

HEPATITIS C

A ROADMAP
FOR THE NEWLY DIAGNOSED



Philadelphia Department of Public Health
500 S. Broad St
Philadelphia, PA 19146

T: 215-685-6740
F: 215-238-6947
www.phila.gov/health

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The information presented in this booklet is only intended to educate, and does not replace medical consultation. The Philadelphia Department of Public Health neither endorses nor opposes any treatment option presented within, and encourages you to discuss with your health care provider all therapies appropriate for you. The resources noted are not designed to be a comprehensive listing, but rather represent a sample of options available to you.

CONTRIBUTORS

Shadia Bel Hamdounia

Emily Gibble

Kathleen Ross

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HEPATITIS C BASICS

Finding out that you have, or have been exposed to, the hepatitis C virus (HCV or hep C) can be overwhelming. You may be asking yourself, “what is hepatitis C?”, “how did I get it?”, and “what should I do next?”. However, you are not alone—over four million people in the United States are HCV+(positive), with Philadelphians accounting for about 4,000 annual diagnoses. Having the right information can help you figure out the next steps. The goal of this roadmap is to help you learn more about hepatitis C and the resources available to you.

HEPATITIS C IS A VIRUS THAT CAUSES INFLAMMATION OF THE LIVER AND IS SPREAD BY CONTACT WITH INFECTED BLOOD. VIRAL HEPATITIS CAN ALSO BE CAUSED BY HEPATITIS A, B, D, E AND G, BUT THESE ARE ALL DIFFERENT AND CAUSE SEPARATE ILLNESSES.

There are several strains of the hep C virus, called genotypes (#1 [a or b], 2, 3, 4, 5, and 6), and for every person, disease progression and treatment options depend on the type they have. In the US, about 75% of HCV positive individuals have genotype 1a or 1b, and 10–20% have genotype 2 or 3.

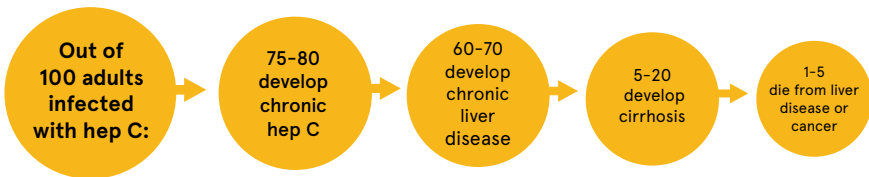
How your body responds to the hep C virus depends on several factors— including your age at infection, and if you have other medical conditions. Most people are surprised when they learn their diagnosis because they do not, or have not, felt sick.

🔑 In ~85% of cases, HCV infection does not immediately lead to any symptoms!

ACUTE VS. CHRONIC HCV

In about 15% of cases, symptoms occur two weeks to six months after exposure (this is known as the “incubation period”), and are usually mild and flu-like. These symptoms include: *abdominal pain, dark urine, fatigue, fever, joint pain, itchiness, loss of appetite, nausea, vomiting, and jaundice* (yellowing of mucus membranes, first seen in the whites of the eyes and under the tongue, and later the skin). This **acute hepatitis C infection** usually gets better on its own; serious complications are rare.

However, it is also the case that for the majority (~80%) of HCV-infected adults there is a progression to **chronic hepatitis C infection**. This means the virus remains within the body, where it is detectable and can be spread to others. Chronic inflammation of the liver can go unnoticed without testing as it may not cause pain or symptoms. However, it can still cause liver injury.



COMPLICATIONS

Whether or not you develop symptoms shortly after infection (acute hepatitis) you may be able to “clear” the virus so that it will no longer be detectable in your blood. If not, it is the goal of treatment to achieve this result and to prevent more serious complications such as **cirrhosis** (scarring of the liver) and liver cancer.

It may take up to 20 years of chronic infection for these complications to occur, but unfortunately, **infection with HCV is still the number one reason for liver transplantation among adults in the US**. Risk factors for severe disease include older age at the time of infection, HIV infection, drinking too much alcohol, and male gender.

UNDERSTANDING RISK FACTORS

The most common risk factors are those that result in blood-to blood contact—primarily *injection drug use*, but also:

tattoos (shared ink, as well as needles, transmit the virus)

body piercings

history of dialysis

having multiple sexual partners

having received blood products before 1992 or clotting factors prior to 1987.

Prevention is based on avoiding risks.

