

PLANNING FOR **TREATMENT**

AN EDUCATIONAL SERIES BROUGHT TO YOU BY GILEAD SCIENCES

ADVANCES IN HEP C TREATMENT

There's never been a better time to treat Hep C. Recent scientific advances have led to shorter treatment options with average **cure rates of around 95%**. In the past few years, it's estimated that **more people have been treated and cured of Hep C than in the previous decade**. You are considered cured if the Hep C virus is not detected in your blood 3 months after your treatment is completed.

It's important to work with your Hep C Specialist to plan your next steps before you begin treatment.

If you have questions about what to expect—or need help preparing for a conversation with your Hep C Specialist—visit **HEPCHOPE.COM** to download a Hep C Specialist appointment guide or call **844-9-HEPCHOPE** to talk with a Hep C Educator.

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LEARN MORE ABOUT HEP C

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TREATMENT ADVANCES

Hep C From 1991 until today there has been great progress in Hep C treatment. Scientific advances have led to shorter treatment options without the harsh side effects of interferon injections.



Today's treatment options are highly effective and cure rates have significantly improved since 2011 with the addition of medicines called direct-acting antivirals (DAAs). DAAs are oral medicines that work against the virus to keep it from multiplying in the body.



Today, more people with Hep C can be treated successfully with just oral therapy.



**THERE HAS NEVER BEEN A
BETTER TIME TO BE TREATED
FOR HEP C, BECAUSE IT CAN
BE CURED. TALK TO YOUR
HEP C SPECIALIST ABOUT A
TREATMENT PLAN TODAY.**

PREPARING FOR TREATMENT

Because every patient's Hep C is unique, your Hep C Specialist will consider the factors below before you start treatment.

These factors include:



GENOTYPE

The type of Hep C you have.



VIRAL LOAD

The amount of the Hep C virus in your blood.



TREATMENT HISTORY

Any prior Hep C treatment you may have had.



FIBROSIS SCORE

The amount of damage to your liver.

Your Hep C Specialist will also consider your overall medical history, including:

- **Other illnesses or conditions you may have,** such as diabetes, heart disease, high blood pressure, or HIV
- **All medicines and herbal supplements** you are taking



Getting your medicine

Many new Hep C treatment options are considered specialty drugs and are not available at your local pharmacy. They are usually distributed through a specialty pharmacy—a pharmacy that provides medications that have special delivery, storage, or administration requirements, and delivers medicine directly to patients by U.S. mail or a delivery service.

WHAT TO DO NEXT

Talk to your Hep C Specialist about your plan moving forward. It's likely you will have questions for your Hep C Specialist as you consider treatment.

Here are some you might start with:

- Do I need additional tests?
- Can my Hep C be cured?
- What are my treatment options?
- When should I start treatment?
- Will there be any side effects?
- How do I get my medicine?
- How do I know if I'm cured?

People who follow their treatment plan have a better chance of being cured. It's also important to keep all your appointments with your Hep C Specialist. And don't ever be afraid to ask questions.

You can also learn more about Hep C and download a Hep C Specialist appointment guide at **HEPCHOPE.COM** or talk to a Hep C Educator at **844-9-HEPCHOPE**.



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AFTER TREATMENT

WHAT YOU NEED TO KNOW IF YOU GO THROUGH TREATMENT AND ARE CURED



The Hep C antibody remains in your blood even after the infection goes away. Having antibodies is normal and does not mean you have Hep C.



Once you have had Hep C, you will not be able to give blood.

Cure means the virus is not detected in the blood when measured 3 months after treatment is completed.

STAYING CURED

The only way you can get re-infected with Hep C is if infected blood gets into your bloodstream. **To help avoid this, follow these rules:**



Do not share personal items like razors or toothbrushes



Do not inject drugs or share needles



Do not have unprotected sex with an infected person

**SMART LIFESTYLE DECISIONS LIKE
THESE CAN HELP YOU STAY CURED.**

HEP C RESOURCES

There is more to know about Hep C, and a lot of information is available online.

Visit **HEPCHOPE.COM** to learn more about Hep C— and how it may be time to see it in a new light. Hep C Hope offers information and resources that could help you move on from Hep C, including a Hep C Specialist appointment guide. Have questions? Call a Hep C Educator at **844-9-HEPCHOPE**.

