



## GROUP HEALTH CENTRE

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# Ontario Hepatitis Nursing Program How Do You Stay Healthy with Hep C?

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### IF YOU CAN...

- ~ Quit drinking alcohol.
- ~ Quit using drugs.
- ~ Quit smoking.
- ~ Reduce stress.
- ~ Eat healthy foods that are low in fat and sugar.
- ~ Drink eight or more glasses of water a day.
- ~ Maintain healthy weight and try not to become overweight.
- ~ Lose weight, if overweight - even a 10% loss helps decrease liver damage.
- ~ Take a multi-vitamin, but not individual vitamins unless your doctor advises it.
- ~ Check with your doctor before taking any medications.
- ~ Have regular check-ups with your doctor.
- ~ Get vaccinated for Hepatitis A and Hepatitis B.
- ~ Join a support group.
- ~ Find out as much as you can about Hep C.
- ~ Talk to other people who have Hep C.

### NUTRITION:

We know that eating well increases your body's ability to fight disease.

Good nutrition can help:

- ~ The liver repair itself.
- ~ Improve response to treatment.
- ~ Decrease treatment side effects.
- ~ To cope with the side effects of treatment.
- ~ Slow progression of the disease.

### Nutrition advice:

- ~ It is important to eat nutritious low fat foods and limit intake of high fat and high sugar foods.
- ~ Try to eat different foods from all four-food groups in Canada's Food Guide.
- ~ Eat lots of whole grains, vegetables and fruits to maximize anti-oxidants.
- ~ Eat lots of foods high in vitamin A & C, but do not take individual vitamins.
- ~ Research shows that people with liver damage need more protein to help rebuild the liver.

For healthy eating, see Canada's Food Guide:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

### EXERCISE:

- ~ Check with your doctor.
- ~ Avoid extremes.

### Exercise can:

- ~ Relieve tiredness, stress and depression.
- ~ Improve appetite.
- ~ Build up the immune system.
- ~ Improve your sense of well-being and self-esteem.

### BE NICE TO YOUR LIVER BY:

- ~ Avoiding herbal products that are damaging to the liver.
- ~ Avoiding bug sprays, paint sprays and other chemical sprays.
- ~ Being careful what you breathe - inhaled substances can eventually go to your liver. Even aerosol cleaners can hurt the liver.
- ~ Being careful what gets on your skin - chemicals can be absorbed through your skin and make their way into your liver and cause damage.

**“Speak to people who know about Hep C. There is lots of help out there.”**  
Vince (living with Hep C)

