also scar your liver, you need to eat healthy.

Be sure to check that your medications will not hurt your liver.

Check pills that you may buy yourself like Tylenol, Advil, ibuprofen, or other herbal pills as they can harm your liver.

## Pathway 2: For patients who have been diagnosed with hepatitis C



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### How do I protect my family and others from getting hepatitis C?

If you have hepatitis C, it is in your blood. So don't:

- Donate blood
- Share things that could have your blood on them with others (toothbrushes, razors, clippers)
- Let others touch your blood if you have a cut





## Is there a cure?

Yes! Your doctor can give you medication that can cure hepatitis C.

Treatment usually lasts only 8-12 weeks.

The medications generally cause no or mild side effects.

For most people, the virus goes away for good.

Avoid activities that can infect you again with hepatitis C, such as sharing needles.

## Pathway 2: For patients who have been diagnosed with hepatitis C



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**A few questions for you, to help you protect your liver:**

Are you a:

**Man**

**Woman**

**Back**

**Pathway 2: For patients who have been diagnosed with hepatitis C**



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**A few questions for you, to help you protect your liver:**

How often do you have a drink containing alcohol?

**Never**

**Monthly or less**

**2-4 times a month**

**2-3 times a week**

**4 or more times a week**

**Back**



## Protect your liver – don't drink alcohol.

Even a few drinks can hurt your liver when you have hepatitis C.  
Alcohol is a poison for a damaged liver

You may drink more than is healthy for your liver. It can be hard to stop drinking on your own.

It is important to get help with cutting down and stopping drinking.

Talk to your doctor or health care provider about ways to help you to stop drinking.



**Pathway 2: For patients who have been diagnosed with hepatitis C**



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**A few questions for you...**

Have you used any of these drugs in the past?

(pot, cocaine, heroin, uppers, downers, meth,  
hallucinogens, or inhalants)

**Yes**

**No**

**Back**

## Pathway 2: For patients who have been diagnosed with hepatitis C



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### Beware



Sharing needles or sharing straws is risky for you and other people.

Using drugs can also delay getting treated for hepatitis C .

Your doctor or health care provider can help you get treated for your drug use.

**Pathway 2: For patients who have been diagnosed with hepatitis C**



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**A few questions for you, to help you protect your partners, friends, and family from hepatitis C.**

Do you have sex with:

**Women**

**Men**

**Both**

**Back**

## Pathway 2: For patients who have been diagnosed with hepatitis C



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### Be safe about sex!

Let your partner know that you have hepatitis C so that he or she can be tested too.

It is best to be sure, even though most of the time your partner will test negative.

To protect your partner, you should always wear a condom when having anal sex or any type of sex where bleeding may occur.



## Reasons why you want to keep getting care for hepatitis C:



1. You can learn about how limit liver damage
2. You can get treated for hepatitis C
3. If you are cured of hepatitis C, you can't spread the virus to others
4. You can get checked for liver cancer and get it treated early
5. You will feel much better and live longer if your liver is healthier

## Pathway 1: For patients who have not been screened for hepatitis C



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### Wonderful benefits from treatment:

- Your hepatitis C infection can be cured.
- If you are cured, you won't spread the infection to others.
- Feel better!
- Live longer!



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**Any questions?**

**Remember, we are here to help you as part of your team!**



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Rating

How useful was this to help you understand hepatitis C?

Not useful  
at all

1

2

3

4

5

Very useful





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