You also might check out sites like these*:

- hcvadvocate.org
- hepatitis.va.gov
- help4hep.org
- cdc.gov/hepatitis/hcv/patienteduhcv.htm

* These resources are independent third-party organizations and are unaffiliated with Gilead.



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HEP C TERMS

ANTIBODY

A protein the body makes as it fights a virus. Antibodies show that you have been exposed to a virus at some time.

CURE

Cure is a medical term. You are considered cured when a lab test done 3 months after you've completed treatment does not find any Hep C virus in your blood.

DIRECT-ACTING ANTIVIRALS (DAAs)

Oral medicines that work against the Hep C virus to keep it from multiplying inside the body.

FIBROSIS

Scarring in the liver. As Hep C progresses, scar tissue can replace healthy liver tissue. The liver might then stop working as well as it should.

FIBROSIS SCORE (F-SCORE)

A measure of just how damaged your liver is.

GENOTYPE

The Hep C virus has at least 6 different types. They are called "genotypes." Genotype 1 is the most common in the U.S.

INTERFERON (IFN)

A type of protein produced by the body's natural defense system (immune system) in response to viral infection. It is given as an injection to help fight Hep C.

LIVER

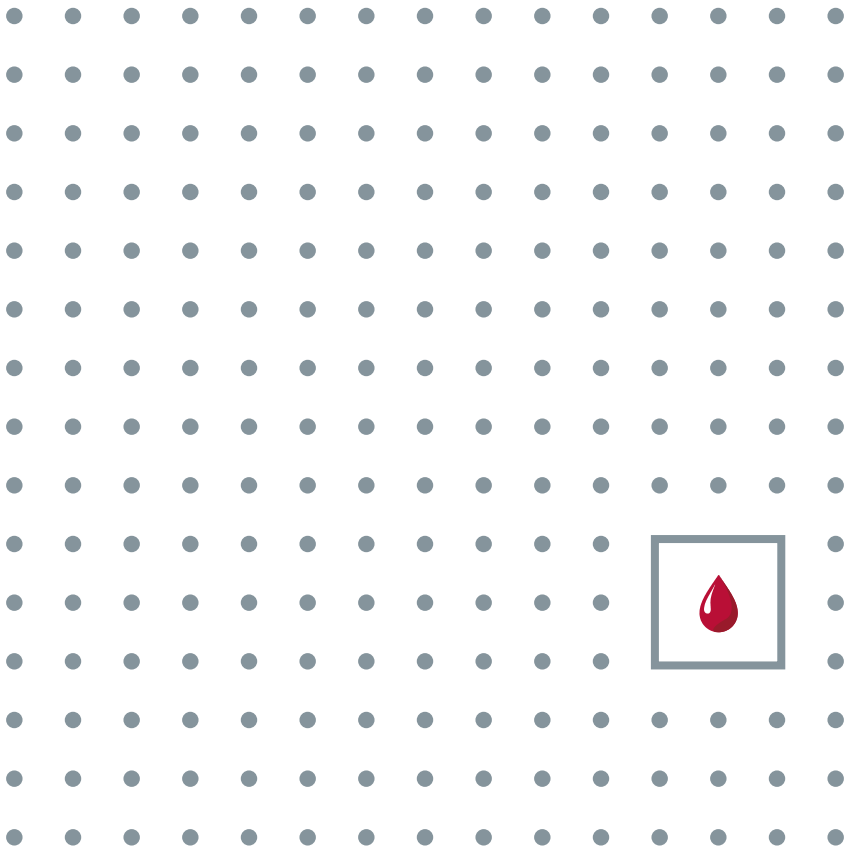
Your body's second-largest organ. It weighs about 3 pounds. It is located under your rib cage on your right side.

RIBAVIRIN (RBV)

An antiviral medicine that became a standard part of Hep C treatment as of 1998. It is taken twice a day, orally, along with other medicines. It works to stop the Hep C virus from spreading in the body.

VIRAL LOAD

The amount of the Hep C virus in your blood. Your healthcare provider may test your blood before, during, and after treatment to find out your viral load.



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