While any body fluid containing infected blood can be a source of infection, sexual transmission among monogamous couples is uncommon, as is transmission among family contacts. The risk of *perinatal transmission* (from a pregnant woman to her fetus) is about 5% (if also HIV+, the risk is 2–3 times greater) and occurs *only* in women with HCV detectable in their blood *at the time of delivery*.

About 10% of HCV+ individuals have no identified risk factor.

- 🔑 **HCV cannot be spread by touching, kissing, sharing meals, coughing or sneezing.**
- 🔑 **Anyone who has HCV detectable in their blood can transmit the virus, regardless of whether they have any symptoms! Also, it is possible to be re-infected with HCV after your immune system has cleared a previous infection (i.e a prior undetectable viral load) so it is important for you to continue to take precautions against infection.**

GETTING TESTED

HCV screening is not part of the routine physical exam; if you are concerned about infection in yourself or others you may need to tell your medical provider you would like to be tested. The newest recommendation is for screening of all “baby boomers” (persons born between 1946–1964).

- 🔑 **Getting tested is the only way to find out if you’ve been exposed to hepatitis C and need treatment.**

“I TESTED POSITIVE FOR HEPATITIS C; NOW WHAT?”

The initial hep C screening test done is usually the anti-HCV antibody test. This blood work will be positive if you have developed antibodies from ever having been exposed to the hep C virus. However, this test cannot differ between acute or chronic hepatitis and requires additional testing to confirm your diagnosis.

- 🔑 **False-negative anti-HCV antibody tests are possible during the first 26 weeks of infection, but 80% of those infected will test positive for HCV antibody within 15 weeks after exposure, and within 5–6 weeks after onset of hepatitis.**

CONFIRMING THE DIAGNOSIS

Several confirmatory blood tests exist; these either validate the presence of hep C antibody (the *RIBA test*) or detect the presence and amount, or viral load, of the virus itself (*HCV RNA PCR test*).

To interpret your test results see page 6. A positive antibody test with a positive viral load indicates an ongoing hepatitis C infection. If this is the case, know that you are not alone—and that **hepatitis C is a manageable condition**. You have time to make decisions about how you want to approach your care; now is a good time to learn more about your options (see page 7).

Your provider will want to determine what HCV genotype (there are six major ones) you have, and assess your liver function through blood work and sometimes, a liver biopsy. If possible, use the same laboratory for all your tests, and keep copies of your results for your reference. You might always have antibodies to HCV if you have been exposed, but treatment is available and the goal is to make your viral load undetectable.

- 🔑 **HCV RNA can be detected in blood within 1–2 weeks after exposure to the virus.**

A positive HCV antibody test with a negative RIBA indicates a false positive screening test result. If only an HCV RNA test is done and it is undetectable, there are two possible interpretations— a false positive screening result, or previous hep C infection that has resolved. If you have been exposed to HCV within two weeks prior to your RNA test, the test should be repeated to confirm you are not infected.

UNDERSTANDING YOUR HEPATITIS C TEST RESULTS ¹

TEST TYPE & RESULT			INTERPRETATION
SCREENING	CONFIRMATORY		
HCV ANTIBODY TEST	RIBA TEST	HCV RNA "VIRAL LOAD" TEST	
—	—	— /Undetectable	Never exposed to HCV
—	Indeterminate	Detectable	Early acute infection, or chronic infection in an immune-compromised state
Indeterminate			Repeat HCV Antibody test in 1-2 months
+	—		False positive test = not infected
+	+	Detectable	Ongoing Infection; medical evaluation needed
+	+	— /Undetectable	Previously exposed, but cleared infection
+		— /Undetectable	False positive or, cleared prior infection

A positive RIBA test with an undetectable viral load indicates you were previously exposed and infected with hep C, but successfully fought it off. In this situation, it is important to understand how you may have initially gotten exposed so that you can potentially avoid re-exposure, and re-infection. Also, as antibodies may be detectable for life, you will want to inform your future providers about this and try to keep a record of any negative confirmatory tests.

🔑 A single positive HCV RNA test confirms hepatitis C infection, but a single negative test does not exclude it.

¹ Adapted from CDC, Hepatitis C Virus (HCV) Testing for Diagnosis. <http://www.cdc.gov/hepatitis/HCV/PDFs/hcvflow.pdf> Last accessed on 08/29/2012.

