

## Taking Care of Your Liver:

### 1. Eat right

Eat a balanced diet of vegetables, fruits and proteins. Excess fats and carbohydrates can cause fat deposits in the liver. Eating small meals can be digested easier and create less burden on the liver.

### 2. Minimize or Avoid Alcohol

i.e. beer, wine, cocktails and liquor.

### 3. Take medicine as prescribed

Do not exceed recommended doses, even seemingly harmless medicines can damage the liver, particularly if you have diabetes, high cholesterol and triglycerides.

### 4. Avoid pollutants

Fumes of insect sprays, paints, car fumes and other aerosols when inhaled may be absorbed in the liver, causing damage.

### 5. Beware of herbal supplements

Not all "natural" are safe. Some herbal remedies are reported to cause liver toxicities.

### 6. Lessen the risk of infection

Wash your hands properly after using the toilet and before eating, practice safe sex and consider vaccination for viral hepatitis

### 7. Exercise

Gradual weight loss coupled with increased exercise will reduce fat deposits on the liver.

### 8. Consult your doctor if you have concerns about your liver health.

And Regardless of your health status,

**GET TESTED!**

## FOR MORE INFORMATION CONTACT:

### Margaret Moss Health Unit

675 Canada Ave.  
Duncan V9L 1T9  
Phone: 250-709-3050

**Testing Services;** HIV, Hep C and STI's, Birth control, Emergency contraception, Pregnancy counseling and Youth Services under age 25. **Mon & Thurs 9-11:00am**

### Duncan Mobile Outreach (NARSF)

Free & Confidential Health Services  
STI Prevention, Referrals and Harm Reduction, with Needle Exchange and condom distribution.  
NARSF offers free, confidential HIV testing at 375 Franklyn Street, Nanaimo, BC.  
**Tues- 4-8pm**  
Call: (250) 510-3637

### Ts'ewultun Health Centre

#### Testing Services:

HIV rapid test, Hep C, Sexually Transmitted Infections.

5768 Allenby Rd., Duncan, BC V9L 5J1  
Phone: (250) 746-6184

### Kw'am Kw'um S'uli Program

(Ask for KKS Coordinator)  
Hiiye'yu Lelum (House of Friendship) Society  
P.O. Box 1015  
106-5462 Trans Canada Hwy.  
Duncan, BC V9L 3Y2  
Phone: (250) 748-2242 ext. 137



**Hiiye'yu Lelum**  
House of Friendship Society

## Kw'am Kw'um S'uli:



“Strengthening our Spirit“

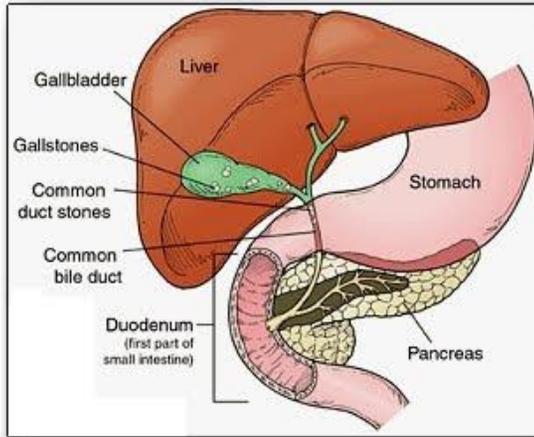
## Hepatitis C



**Learn, Protect, Heal**

**GET TESTED**

**Hepatitis C (HCV)** is a **TREATABLE** liver disease caused by the (HCV) virus.



**HCV is a health concern** because, chronic HCV may show no symptoms for years and left untreated, may eventually lead to liver damage and liver cancer.

An unhealthy liver (hepatitis) can also adversely affect the brain, eyes, esophagus, spleen, pancreas, legs, arms, skin and muscles. It is possible to avert these negative affects with **treatment**.

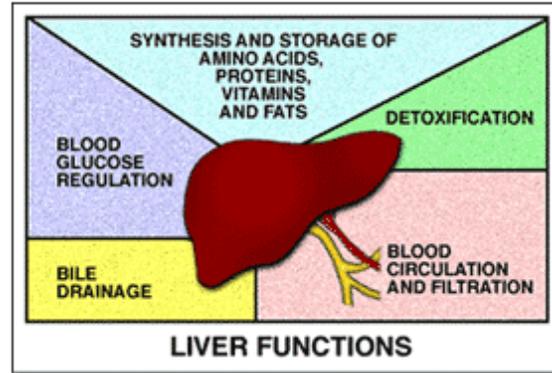
## GET TESTED

### How do I get infected by HCV?

HCV is spread through infected blood to blood contact. 70-80 per cent of HCV transmission is due to high risk behaviours such as injection drug use and sharing of contaminated needles and drug using materials.

**HCV is not spread** by casual contact; hugging, kissing, or shaking hands or being around someone who is sneezing or coughing and is not found in water or food.

## Why do I need my liver?



### Common risk factors for HCV infection:

- Injecting or snorting drugs, tattooing, body piercing.
- Sharing personal care articles; razors, scissors, nail clippers or toothbrushes.
- Being born to a mother with HCV.
- Getting pricked by a needle or sharp equipment.
- Unprotected sexual activity that includes contact with blood.

## GET TESTED

At first, most people may have no symptoms or few, but in time, may develop **symptoms**:

- Feeling tired
- Muscle/ Joint pain
- Pain in stomach area/ Nausea
- Head aches/ Brain fog
- Extreme itchiness
- Depression/ Anxiety

**The only way to know if you have HCV is to GET TESTED: (Blood Test)** It can be treated. Talk to your health care provider.

**Avoid alcohol or limit consumption.**

### 12 Heavy Drinkers



### To prevent the spread of HCV:

- Use your own drug related equipment, cleaning with bleach may not kill HCV
- **BUT...** it will kill the HIV virus.
- Use your own toothbrush, scissors, razors and nail clippers.
- Cover open sores or breaks in skin with band aids or other sterile material.
- If you have more than one sex partner, or a new sex partner, use male/female condoms or dental dams.

### HCV infection:

The virus goes away for up to 1 of 4 people infected with HCV during the first six months of infection.

3 of 4 go on to chronic HCV and the virus will NOT go away on its own.

**Chronic HCV** can lead to possible inflammation, fibrosis which may lead to possible cirrhosis and liver cancer.

**Many people finish treatment and are able to get rid of the virus.**

