

# HCV PATIENT TOOLS

## HCV TOOLS FOR SUCCESS



## Alcohol

If you have hepatitis C (HCV or Hep C for short) one of the best things you can do for yourself is to stop drinking or cut down as much as you can. Drinking alcohol can cause a lot of liver damage in people with hepatitis C.

*If possible, it is best to stop drinking.*

If you can't stop drinking, try to cut down on the amount that you drink. For many people, it is not easy to stop drinking or even to drink less alcohol. If you are having problems with alcohol talk with your doctor, counselor or anyone you feel safe with to discuss ways that will help you stay healthy.

## What happens when you mix alcohol and HCV?

- Your liver will become damaged more quickly; alcohol by itself can cause liver damage
- Your body's natural defenses will not be able to control HCV as well as someone that does not drink alcohol
- HCV will make more copies of itself
- Some doctors may not give you medications to cure your HCV

[hcvadvocate.org/](http://hcvadvocate.org/)