



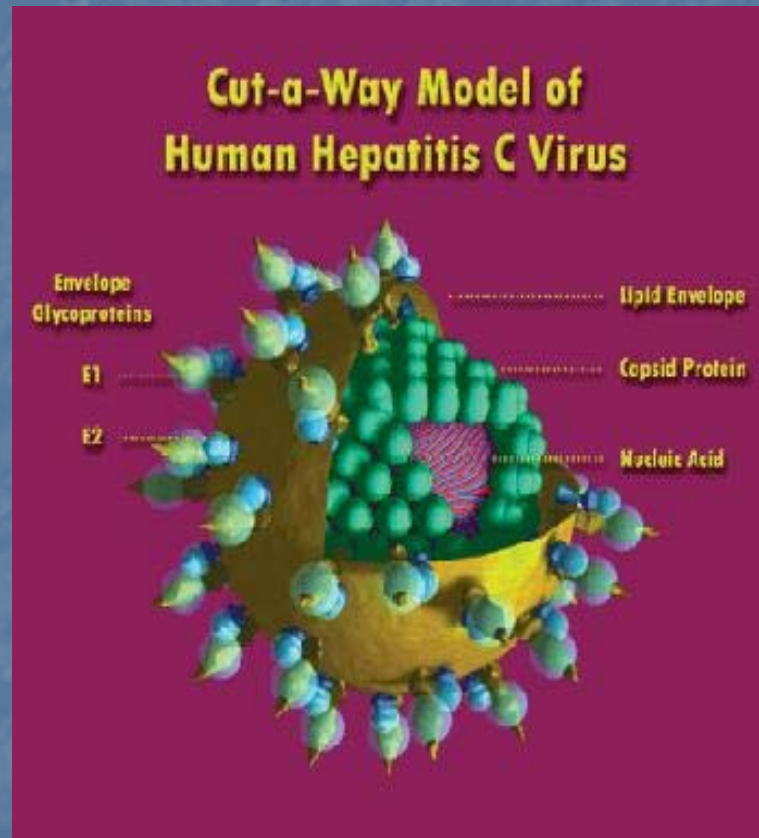
Young People and HCV

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CNC Hepatology

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Hepatitis C Virus (HCV)



<http://www.irishscientist.ie/2001/contents.asp>

HCV in young people – how does it happen?

Blood to blood
transmission

- tattoos, piercing,
needlestick, IVDU,
sexual etc
- Vertical transmission
- Blood & plasma
products



Natural History

On average , 1 in 4 people who contract HCV will clear their infection within the first 12 months.

3 out of 4 people will develop chronic HCV

Of 100 people with chronic HCV who remain untreated

After 20 years- 7 % -cirrhosis

-1% liver failure or tumour

After 40 years- 20% - cirrhosis

4% liver failure or tumour

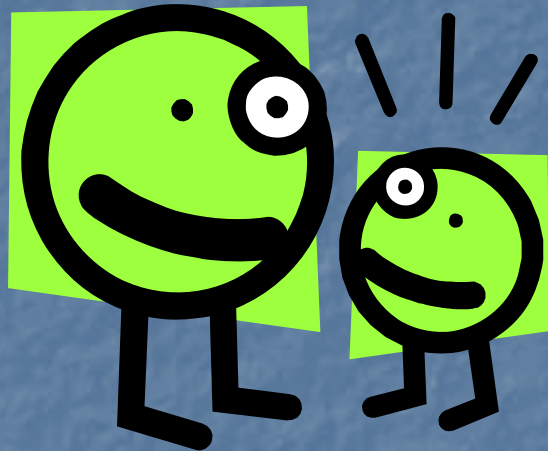
HCV in young people

- Acute infection- rarely symptomatic
- Chronic infection
- Usually completely healthy
- Normal Investigations-LFTs, U/S
- Biopsy- normal- mild fibrosis



Monitoring

- Review by hepatologist
3-6 monthly



- Yearly ultrasound
- +/- liver biopsy

Issues- Monitoring

- No Active Treatment
- Young person healthy
- Compliance



Signs and symptoms of HCV

- Fatigue and depression
- Nausea
- Poor appetite
- Poor concentration
- Muscle and joint pains
- Enlarged liver, spleen, jaundice