² Adapted from CDC, Reference for Interpretation of Hepatitis C Virus (HCV) Test Results. http://www.cdc.gov/hepatitis/HCV/PDFs/hcv_graph.pdf Last accessed on 09/20/2012.

CONSIDERATIONS

TELLING YOUR FRIENDS AND FAMILY THAT YOU HAVE HEPATITIS C

Your friends and family won't know you have hepatitis C unless you tell them. (Note: if you are on anyone else's insurance plan, such as your parents, they may receive documentation from the insurance company listing your office visits and testing that might prompt questions. You may want to consider this in deciding if/when to disclose your diagnosis.) Some reasons to tell your loved ones are to expand your support system or because you think they should get tested for hepatitis C. Take time to consider who you want to tell, why you are telling them, and how you will tell them.

SEEKING CARE

BEFORE YOUR VISIT

Sometimes finding the right medical provider requires a little bit of research. If you do not already have a primary care provider, you will need one to coordinate your routine and specialty medical care. You can ask friends and family for suggestions, or contact your insurance company for a list of local providers. If you do not have insurance, see the back cover for a list of local health centers where you can see a doctor for a minimal copay. For hepatitis C management, you will likely get referred to a specialist— in Infectious Diseases, Gastroenterology (digestive system), or Hepatology (liver). Some questions to ask potential medical provider offices are:

- **Is the provider accepting new patients?**
- **What is the typical wait for an appointment?**
- **What type of insurance is accepted?**

Patient hotlines can help. **The Hep 4 Help hotline** is operated by peer counselors and expert nonprofits so they know what you're going through and can help you find resources. Call them at **877-HELP-4HEP** or visit them online at help4hep.org.

GETTING THE MOST OUT OF YOUR MEDICAL APPOINTMENTS

Going to your first few doctor appointments can be overwhelming as you will be learning lots of new information for the first time. It will be important to share all of your medical history with your provider so they can give you the proper care. Being organized is key to using your time efficiently, and will allow you to take control of your health. Some tips are to:

- **Make and maintain a copy of your own health records**
- **Write down questions beforehand**

With your insurance card, also bring your:

- **Most recent lab/ imaging/ biopsy results**
- **Allergy List**
- **Medication List**
- **List & dates of surgeries/ hospitalizations**
- **Family medical history**
- **Other medical provider names/ contact information**
- **Hepatitis A & B immunization/ titer records**
- **Appointment book/calendar**
- **For women: date of last menstrual period**

DURING YOUR MEDICAL VISIT

It is important to understand what your provider is telling you about your condition and treatment plans, and to ask any questions you may have. Your provider will be discussing many possible medications and treatments available to you. You will want to share:

- **Your main health concern**
- **Any symptoms you are experiencing and if these symptoms interfere with your sleep schedule, eating, or quality of life**
- **If you are experiencing any pain**

Some questions you can ask your doctor that might help you better understand treating hepatitis C are:

- **What are the reasons for the medications prescribed?**
- **Should I avoid any particular medications or foods while taking these?**
- **What are the risks/side effects involved?**
- **What are the potential benefits?**
- **What happens if I put off the medication, test, surgery, or procedure? / Are there any treatment alternatives?**
- **How do I take this medication?**
- **How will I find out any upcoming test results?**

AFTER YOUR VISIT

Take time to think about things such as:

- **Did the provider seem knowledgeable?**
- **Did the provider give you his/her full attention?**
- **Did you feel comfortable with the provider?**

TESTS AND TREATMENTS TO EXPECT

> For Acute Hep C

The recommended care is usually bed rest, drinking lots of fluids, eating a balanced diet, and avoiding alcohol. Medications are also sometimes needed. It is important to see your provider periodically for blood work to find out if your body has fully recovered from the virus.

> For Chronic Hep C

The fact is, treatment need, course, and duration are different for everyone. Not everyone will need treatment; you need to work closely with your doctor to make the best decision for you. There are several strains of the hep C virus, called **genotypes** (#1 [a or b], 2, 3, 4, 5, and 6), and the type you have will determine your regimen. In the US, about 75% of HCV positive individuals have genotype 1a or 1b, and 10-20% have genotype 2 or 3.

Hep C treatment can be expensive, and may have unwanted side effects. The most common treatment is an injection called *pegylated interferon* and a pill called *ribavirin*. Two new drugs, *Victrelis* (boceprevir) and *Incivek* (telaprevir), have recently become available and your doctor may choose one of these medications in combination with pegylated interferon and ribavirin if you have genotype 1 hepatitis C infection.

