



HEPATITIS C

Information, advice, testing,
support & training service

Alcohol and Hepatitis C (HCV)

It is **important** to remember:

There are many things that happen to your liver and body when you drink alcohol:

- *The liver will become damaged more quickly (alcohol and HCV can each cause damage to the liver in combination this damage is quicker and more severe).*
- *The body's natural defenses will not be able to fight off HCV because alcohol impairs the liver's ability to produce immune factors.*
- *The virus makes even more copies of itself in the presence of alcohol*
- *Treatment will not work as well*

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.

There are a lot of things you can do to help you keep your liver healthy.

Giving up or cutting back on alcohol could be the most important change that you make.