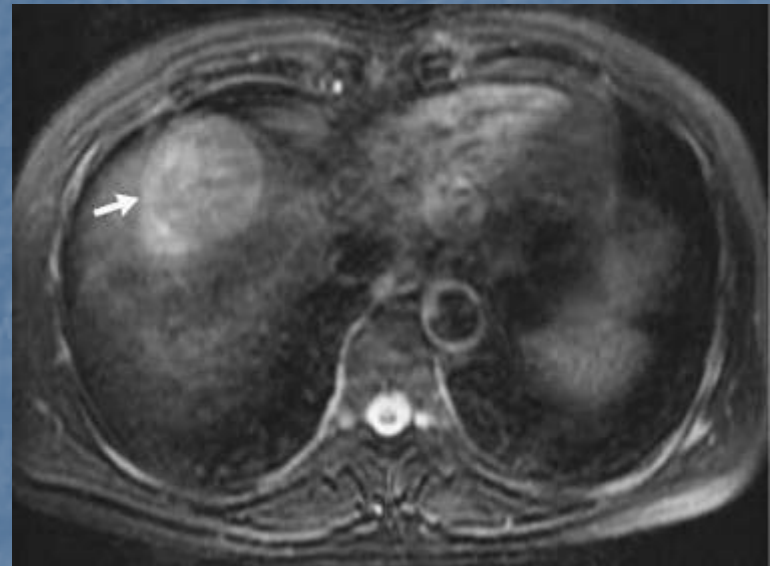
Treatment



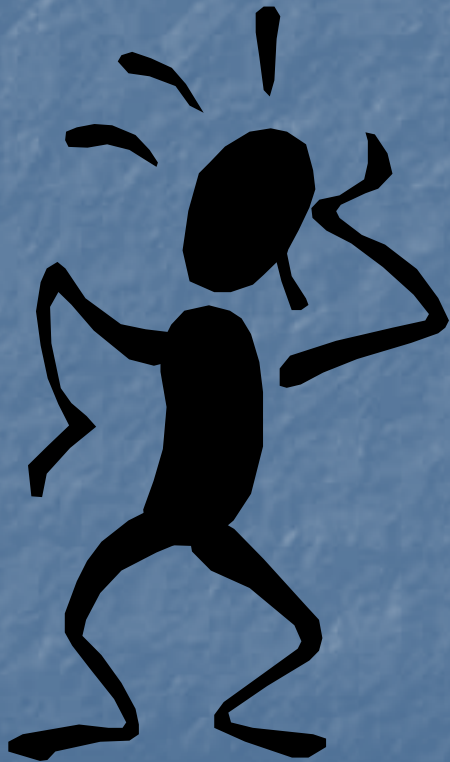
- Why?????????

Treatment

- Cirrhosis
- HCC
- Liver Transplantation
- Death



Who needs treatment??



- Positive HCV RNA
- ↑ ALT
- Fibrosis-cirrhosis
- Genotypes- 2/3 better outcome
- Co-infection HIV

Treatment

- Pegylated interferon-weekly injections
- Ribavirin- tablets twice a day
- Be Prepared!!!!!!!!!!!!!!



Issues- Treatment

- Side effects
- Injections/tablets
- Compliance



Issues-Family

- Fear, anger, guilt, embarrassment
- Education
- Social Support



Issues- Family

- Universal precautions
- Other family members (bleeding disorder)
- Mothers own disease, treatment (vertical)



Issues-HCV



- Self Care-hygiene precautions
- Education

Issues- psycho-social

- Support

- Hep C connect

Hepatitis C Council of NSW



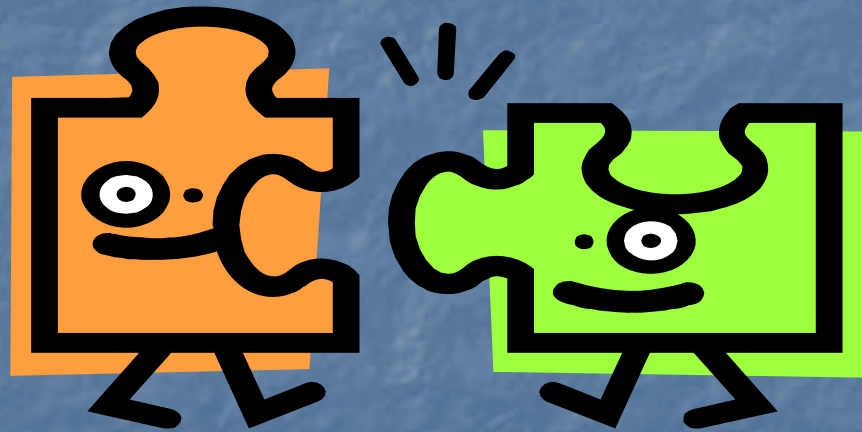
Issues- Psycho-social

- Disclosure
- Exclusion
- Discrimination



Other Medical Issues

- Immunisations



Lifestyle Issues

- Diet
- Exercise
- Alternative therapies

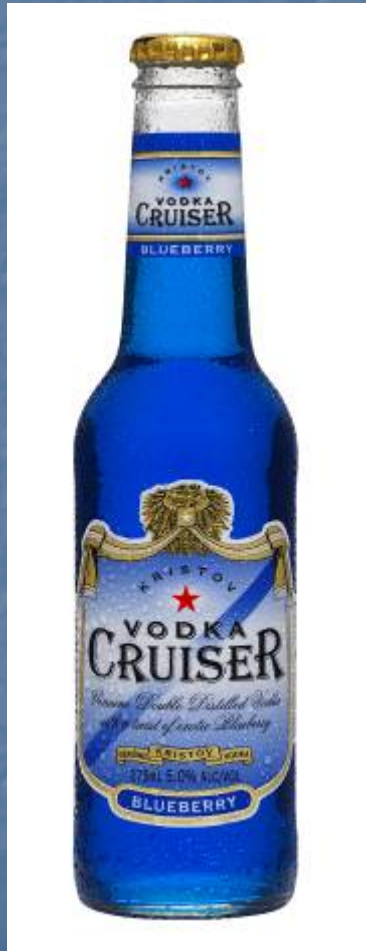


Lifestyle Issues

- Sex
- Pregnancy
- Rest



Alcohol + HCV



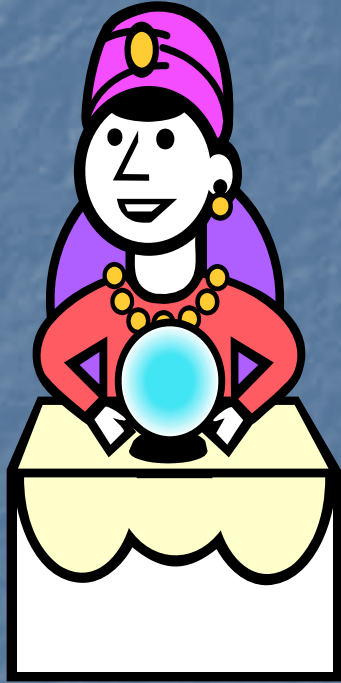
↑ rate of liver
fibrosis

Abstinence ????

Moderation-one
standard drink per
day



The Future



- Clinical trials
- Improved drugs-less side effects
- Patient and community education
- Liver transplantation