This treatment typically lasts 6 to 12 months, and once you begin treatment, completing the entire course is recommended. The effectiveness of treatment will depend on how long you've had hep C, how much of your liver is damaged, and other factors. Talk to your doctor about all your options and what would be best for you.

🔑 It is particularly important for either women of childbearing age or their partners taking Ribavirin to avoid pregnancy. Ribavirin causes birth defects, and it is therefore recommended to use two forms of birth control, such as condoms and an oral contraceptive, if sexually active and on this medication.

SUPPORT

There are over four million people in the US infected with HCV. There are support groups, hotlines, financial assistance programs, and other resources available to you. These are listed on page 17-21.

KEEPING YOURSELF HEALTHY

Having a holistic, “whole body” approach is important to keeping yourself healthy in the long term. Hepatitis C affects the liver, which is the largest internal organ, with many important functions. Consider that almost everything you eat, drink, or smoke will go through your liver as it is digested. With any liver injury, such as chronic inflammation from hep C, many substances you would otherwise consume can be especially “toxic”.

To minimize damage to your liver:

GET IMMUNIZED

Vaccines are a simple, and effective way to prevent diseases. By protecting yourself now, you won’t need to worry about these diseases in the future. Ask your doctor if you are up-to-date on your immunizations—in particular hep B, Hep A, HPV, Pneumococcal, Tdap and seasonal flu vaccines, as these infections can be especially harmful in people with liver damage. It is recommended that *all* patients with chronic HCV infection be immunized against hepatitis A and B.

You may qualify to attend a clinic in Philadelphia where you can go to receive free vaccines. Call **215-685-6424** and ask where you can go to be vaccinated; you will not have to disclose anything about your disease status.

ADOPT HEALTHY NUTRITIONAL HABITS

A balanced diet of healthy foods from the five food groups is important—5 servings of fruits and vegetables are recommended!

- Drink lots of water to help flush toxins out of your body
- Try to cut out or limit sodium, fats, sugars, and other additives

Exercising will also help you stay healthy, as will adequate rest—at least 8 hours of sleep a night. If hep C is wearing you out, talk to your provider about the best nutrition and fitness plan for you.

AVOID ALCOHOL

Alcohol is damaging to the liver and speeds the progression of hep C related disease, so it is recommended to eliminate (or significantly decrease) alcohol consumption. If medication is prescribed to you, know that 6 months of abstinence from alcohol is recommended before starting treatment.

AVOID RECREATIONAL DRUGS

Not only can drug use damage your liver, but some practices can be risky for spreading or getting hepatitis C, B, or HIV. Be honest and open about any drug use with your provider so that relevant Harm Reduction strategies can be shared with you (see next page). Most importantly, if you do use drugs, do not share works! Prevention Point Philadelphia can help you access clean works and information about using safely. Call them at **215-634-5272**.

PRACTICE SAFE SEX

Although less common, hepatitis C can be spread through sexual contact. Having a sexually transmitted disease, sex with multiple partners, or rough sex can increase a person's risk for hep C. There also appears to be an increased risk of acquiring hep C among HIV+ men who have sex with men. Condoms are recommended for anyone not in a committed, monogamous relationship. You can get free condoms at any health center (female condoms are only available at HC #1 & 5; see back cover for locations) and find other sites on: <http://takecontrolphilly.org/map/>. If you are between 13-19 years old, you can also request they be mailed to you through this website.

KEEPING YOUR BABY HEALTHY

- **Breastfeeding**
Having hep C infection doesn't mean you can't breastfeed. However if your nipples are cracked or bleeding, the recommendation is to stop breastfeeding until they heal.
- **Testing**
Infants born to HCV + mothers should be tested 6 months after birth (before then maternal antibodies can persist).

CHOOSING PAIN MEDICATION

Acetaminophen (Tylenol) and Ibuprofen (Motrin) can be damaging to the liver— many common opioid pain meds (like Vicodin and Percocet) contain these. If you take these regularly for chronic pain treatment, let your provider know that you have hep C so that the best treatment choices can be made for you.

KEEPING YOURSELF MENTALLY HEALTHY

Staying healthy once you've been diagnosed with hepatitis C can be hard work. There are people who can help you – whether you just need someone to talk to or a little bit more support. Ask your primary care provider about getting mental health services to fit your needs, insurance type, and location within the city. Philadelphia has a hotline at: **1-888-545-2600**.

