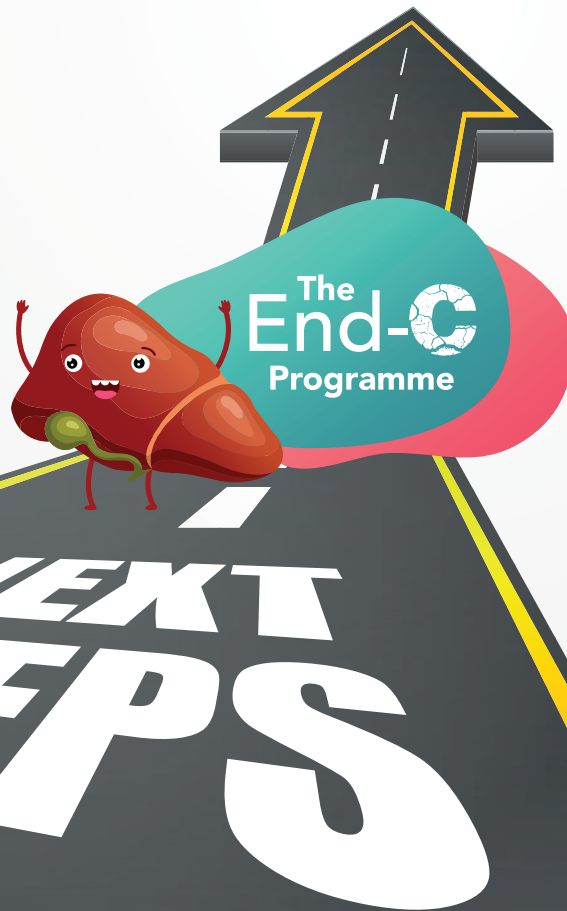


Hepatitis C Treatment

Patient Journey

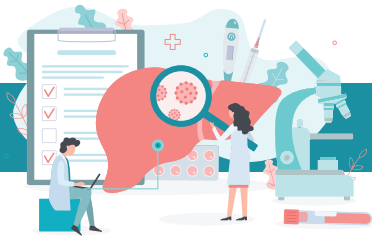
What You Should Know

- You are NOT ALONE in this journey.
- You deserve to live your life to the fullest.
- In order to do so, your HEALTH MATTERS.



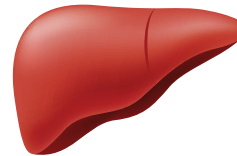
Hepatitis C

What You Should Know



What is Hepatitis C?

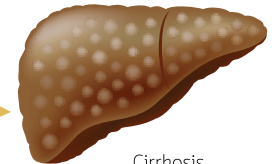
- An infectious disease caused by a virus that attacks your liver.
- It damages your liver, leading to liver hardening (liver cirrhosis) which causes liver cancer and liver failure.



Healthy Liver



Liver Fibrosis



Cirrhosis

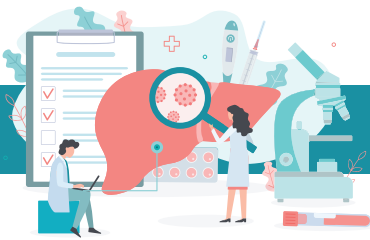


How does it spread?

- Hepatitis C is primarily spread through exposure to infected blood, such as through raw wounds, piercings, tattoos or when needles or syringes are shared.

Hepatitis C

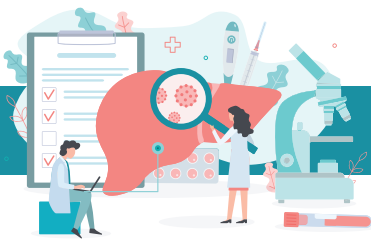
What You Should Know



What to expect if Hepatitis C virus enters the body?

- When a person is exposed to the Hepatitis C virus, the body will try to eliminate it to prevent it from staying in the body.
- This is called an **ACUTE infection**. Most people with acute infections have no symptoms, but some may experience yellow discolouration of the skin and eyes called “jaundice”.



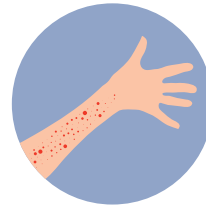


Hepatitis C

What You Should Know

What to expect if the Hepatitis C virus enters the body?

