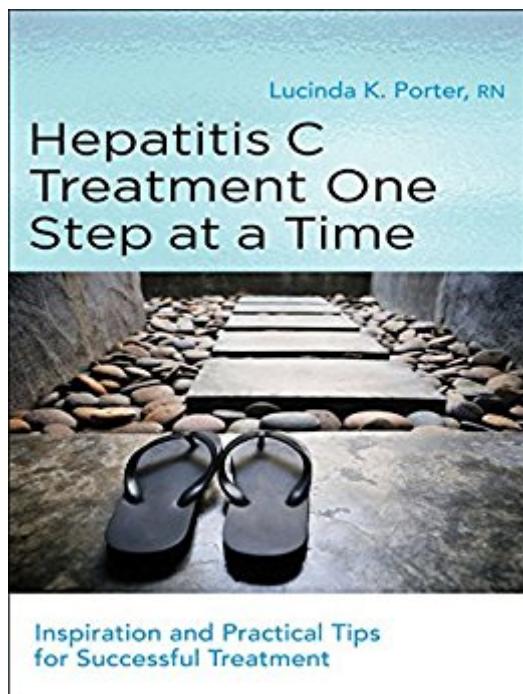


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# Hepatitis C Treatment One Step At A Time: Inspiration And Practical Tips For Successful Treatment



## **Synopsis**

Hepatitis C is the most common blood-borne virus in the U.S. The Centers for Disease Control and Prevention estimate that 3.2 million Americans are chronically infected with the chronic hepatitis C virus (HCV). Treatment for HCV is long, sometimes lasting a year or more with success rate currently around 50%. And the medications often cause incapacitating side effects. Two new medications introduced in 2011 are showing success rates of 75 to 80%. However these new medications are taken with existing HCV drugs and include and intensify the side effects. Hepatitis C Treatment One Step at a Time provides the practical advice and daily inspiration you need to help you successfully make it through hepatitis C (HCV) treatment. Deciding to undergo hepatitis C treatment is one of the bravest and most important steps toward health you'll ever make. As a former Stanford nurse in the HCV field and a patient who was treated twice for HCV, Lucinda K. Porter understands how physically and emotionally challenging treatment can be. In Hepatitis C One Step at a Time, she provides entries for each day of treatment, offering you a daily dose of relief, encouragement, and tips to help you stay on treatment. From dealing with fatigue and nausea to nosy co-workers and lab results, Porter provides everything you need to know to ease the process, including how to:

- Prepare for treatment, mentally, physically, and financially
- Manage side effects
- Set up a support system
- Keep your spirits up with daily inspiration and humor
- Celebrate your strength and acknowledge your milestones
- Find additional community and up-to-date information with an extensive resources section

## **Book Information**

File Size: 739 KB

Print Length: 248 pages

Page Numbers Source ISBN: 1936303523

Publisher: Demos Health; 1 edition (September 19, 2013)

Publication Date: September 19, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00F3B5ZUQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #979,417 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41  
in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis #47 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Contagious Diseases #1462 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Hepatitis C Treatment One Step at a TimeFrom the mid-1990s Lucinda K. Porter, RN, has devoted consistent and generous time as a hepatitis C advocate, educator, and author. Ms. Porter has written for numerous publications including a monthly health column for HCV Advocate. The author's work has provided a global audience with facts, information, and skills needed to actively navigate conflicting and at times confusing research about the virus. This acquired knowledge has helped countless people eventually come to terms with their disease and explore all possible treatment options.Ms. Lucinda K. Porter the author of "Free from Hepatitis C" has graced the HCV community with a second book "Hepatitis C Treatment One Step at a Time".The timing of the book couldn't be more perfect. With screening strategies in place by the CDC and Task Force which recommend all people born from 1945 through 1965 get tested one time for hepatitis C, and new drugs moving through the final stages of FDA approval - the need for a guide during HCV therapy is paramount.This comprehensive book provides tips for people starting hepatitis C treatment while slowly dissipating the fear of the unknown.Some commonly asked questions are addressed such as; Will I be able to work during treatment? What about the side effects? How will these drugs make me feel? When will I know treatment is working?Coping with the challenges of therapy may seem impossible at first, but getting to the finish line is made easier with each turn of the page. The author takes us on a physical and emotional journey of spiritual strength.Porter offers what our families or physicians can not, advice on treatment from a patients perspective.

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