SAFER BODY PIERCING AND TATTOOING³

Both piercing and tattooing have the potential for hep C transmission because puncturing the skin is involved. Since hep C can exist outside of the blood or body for up to three days and still be infectious, any unsterilized equipment or surface may contain the virus. If you go anywhere other than a commercial parlor (like at home, a friend's, or at a tattoo party) there is a greater risk that the necessary cleaning procedures won't be up to standard. To make sure you don't get anything other than the piercing or tattoo you want, be safe by always checking beforehand that the artist:

- Is licensed
- Only uses sterile needles, ink, tools and new, sterile jewelry
Autoclaving is the sterilization method of choice, and the equipment should be wrapped in sterile plastic
- Uses a new ink pot—which should be new and opened in front of you
- Washes hands and puts on new gloves every time they touch something other than your body during the piercing/tattoo process
- Cleans and disinfects countertops, floors, chairs and other surface areas before and after each piercing/tattooing
- Gives you written information about caring for your piercing/tattoo afterwards

DRUG USE AND HARM REDUCTION⁴

WHAT IS HARM REDUCTION AND WHY IS IT USEFUL?

Harm reduction is a set of practical strategies that reduce negative consequences of behaviors that carry risk. Though it can be applicable to any behavior, it is most often applied to drug use. Harm reduction includes a spectrum of strategies from learning about and practicing safer injection use to not using at all – the goal is to meet people where they're at.

³ Adapted from State of New York Department of Health, February 2012, Blood to blood Hepatitis C. www.healthny.gov. Last accessed on 8/29/2012.

⁴ Adapted from The Harm Reduction Coalition <http://www.harmreduction.org/article.php?list=type&type=6> Last accessed on 2/16/2012.

HARM REDUCTION AND HEP C TRANSMISSION

Since hep C is transmitted through blood-to-blood contact, sharing any materials that may have been exposed to anyone else's blood is a risk. Some diseases, bacteria, and viruses can live in—or outside—of blood for weeks. Also, **blood can remain on drug use equipment long after it is no longer visible**. So if you use drugs and want to avoid transmitting infectious diseases such as hep C, hep B, HIV and other bacteria, viruses, or fungi, you can be safer by:

- **Using a new syringe and needle every time**
- **Splitting any drugs you are sharing before you put them in a cooker or needle/syringe**
- **Avoiding sharing equipment like cotton, cookers, ties, and spoons**
- **Avoiding sharing surfaces**
- **Using your own pipe and straws if you smoke or snort any drugs. (The syringe exchange program has Pyrex® stems which are stronger than glass and won't burn your lips)**
- **Cleaning your injection site with an alcohol pad or soap and water beforehand**
- **Trying to rotate sites (learning how to fix on both arms) to keep your veins healthy, and allowing time for your injection site to heal before using that spot again**
- **Cleaning and rinsing any syringe /needle you are going to share before loading it, with three cycles/repetitions of bleach and water, shaking each for 30 seconds every time**

It can be difficult to get new equipment every time, but if you are able to plan ahead, eventually this will become second nature. For example, a sterile preparation surface can be made from the inner page of a fresh newspaper. Properly disposing of your used rigs and works to keep communities cleaner and safer is also important so that your used materials are not handled by anyone else. If you do not have a medical sharps container, any hard plastic bottle with a lid, like an empty laundry detergent bottle, can be used to store your used syringes before disposal, or needle exchange.

Remember too that overdose is always a risk, as drug purity and your tolerance are constantly shifting—especially when you use after a period of abstinence, like detox or prison. Using in the presence of others (without sharing equipment!) is less risky because someone can help if you overdose.

