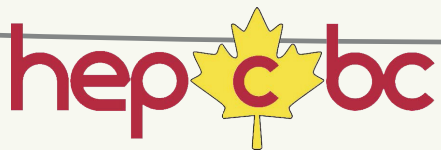




Above: Thanks to Healthcare professionals from Nisga'a Valley Health Authority, Gitlaxt'aamiks, BC, Canada



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

WEBSITE: www.hepcbc.ca

FACEBOOK: HepCBCFace

TWITTER: @hepcbc

YOUTUBE: hepcbc

CANADIAN CHARITY: #86800-4979-RR0001

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.
- ⇒ Women living in remote communities were often given "top-up" blood transfusions following childbirth.

RECREATIONAL DRUG USE (NEEDLES, STRAWS, PIPES)

- ⇒ Even one-time use many decades ago is a risk factor.

RISKY OCCUPATIONS

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

RESIDENTIAL SCHOOLS or PRISON: SPECIAL RISKS

- ⇒ Shared vaccinations and body art equipment.

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; transmission is "blood-to-blood."
- ⇒ 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+.

IMMIGRATING FROM CERTAIN COUNTRIES

- ⇒ Many were infected with Hep C through vaccinations and some traditional medical and cultural practices.

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.

CONTACT HepCBC

- ⇒ Confidential Email or Phone conversation with trained Hep C (or Hep B)-experienced volunteers.
- ⇒ Access to information and support in CHINESE, PUNJABI, HINDI, and other languages upon request.
- ⇒ Speakers and Webinars available in any language if your organization can provide medical interpreter.

TOLL-FREE PHONE:

+1-844-268-2118

(Press 1 for Prison Outreach, Press 2 for Office, and Press 3 for Peer Support)

ALTERNATE NUMBERS:

604-259-0500 OR 250-595-3892

FAX: 604-424-4374

EMAIL: info@hepcbc.ca

LOCATION: Various locations in British Columbia.

YOU CANNOT GET HEPATITIS C BY
Hugging or Kissing, Sneezing or Coughing
Eating, Drinking, or Sharing food

Publishing made possible through generosity of our contributors; for current sponsor list, see www.hepcbc.ca.

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, cancer, and liver failure. Approximately 220,000 - 246,000 Canadians have chronic hepatitis C.*

Because many older people have lived with hepatitis C for 20 to 40 years, their liver-related complications, including cirrhosis, liver cancer, other cancers, liver failure and transplant, hepatic encephalopathy, and liver-related deaths are expected to peak in the next decade. Hep C often does its damage 'silently' so people get diagnosed too late.

ELDERS (and those slightly younger) ARE THE MOST AFFECTED GROUP

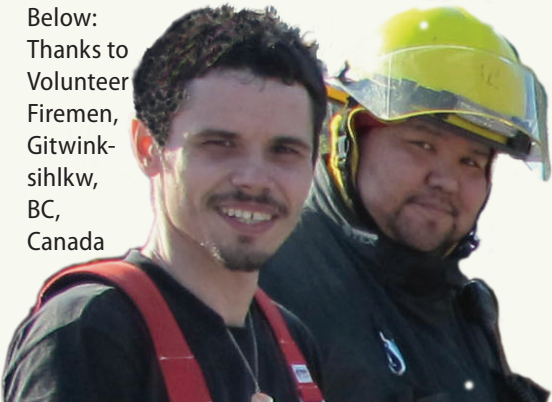
Residents of Canada born between 1945 and 1975 are most affected by hepatitis C. This age group accounts for over 75% of people living with and dying from hepatitis C in Canada.

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.

Below:
Thanks to
Volunteer
Firemen,
Gitwink-
sihlkw,
BC,
Canada



Rights to photos of 3 models below and 2 on cover purchased from Shutterstock. Longhouse photo taken at 'Ksan Historical Village, Gitksan Territory, contributed by photographer/visitor.



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.*

*Statistics from: <http://canada.ca/en/public-health/services/diseases/hepatitis-c/surveillance-hepatitis-c.html> (2011)

LIVER EXPERTS IN US and CANADA RECOMMEND BABY-BOOMER TESTING

Ask for a simple blood test at your next medical appointment, 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 PharmaCare, Non-Insured Health Benefits (NIHB) for eligible First Nations and Inuit, and private insurance.

Once a person is cured of the hepatitis C virus - as long as they do not use alcohol or drugs - the liver damage stops. In most cases, liver damage and other Hep C-related damage to the body, starts slowly reversing.

For more information:

www.catie.ca/en/hepatitis-c
www.actionhepatitiscanada.ca
www.pacifichepc.org

www.liver.ca
www.hepcbc.ca
www.hepatitiseducation.ca