



Hepatitis C Treatment One Step at a Time: Inspiration and Practical Tips for Successful Treatment

Lucinda K. Porter RN

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Hepatitis C is the most common blood-borne virus in the U.S. The Centers for Disease Control and Prevention estimate that 3.2 million Americans are chronically infected with the chronic hepatitis C virus (HCV). Treatment for HCV is long, sometimes lasting a year or more with success rate currently around 50%. And the medications often cause incapacitating side effects. Two new medications introduced in 2011 are showing success rates of 75 to 80%. However these new medications are taken with existing HCV drugs and include and intensify the side effects.

Hepatitis C Treatment One Step at a Time provides the practical advice and daily inspiration you need to help you successfully make it through hepatitis C (HCV) treatment.

Deciding to undergo hepatitis C treatment is one of the bravest and most important steps toward health you'll ever make. As a former Stanford nurse in the HCV field and a patient who was treated twice for HCV, Lucinda K. Porter understands how physically and emotionally challenging treatment can be.

In *Hepatitis C One Step at a Time*, she provides entries for each day of treatment, offering you a daily dose of relief, encouragement, and tips to help you stay on treatment. From dealing with fatigue and nausea to nosy co-workers and lab results, Porter provides everything you need to know to ease the process, including how to:

- Prepare for treatment, mentally, physically, and financially
- Manage side effects
- Set up a support system
- Keep your spirits up with daily inspiration and humor
- Celebrate your strength and acknowledge your milestones
- Find additional community and up-to-date information with an extensive resources section

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