To learn more about all aspects of safer injection drug use, “Getting Off Right” is a manual freely accessible at: <http://harmreduction.org/wp-content/uploads/2011/12/getting-off-right.pdf>

- 🔑 **Shoot safe, avoid sharing equipment or drugs, and make sure someone is around to help in case of an overdose.**

NEEDLE/ SYRINGE EXCHANGE IN PHILADELPHIA

- **Prevention Point Philadelphia**

Anonymous and confidential services (for those 18 years and older) are available with mobile site times and locations listed at: www.preventionpointphilly.org

Drop-in Center at:

166 West Lehigh Ave (near 2nd street), Lower Level,
Philadelphia, PA 19133 **215-634-5272**

ANYONE CAN PURCHASE SYRINGES AT A PHARMACY

Since 2009, the law allows anyone in PA to purchase syringes from a pharmacy without a prescription. However, prices range and the decision to sell syringes is still up to the pharmacist. In some cases, the pharmacist will ask you many questions, and you may be required to buy a box of a hundred syringes at a time. Also, outside of Philadelphia and Allegheny counties, you can be charged with possession for having syringes/needles on you. But if you can prove where you got the works, you may avoid a paraphernalia charge, so one suggestion is to hold on to your receipt. You can also sign up for a participant card at Prevention Point, which gives you the right to carry paraphernalia without risk of arrest, no matter where you got them.

THE ROAD TO MANAGED USE OR ABSTINENCE

There are many ways to reduce your drug use, and therefore your risk for contracting hep C, that are outside of the recovery community. Many people stop using on their own with limited social, medical and psychological supports. Ask a case manager about your options, other than entering a drug rehab program, as discussed on pg.16.

- **UNINSURED**

If you do not have health insurance, the city of Philadelphia's Department of Behavioral Health will sponsor you and pay for detox or drug treatment through the Behavioral Health Special Initiative (BHSI). BHSI will provide you with an assessment, referrals and funding for detox and/or treatment if you qualify. Usually they sponsor people for 7 to 10 days of detox and 30 (to sometimes 90) days for an inpatient or other treatment program. For information, call BHSI at **215-546-1200** or **215-546-6435**.

- **INSURED**

Call BHSI (**215-546-1200** or **215-546-6435**) to see what facilities will accept your insurance and where a bed may be available. (Often, especially during the colder parts of the year, there are not enough beds to meet the need, so you may need to be persistent in making daily calls (around 8am) to a facility that takes your insurance to ask if a bed has become available.) Then call the member services number on the back of your insurance card and ask for authorization to enroll in the program you've identified.

Community Behavioral Health (CBH) will provide coverage for detox and/or treatment if you currently have medical assistance in PA. If this applies to you, first call CBH at **215-413-3100**.

CBH and BHSI are only available for residents of Philadelphia County. You may need to show that you are a resident of Philadelphia County—by showing a state issued ID, a utility bill, lease or mortgage with your name and Philadelphia address, or a letter from a government agency, social service, family or faith-based or community organization, on the agency's letter head verifying your Philadelphia address.

If needed, Philly Restart provides funding for a state ID from the Department of Motor Vehicles, but only with a referral (obtained from a case manager). Social workers and case managers will be able to clarify any questions you may have about obtaining a PA state ID.

There are many outpatient options too that are flexible for people who are employed.

Remember that detox or treatment is just the beginning. People go into treatment for many different reasons. Some wish to start the road to recovery or abstinence, others need a break from chaotic situations, and yet others simply want to reset their tolerance. When entering treatment it is important to recognize your own reasons for going into treatment. You do not have to share these with others, but it's important to be honest with yourself so that you can set realistic goals for life beyond treatment.

HEP C PATIENT ASSISTANCE PROGRAMS

CHRONIC DISEASE FUND

<http://www.cdfund.org>

877-968-7233

HEALTHWELL FOUNDATION

<http://www.healthwellfoundation.org/diseases.html>

PATIENT ACCESS NETWORK FOUNDATION

<http://www.panfoundation.org>

1-866-316-PANF (7263)

PATIENT ADVOCATE FOUNDATION

www.patientadvocate.org/index.php

<http://www.copays.org/resources/hepatitisc.php>

SINK OR SWIM PHILLY

<http://sinkorswimphiladelphia.org>

267-940-7462

TOGETHER RX ACCESS

<http://www.togetherrxaccess.com>

800-444-4106

PHARMACEUTICALS







Most pharmaceutical companies offer financial assistance to patients who cannot afford the medications needed to treat hepatitis C. Some also offer educational programs to help you learn more about hepatitis C and manage treatment side effects. You should work with your provider to select and contact programs for assistance; they may even have the forms you need to submit to get your medications at reduced, or no cost.