- When a HCV infection is **chronic**, it means the virus is going to stay in your body for longer.
- Such a person may be feeling the following symptoms:
 - Tired quickly
 - Poor appetite
 - Low-grade fever
 - Abdominal discomfort
 - Skin rash
 - Diarrhoea



Skin rash



Headache



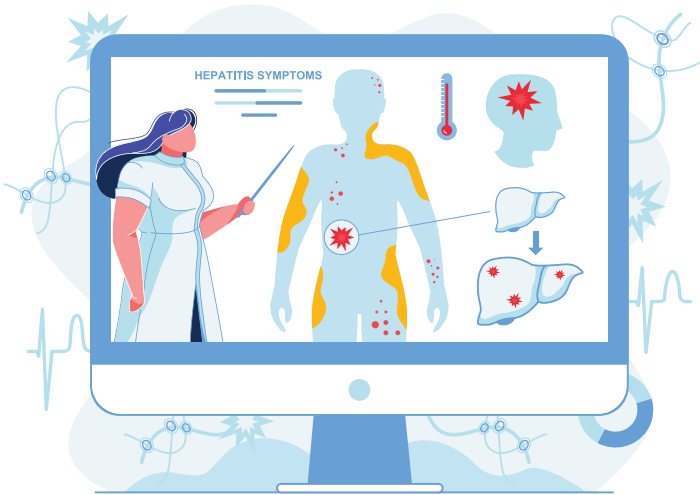
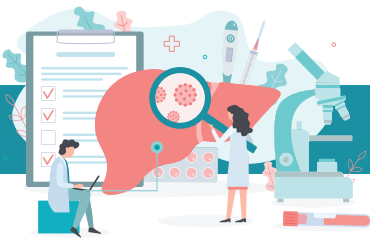
Lethargy



Diarrhoea

Hepatitis C

What You Should Know

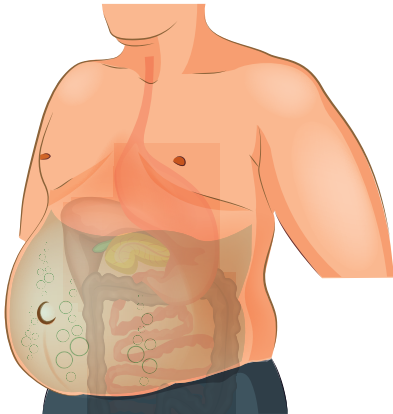
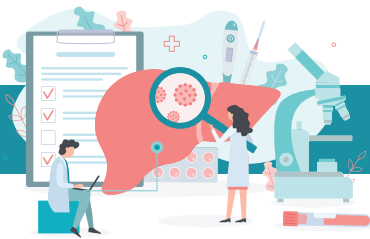


What happens if the Hepatitis C virus stays in our liver?

- The liver is a vital organ which helps to excrete toxins from our body. It also produces essential proteins, which ensures that you do not bleed easily and maintain your health.
- A damaged liver is a 'time bomb' in our body as we are vulnerable to liver failure and cancer.

Hepatitis C

What You Should Know



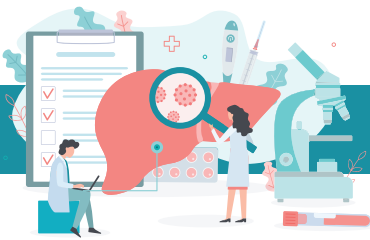
Liver cirrhosis - What is the fear?

- When a person has liver cirrhosis and liver failure, many things can happen.

- 1 Extreme tiredness and not being able to concentrate
- 2 Swelling of the abdomen and legs due to water accumulation.
- 3 Bleeding tendency
- 4 Vomiting blood from bleeding vessels in your food pipe (oesophagus)
- 5 Developing a deadly liver cancer

Hepatitis C

What You Should Know



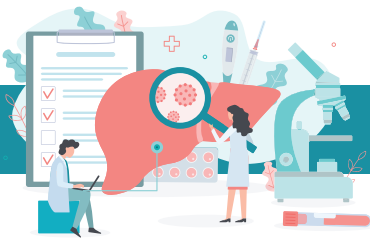
Advanced liver cirrhosis – The impact on your life

- You may not be able to work again
- You may not enjoy a normal lifestyle
- You will need to come to the hospital for clinic visits or hospitalisation frequently
- You may lose your ability in making decisions
- You may have shortened life expectancy



Hepatitis C

What You Should Know



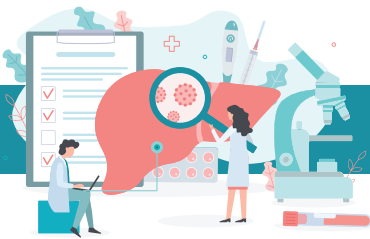
Why let all these things happen to you when you can prevent them?

