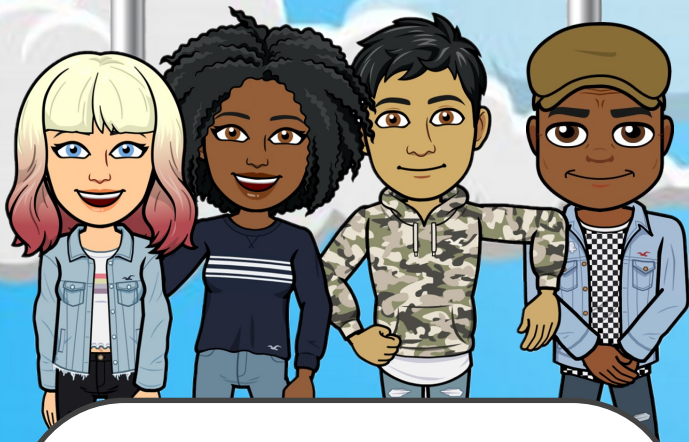


Each person's hep C testing and treatment journey can be really different. What are your concerns?

The following are the most common responses we receive when we ask people why they haven't had testing or treatment yet, and some advice we give in return.



"I'm not sick"

Many people with chronic hep C believe themselves to be symptom free and don't realise the effect hep C could be having on their overall health.

- **No energy**
- **Brain fog**
- **Poor mental health**

People can mistakenly think these symptoms are a result of other lifestyle factors, like partying too hard. But did you know that these could also be symptoms of hep C?

"Putting it off"

Treating hep C sooner rather than later does make a difference.

Hep C causes liver damage and you can't live without your liver.

If you treat hep C early enough, your liver might be able to heal itself. But if you wait too long, it can't.

"Scared of a positive test result"

This could be true for a number of reasons but, finding out that you have hep C no longer means an uncertain future.

The new treatments are more than 95% successful. **You can be cured - and you don't have to stop using to do it.**

"Blood tests are too hard"

We understand how difficult a blood test can be if you have scarring on your veins because you have been using for a while. There might be some options that could make this easier. Talk to our Nurse Practitioner.

"I don't want to be treated differently if I do have hep C"

Have you had a bad experience with health professionals in relation to your drug use before?

Peer Based Harm Reduction WA and our health clinics are a great alternative to mainstream health services.

We exist to provide services to people who identify as drug users. In fact, a portion of our staff are peer workers, which means that they also identify as past or current users.

What ever your situation is, we can relate.

"Too hard to get to appointments"

Life can be chaotic but, if you find it too hard to get to appointments, we've got you covered.

Our free Hepatitis C Case Management service can help with transport to and from our health clinic OR we can bring hep C clinic appointments to you at home. Just ask our staff.

Step 1: TESTING

The first step is **testing** - and not just once. Clearing hep C naturally or with treatment does not make you immune. You can be infected again.

This is why we suggest testing again **every six to twelve months** to stay on top of it.

Step 2: FOLLOW UP

Hep C testing alone is not enough without finding out the result. You've done something positive for the benefit of your health by getting tested! The next step is to **make sure you follow up afterward** to ensure that you know and understand your result.

Step 3: TREATMENT

If you find out you are hep C positive, the next step is **treatment**. Treatment for hep C has changed a lot:

- ✓ It is easier to take
- ✓ Shorter
- ✓ Fewer side effects
- ✓ The success rate is amazing
- ✓ Still using? No problem!

Talk to someone who has already been through it and ask them what it was like. You can talk to a friend or you can ask to speak to one of our peer workers who have successfully cleared their hep C with treatment.

When you're ready, our Nurse Practitioner is here to guide you through treatment. All it takes is one to three tablets per day for eight to twelve weeks

Step 4: GET ON WITH YOUR LIFE!

HEP C WHAT SHOULD I DO?

YOUR MAP TO TREATMENT



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Bunbury: 97 Spencer St, Bunbury. P: 9791 6699
www.harmreductionwa.org