



## ANYONE CAN HAVE Hep C! RISK FACTORS include:

### BLOOD & BLOOD PRODUCTS RECEIVED (PRE-1992 in NORTH AMERICA, LATER IN SOME COUNTRIES)

- ◆ Some patients were not informed of procedures.

### RECREATIONAL DRUG USE

- ◆ Even one-time use many decades ago is a risk factor.
- ◆ Shared straws, pipes, syringes, or needles transmit.

### IMMIGRATING FROM CERTAIN COUNTRIES

- ◆ Many were infected with Hep C during mass-vaccinations, or by tainted blood before it was tested.
- ◆ Blades or needles used in traditional practices such as circumcision, acupuncture and phlebotomy can transmit.

### RISKY OCCUPATIONS

- ◆ Healthcare workers, war vets, athletes, cooks
- ◆ Cuts, scrapes, and needle-stick injuries can transmit.

### TATTOOS, PIERCING, MANI-PEDI, WAX, ELECTROLYSIS

- ◆ Insist upon autoclaved or brand-new tools, new wax, new templates, and individually-sealed ink packages.

### SEXUAL TRANSMISSION

- ◆ Hep C is only very rarely spread through typical heterosexual activity.
- ◆ Hep C is spread via blood-to-blood contact.
- ◆ Use condoms during MSM, and any sexual activities that might lead to tearing, or if one partner has an STD, open sore, is menstruating, or is HIV+.

### OTHER RISK FACTORS FOR HEPATITIS C INCLUDE:

- ◆ Sharing razors, nail clippers, or toothbrushes
- ◆ 1 in 20 infants born to infected moms develop Hep C.
- ◆ Exposure to improperly sterilized dental tools or medical equipment such as in dialysis or colonoscopy.



HepCBC Hepatitis C Education and Prevention Society  
Dealing with Viral Hepatitis since late 1990s

WEBSITE [www.hepcbc.ca/](http://www.hepcbc.ca/)

FACEBOOK [HepCBCFace](https://www.facebook.com/HepCBCFace)

EMAIL [info@hepcbc.ca](mailto:info@hepcbc.ca)

TWITTER [@hepcbc](https://twitter.com/hepcbc)

YOUTUBE [hepcbc](https://www.youtube.com/hepcbc)

CANADIAN CHARITY #86800-4979-RR0001

## CONTACT HepCBC

### VICTORIA MAIN OFFICE

Room 20 – 1139 Yates St., Victoria, BC V8V 3N2  
OFFICE PHONE: 604-288-2578 OR 250-595-3892 (press 4, 1)  
OFFICE HOURS: Check website for current hours.

### VANCOUVER OUTREACH OFFICE

Room 206A, 938 Howe Street, Vancouver, BC V6Z 1N9  
OFFICE PHONE: 604-259-0500 OR 250-595-3892 (press 4, 2)  
OFFICE HOURS: Check website for current hours.

### TOLL-FREE PEER SUPPORT

Confidential Email or Phone conversation with trained  
Hep C (or Hep B)-experienced volunteers.

**+1-844-268-2118**

EMAIL SUPPORT: [info@hepcbc.ca](mailto:info@hepcbc.ca)

CHINESE Info & Support: 604-330-0096

### YOU CANNOT GET HCV BY

**Hugging or Kissing, Sneezing or Coughing  
Eating, Drinking, or Sharing Food**

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# BORN 1945-1975? GET TESTED for Hepatitis C

*\* You can have Hep C  
but NOT KNOW it.*

*\* Hep C can KILL.*

*\* There is NO VACCINE.*

*\* There is a CURE.*





# HEPATITIS C IS A DEADLY DISEASE

Hepatitis C is a serious and sometimes fatal disease caused by a virus that infects the liver. Over time, it can lead to advanced liver disease, liver and other cancers, and liver failure. Approximately 335,000 people in Canada have hepatitis C.

Because many baby boomers have lived with hepatitis C for 20 to 40 years, their liver-related complications, including cirrhosis, liver cancer, other cancers, liver failure, hepatic encephalopathy, and liver-related deaths are expected to peak in the next decade.



## BABY BOOMERS (and those slightly younger) ARE THE MOST AFFECTED GROUP

Residents of Canada born between 1945 and 1975 are most affected by hepatitis C. This age group accounts for over 75% of people living with and dying from hepatitis C in Canada.

**BAD NEWS:** Hepatitis C is a rising cause of death among baby boomers. Deaths due to hepatitis C have exceeded deaths related to HIV/AIDS nationally since 2007.

**GOOD NEWS:** Hepatitis C damage to the liver and other organs and body systems can be prevented or reversed if caught in time. And if you discover you have Hep C, don't get DEPRESSED. Get CURED!

**SYMPTOMS:** There are usually NO SYMPTOMS until liver damage reaches Advanced stages. POSSIBLE SYMPTOMS can include nausea, fatigue, confusion, irritability, inability to concentrate, weakness, poor appetite, yellow skin or eyes, dark urine, abdominal pain and swelling, edema, or blood in vomit or stool.



### YOU CAN HAVE HEP C AND NOT KNOW IT

It is estimated that 44% of Canadians with chronic hepatitis C remain undiagnosed and unaware of their infection.

## LIVER EXPERTS IN US and CANADA RECOMMEND BABY-BOOMER TESTING

Ask your doctor for a simple blood test at your next physical exam, just to make sure! Share this information with your friends and relatives. It could save a loved one's life.

One-time hepatitis C screening of those born between 1945-1975 will prevent serious disease and several thousand unnecessary deaths in Canada.

## HEPATITIS C IS NOW CURABLE

Most people with hepatitis C can now be cured in a matter of weeks with new highly-effective, all-oral treatments that, in most cases, have almost zero side effects. (No more INTERFERON! No more NEEDLES!) The new treatments are covered in most cases by provincial/territorial Pharmacares. There are also some programs offered by pharmaceutical companies to help with co-pays. Once a person is cured of the hepatitis C virus, liver damage stops, and in most cases the damage starts slowly reversing.

**Note to anyone co-infected with hepatitis C & B:**  
**Hepatitis C treatment may re-activate hepatitis B virus.**

### For more information & what to do next:

[www.hepcbc.ca](http://www.hepcbc.ca)  
[www.actionhepatitiscanada.ca](http://www.actionhepatitiscanada.ca)  
[www.hepctip.ca](http://www.hepctip.ca)

[www.catie.ca/en/hepatitis-c](http://www.catie.ca/en/hepatitis-c)  
[www.liver.ca](http://www.liver.ca)  
[www.hepatitiseducation.ca](http://www.hepatitiseducation.ca)