Step Ahead!

- **T**est, get yourself
- **E**ducated on Hepatitis C and,
- **T**reat it if you are tested positive.

Hepatitis C

What You Should Know



How to test for Hepatitis C?

- Hepatitis C can be readily detected using a blood test performed at a clinic or hospital.
- The test is called Anti-HCV, which indicates previous **exposure** to the virus.
- This **does not** confirm that you have an active infection.



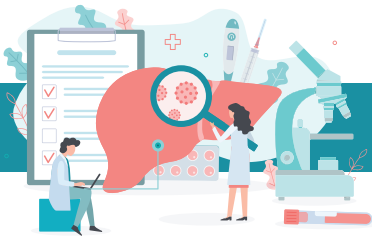
Is there an easier way?

- To make detecting Hepatitis C easier, we are currently confirming the effectiveness of a point-of-care test (POCT) using **finger prick blood test** and **saliva**. Your contribution to making this happen is very important!



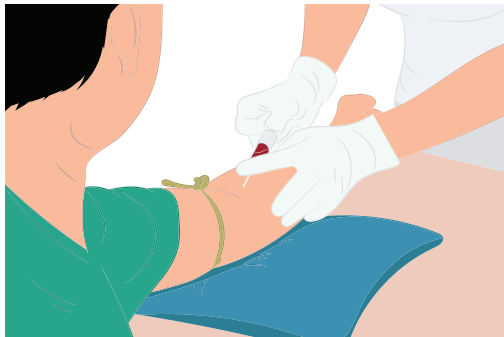
Hepatitis C

What You Should Know



How to confirm an active Hepatitis C infection?

- The blood investigation is called HCV RNA PCR test. This test looks at the genetic material in your body used to reproduce the Hepatitis C virus.

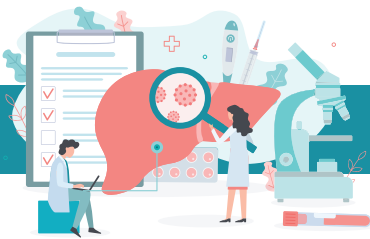


Can it be treated?

- **Yes!**
- There are oral medications available that can treat Hepatitis C for almost everyone within 8 to 12 weeks.
- No injection is required
- It is safe and tolerable

Hepatitis C

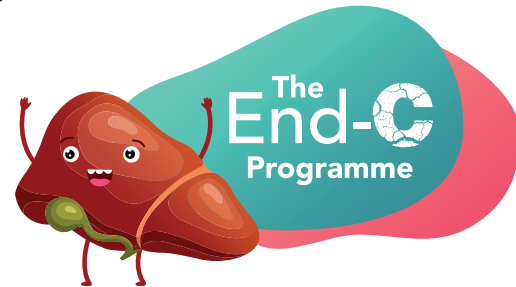
What You Should Know



Who are we?

- The End-C Programme is a local initiative and collaboration with HCSA Community Services, aiming to eliminate Hepatitis C in Singapore.
- We are committed to working together with you through this journey in your life!

Prepared by:

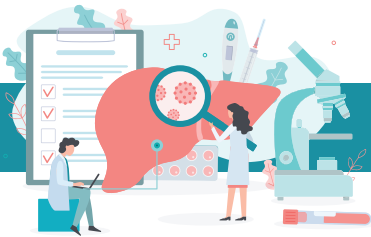


In collaboration with:



Hepatitis C

What You Should Know

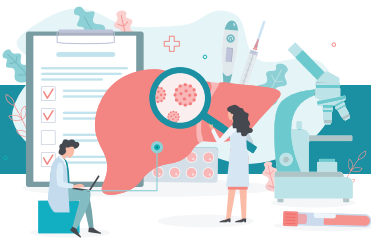


- If you are **at risk** of Hepatitis C infection, **WHY WAIT?**
- We are **always here**, ready to guide you through your Hepatitis C Test and Treatment journey.
- What you need to do is to **contact us and talk to us!**



Hepatitis C

What You Should Know



**Chat with
our Healthcare Personnel**



Mobile Chat

**Chat with our
HCSA Digital Community**



Digital Community