



Your Liver. Your Life.

# Total wellness guide

## Facts and tips about hepatitis C

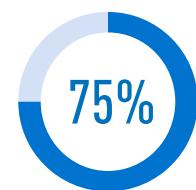
Get acquainted with information about a serious disease that often goes untreated — hepatitis C. It may be affecting you or your loved ones, but you can do something about it. Know the facts and review the tips to learn what you can do to protect your physical and overall well-being.

### What you should know

Approximately  
2.5 million people  
in the United States  
are living with  
chronic hepatitis C.



In the 1980s, the cure rate for hepatitis C was 6%; today, the cure rate is between 90% and 100%.

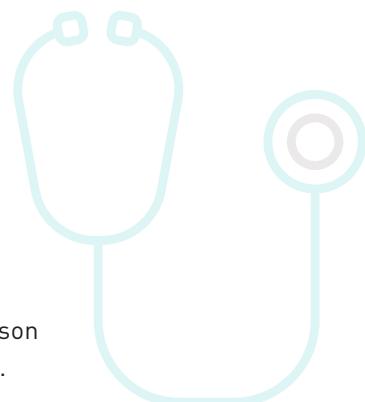


As many as 75% of those infected with the virus **do not know they have it.**

Even though a person with hepatitis C may not have symptoms, **they can still spread the disease.**

Hepatitis C is a disease that impacts the liver and is caused by a virus known as the hepatitis C virus.

Typically, hepatitis C is spread when the blood of an infected person enters the bloodstream of someone who does not have the virus.



Baby boomers, born between 1945 and 1965, are

**five times more likely**

to have hepatitis C than other adults;  
**75% of those with chronic hepatitis are boomers.**



If untreated, chronic hepatitis C is a serious disease that could lead to **long-term health problems or death.**

## 3 simple total wellness tips

Now that you know the facts, get ready to boost your physical and overall well-being.

### Tip 1: Get tested

Finding out if you have hepatitis C can be a simple blood test. Since most people with the virus have no symptoms, testing is important for higher risk populations:

- Everyone born between 1945 and 1965
- Those who have: injected drugs; had blood transfusions or organ transplants before July 1992; gotten tattoos or body piercings with nonsterile equipment; those who receive hemodialysis; come in contact with infected blood in a work setting, such as a healthcare institution or correctional facility
- Those with HIV

### Tip 2: Get treated

Everyone who tests positive should consider being treated.

- Based on your medical history, physical exam, lab work and other test results, your healthcare provider will suggest which medications are right for you.
- Today's treatments have few side-effects and are usually 8 to 12 weeks in duration.

### Tip 3: Pursue body, mind and financial wellness

Once you've received treatment, stay on the path to good physical health and wellness.

- Keep all medical and lab appointments, and see your liver specialist regularly.
- Eat healthy.
- Avoid alcohol and drugs.
- Exercise.
- Get the support needed to overcome emotional or mental stress resulting from the stigma of the disease.
- Resume or pursue the healthy hobbies that hepatitis C may have stood in the way of before.
- You may want to speak with a financial advisor to determine financial planning strategies that may not have been feasible before due to hepatitis C, such as obtaining affordable life insurance.

**This information has been produced with the generous support of Lincoln Financial Group.**

Statistics as of January 2019, per the Centers for Disease Control and Prevention (CDC)

Lincoln Financial Group is the marketing name for Lincoln National Corporation and its affiliates.

UW-HEPC-FLI001\_Z02

2 of 2