



Pharma

**Rays of Hope
for Hepatitis C Patients.**
A Future With Therapy.





Dear reader,

your family physician has told you that you have hepatitis C. Now you probably find yourself in the same situation as many others before you: you feel puzzled, not knowing what will come next. On the following pages you will find some answers to your most urgent questions.

Although you may not experience much pain or any other impairment, hepatitis C is a very serious disease of the liver. Unlike several years ago, however, there are advanced treatment options available today that offer good chances for a cure. Therefore it is important for you to discuss your situation in detail with a specialist doctor, and to undergo all the tests and examinations that may be required. The doctor will be able to make a qualified assessment, and to decide together with you what form your hepatitis C therapy will take. Try to find a specialist near you. Your family physician will certainly help you find one.

For further information you may also want to check out the internet at www.hepatitis-care.de.

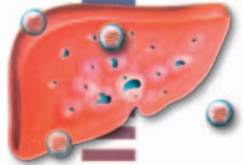
What exactly is hepatitis C?

Hepatitis C is an inflammatory disease of the liver, caused by the hepatitis C virus. In most cases, an acute infection will have no typical symptoms, and may thus go completely unnoticed.

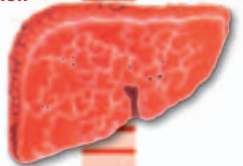
Likewise, chronic hepatitis C for the most part involves no major complaints. Common symptoms include a feeling of pressure in the upper abdomen, fatigue and listlessness and, more rarely, muscle and joint pains. Unfortunately it is hard to predict just how fast the damage of the liver will progress. The result may be a cirrhosis or cancer of the liver.

In many cases, therapy can successfully prevent this development.

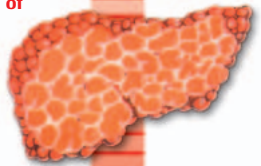
Liver, infected with hepatitis C



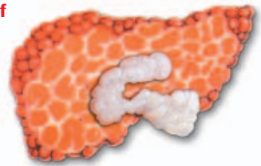
Liver, with chronic inflammation



Cirrhosis of the liver

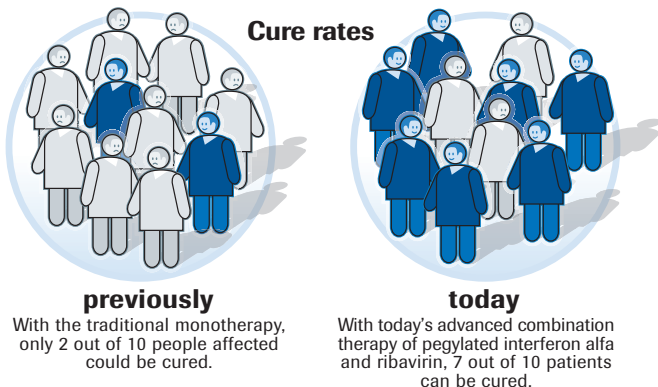


Cancer of the liver





Can hepatitis C be cured?



A continuous, consistent therapy today offers good chances for a cure, which means a life without the virus, without the risk of infecting others and, above all, having a healthier life.

Seize the opportunity to be cured. Ask your specialist doctor.

What treatment options are available?

Hepatitis C is treated with a combination of pegylated interferon alfa and ribavirin. Pegylated interferon is injected under the skin once per week and ribavirin, in the form of film-coated tablets, is taken daily.





Contact with family and friends

Love won't hurt!

- It is perfectly safe for two people to drink from the same glass, or to use the same spoon or fork, as long as the dishes are not contaminated with blood.
- As a rule, hepatitis C cannot be transmitted by hugging, cuddling or kissing. However, the virus may be transmitted by sexual contact. While the risk is generally small, it will depend on the sexual activity. Condoms will prevent infection.



What can I do to protect others?

Avoid contact with blood!

- The hepatitis C virus is transmitted with infected blood, i.e. other people can catch it only through wounds or exposed mucous membranes.
- Therefore you should not share your razor, razor blades, nail clippers, or your toothbrush with anyone.
- When treating a wound, you should wear protective gloves. Bleeding wounds should be immediately covered with a dressing; dressing materials or plasters stained with infected blood should be properly disposed of. Even dried blood may still be infectious. After treating a wound, you should thoroughly wash or disinfect your hands.
- Physicians, dentists, and medical staff should be informed about your hepatitis C infection, so they can take appropriate measures to protect themselves as well as others.



Hepatitis **C**are



www.hepatitis-care.de



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