HEPATITIS C**INFORMATION AND RESOURCES**

ORGANIZATION	WEB SITE	PHONE
American Liver Foundation*	www.liverfoundation.org	# 800-go-liver
Caring Ambassadors Hepatitis C Program	www.hepcchallenge.org/index.html	# 503-632-9032
Centers For Disease Control and Prevention Hepatitis Branch	www.cdc.gov/ncidod/diseases/hepatitis/c/index.html	# 404-718-8596
Hepatitis C Connection	www.hepc-connection.org	# 800-522-4372
Hepatitis C Support Project*	www.hcvadvocate.org	
Hepatitis-Central	www.hepatitis-central.org	
Hepatitis Foundation International	www.hepfi.org	# 800-891-0707
National Center For Complementary and Alternative Medicine Information	http://nccam.nih.gov/health/hepatitisc	# 888-644-6226
National Institutes of Health	http://medlineplus.nlm.nih.gov/medlineplus/hepatitisc.html	

* Provider Finder tool

<u>ORGANIZATION</u>	<u>WEB SITE</u>	<u>PHONE</u>
Hepatitis C Allies of Philadelphia (HepCAP)	www.hepcap.org	# 215-685-6462
Hepatitis Treatment, Education, Research Center (HepTREC)	www.heptrec.org	
Philadelphia Hepatitis Outreach Project (P-HOP) **		# 215-731-2174
National AIDS Treatment Advocacy Project	www.natap.org	# 888-26-NATAP
Hepatitis C Harm Reduction Project	http://www.hepcproject.typepad.com	
Veterans Affairs – Centers for Excellence in Hepatitis C Research and Education	http://www.hepatitis.va.gov	# 800-827-1000
Hep C & Me	http://www.hspace.org.au	

KEY	
	General Resources
	Philadelphia-area specific
	Coinfection (HIV)
	Substance Use
	Veterans
	Youth

** P-HOP runs a monthly support group for persons affected and infected by HCV.

The support group meets every 3rd Wednesday of the month at the Care Clinic, 1200 Callowhill St. Phila, PA, 19123

LOCAL YOUTH SERVICES

Agency	Family planning services	HIV/ STI Testing	LGBTQ Services	Parenting	Primary Health Care	Sexual Health Education	Contact/ Website
Attic Youth Center/ Bryson Institute	+	+	+	+	+	+	# 215-545-4331 www.atticyouthcenter.org
Bebashi						+	# 215-769-3561 www.bebashi.org
CHOP	+	+			+	+	# 215-590-1000
Covenant House	+	+			+		# 215-951-5411 www.covenanthousepa.org
Einstein	+	+			+	+	# 215-456-7170
Mazzoni Center	+	+	+		+	+	# 215-563-0658 www.mazzonicenter.org
SafeGuards		+	+			+	# 215-985-6873 www.safeguards.org
St. Chris	+	+	+		+	+	# 215-427-5284
Youth Health Empowerment Project	+	+	+	+		+	# 215-564-6388 x310 www.y-hep.org
Youth Outreach Adolescent Community Awareness Program						+	# 215-851-1960

FIND YOUR LOCAL HEALTH CENTER:



Health Center 1

500 S. Broad St
Philadelphia, PA 19146
215-685-6570
(sexual health/family planning only)

Health Center 2

1720 S. Broad St
Philadelphia, PA 19145
Medical Appointments: 215-685-1803
Dental Appointments: 215-685-1822

Health Center 3

555 S. 43rd St
Philadelphia, PA 19104
Medical Appointments: 215-685-7504
Dental Appointments: 215-685-7506

Health Center 4

4400 Haverford Ave
Philadelphia, PA 19104
Medical Appointments: 215-685-7601
Dental Appointments: 215-685-7605

Health Center 5

1900 N. 20th St
Philadelphia, PA 19121
Medical Appointments: 215-685-2933
Dental Appointments: 215-685-2938

Health Center 6

321 W. Girard St
Philadelphia, PA 19123
Medical Appointments: 215-685-3803
Dental Appointments: 215-685-3816

Health Center 9

131 E. Cheltenham Ave
Philadelphia, PA 19144
Medical Appointments: 215-685-5701
Dental Appointments: 215-685-5738

Health Center 10

2230 Cottman Ave
Philadelphia, PA 19149
Medical Appointments: 215-685-0639
Dental Appointments: 215-685-0608

Strawberry Mansion Health Center

2840 Dauphin St
Philadelphia, PA 19132
215-685-2401

Philadelphia Department of Public Health
500 S. Broad St
Philadelphia, PA 19146

T: 215-685-6740
F: 215-238-6947
www.phila.gov/health