


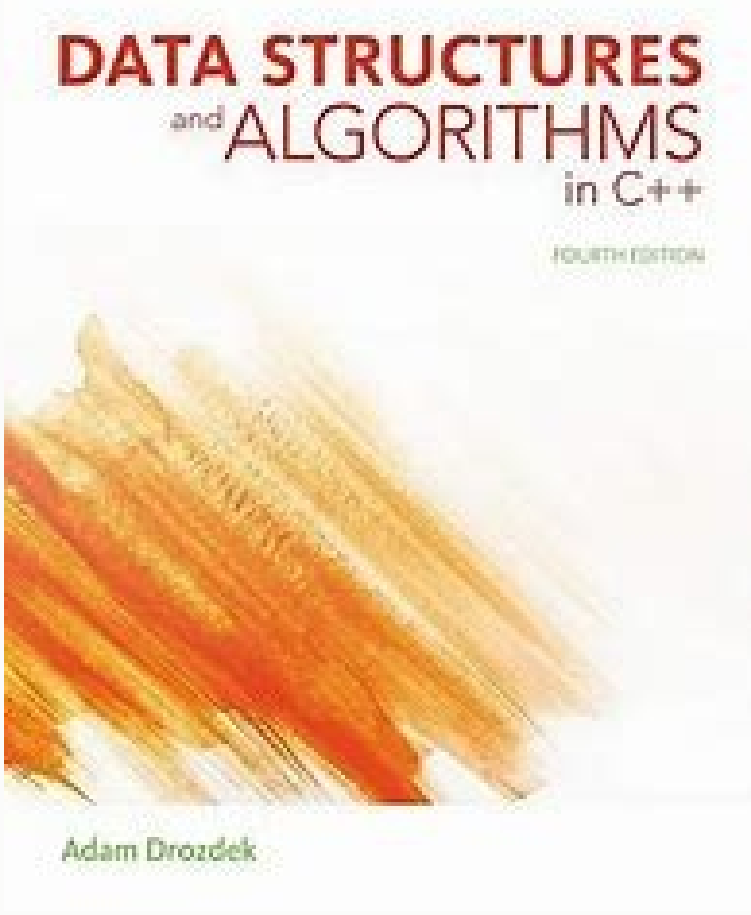
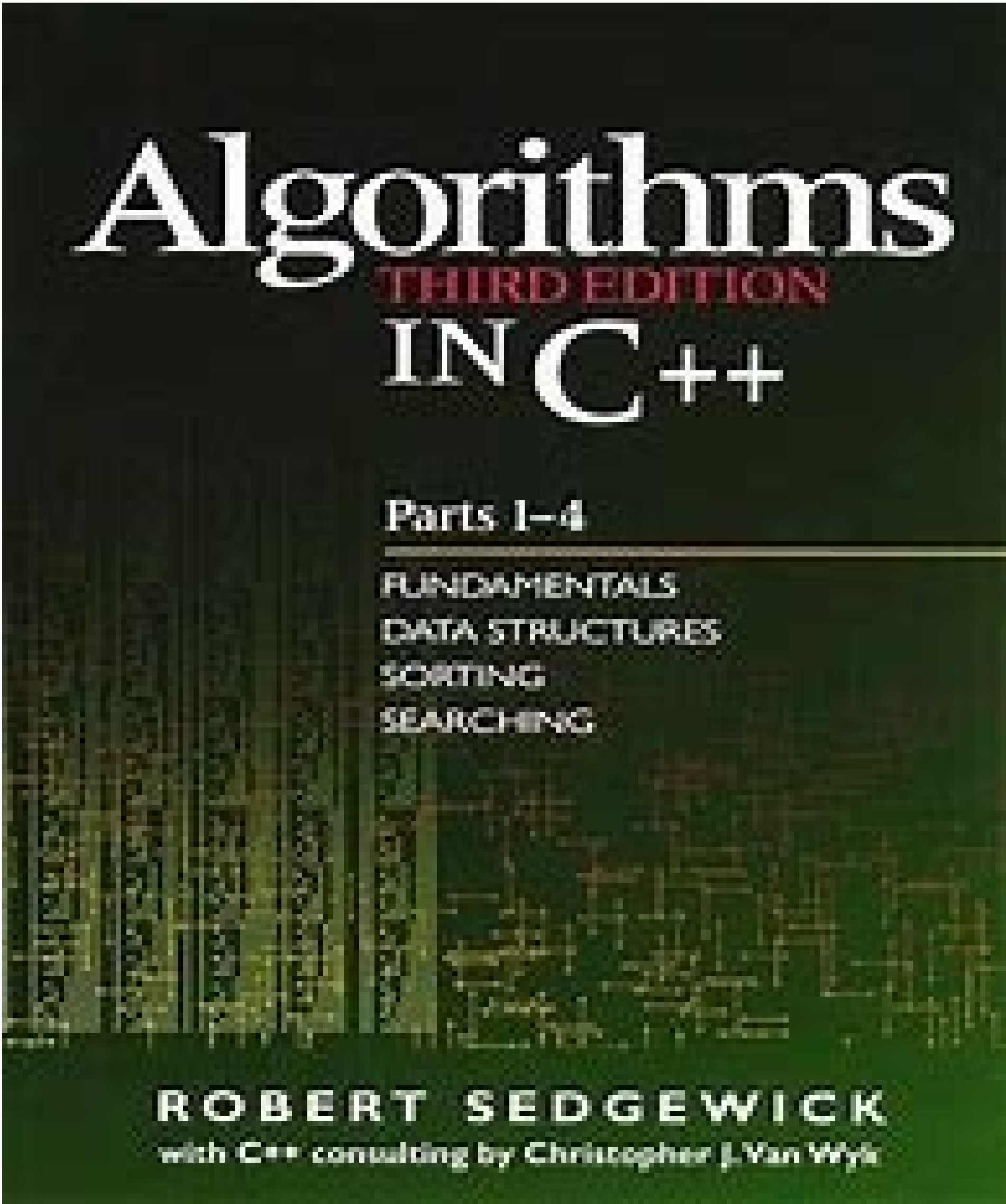
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Approximately 4 million people in the United States are affected with hepatitis C. This form of hepatitis causes a chronic illness in over 50% of people who get this type of the virus. It's the least transmissible of the three viruses and can spread through contact with infected blood. Hepatitis C occurs more commonly in people who engage in intravenous drug use. If you received a blood transfusion before 1992, you should also get tested for hepatitis C if you haven't previously. Hepatitis C can spread through unprotected sexual intercourse, but this is a less common way to transmit it. While there's no vaccine for chronic hepatitis C, treatments that are available today offer a 95% cure rate.Chronic hepatitis C can significantly affect how your liver works. It can cause cirrhosis, which means that your normal liver tissue is replaced with scar tissue. It can also cause liver cancer. However, there are medications that can help keep this disease in check. Making lifestyle changes, such as reducing or eliminating alcohol from your diet, can also decrease your chances of experiencing complications. In severe cases, hepatitis C may require a liver transplant. The varying forms of viral hepatitis affect millions of people in the United States. Chronic hepatitis often has few symptoms in its early stages, so recognizing the associated dangers and getting tested if you've been exposed may save your life. Although there are five types of viral hepatitis, only A, B and C are the forms commonly found in the United States.Resource Links:"Hepatitis A, B, and C: Learn the Differences," Immunization Action Coalition"What's the Difference Between Hepatitis A, B and C?," UNC Health Talk"The ABCs of Hepatitis," Centers for Disease Control and Prevention"What's the Difference: Hepatitis B vs Hepatitis C?," Hepatitis B Foundation Upon hearing your diagnosis, you might experience grief, fear or even a feeling of denial until some time has passed. "These are all normal and emotionally healthy responses, but it's all too easy to spiral out of control with fear in the beginning," says Barr. Fortunately, these tips can help you manage the anxiety and fear that come along with learning about a cancer diagnosis.Lessen the Impact of Anxious Thoughts Start by writing your thoughts down on note cards or in a journal. Identify the first one that's leading you to feel uneasy. For example, you might write down something like "I'm afraid of my hair falling out." Then, move onto the subsequent fear and write it down. That might be something like "People will treat me differently if they see I have cancer."When you've identified most of your anxious thoughts, go back to the first one and write something new on the card that can help ease your stress. It should be a thought that's confident and empowering. For example, suppose you're worried about your hair falling out. In that case, a positive view could be: "I've been looking forward to getting a new hairstyle anyway." When you're feeling nervous, read the more positive strategies, says Barr.Work On Your Internal DialogueIt can also help to defuse all those "What if?" questions you might ask yourself, such as "What if my cancer has spread?" or "What if the treatment doesn't work?" One scary question tends to lead to another and often turns into full-fledged anxiety. Try to focus on those things you have the power to improve on your own. The next time you start asking yourself the what-ifs, substitute the upsetting ideas with this one: "Is this thought helping me or hurting me?" You can also ask, "Is this thought moving me forward or backward?" Your answers might surprise you, and they can help you move away from the thoughts that are holding you back.Get GroundedInterrupting periods of anxiety by focusing on small details around you can help you shift your perspective away from negativity and towards the present moment. "Look at the beautiful color of the walls in the room you're in; look at the person you're talking to, the clothes [they're] wearing," Barr suggests. Becoming very present and focused on physical details nearby helps soothe sudden anxious thoughts. Turn your focus towards absorbing the colors, smells, people and each new sound around you. Build those sensations up very clearly in your mind. You can use this technique as a distraction tool the next time you're waiting for a medical procedure or want a diversion from your thoughts.Meditate to MusicResearch shows that 15 to 30 minutes of both guided imagery and soothing tunes can alleviate deep feelings of stress about a cancer diagnosis. The Cancer Treatment Centers of America (CTCA) reviewed 30 clinical cancer trials that analyzed more than 1,690 cancer patients. They found that music therapy can have a beneficial effect on anxiety, pain, mood, quality of life, heart rate, respiratory rate and blood pressure.The CTCA also offers many classes and therapies to help people relax, reduce stress and improve their quality of life as part of an extensive mind-body medicine program. Many centers provide calming background music during healing therapies.

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