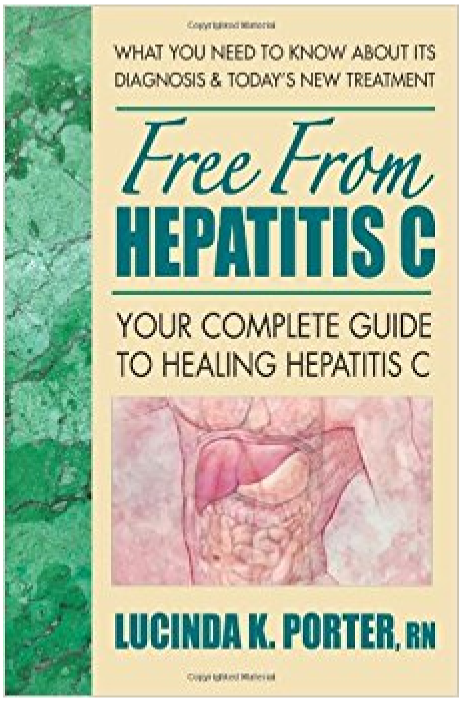
Free From Hepatitis C: Your Complete Guide To Healing Hepatitis C



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WHAT YOU NEED TO KNOW ABOUT ITS
DIAGNOSIS & TODAY'S NEW TREATMENT

Free From
HEPATITIS C

YOUR COMPLETE GUIDE
TO HEALING HEPATITIS C

LUCINDA K. PORTER, RN

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Synopsis

For decades, having hepatitis C virus (HCV) was the equivalent of serving a life sentenceÃ¢â ¬â ¢with a dangerous liver disease. All of that changed with the discovery that the virus could be defeated with a new treatment. To shed light on this groundbreaking therapy, Lucinda Porter, a registered nurse, a passionate HCV advocate, and a hep C patient herself, has written a comprehensive guide for people who are undergoing or considering this new hep C treatment. Ms. Porter begins by explaining what hepatitis C is. She then looks at both the mainstream and the alternative management techniques currently used to keep the virus in check. From there, she examines hep CÃ¢â ¬â„¢s new therapy and what you can expect from it. The author demystifies test results, provides important questions you can ask your healthcare provider, and offers adviceÃ¢â ¬â ¢all with the compassion of someone who has gone through the process herself. Well over 3 million North Americans live with hepatitis C. Here, at last, is all the information they need to make informed decisions about their future.Ã Â Ã Â

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Customer Reviews

Lucinda K. Porter, RN is an active hepatitis C advocate who writes, teaches, and lectures on the topic. She is recognized as a leader in her field based upon her professional experience and her firsthand knowledge of living with the disease. Ms. Porter has been a research nurse at Stanford University Medical Center specializing in HCV, and her articles and guides have appeared in numerous HCV newsletters and journals. Today, in addition to being a highly sought-after speaker, she continues to work with various HCV groups on behalf of patients and their families Ã Â Ã Â

Ã Â Freedom is nothing but a chance to be better. Ã¢â ¬â ¢ALBERT CAMUS In 1988, I was infected with a virus that didnÃ¢â ¬â„¢t even have a name, let alone a treatment. It has since been labeled chronic hepatitis C virus, or HCV. As a nurse working with HCV patients, for many years, I had little to offer but hope for better HCV treatment, as success rates were so low. Now, that hope is a reality. It is true that HCV therapy does not cure everyone 100 percent of the time, but the odds of beating the disease are excellent and improving. Those patients who donÃ¢â ¬â„¢t permanently eliminate HCV still reap health benefits that are usually worth the investment. At this time, I believe that there is more to lose by not trying treatment than by giving it a shot. I know, itÃ¢â ¬â„¢s easier said than done. After reading the list of side effects associated with HCV drugs, my first reaction was that it would be better to take my chances with the disease rather than attempt therapy. It did not occur to me that HCV treatment might not be as bad as I had heard or imagined. Choosing between living with HCV and going through treatment can seem like being wedged between a rock and a hard place. But what if the hard place is not as hard as you think it might be? Or what if it is hard but temporary and quite bearable? I have learned firsthand that ordinary people, despite their fears and reservations, can successfully complete HCV treatment. I have witnessed many patients finish it. Some were so afraid that it took them years to make up their minds before agreeing to the protocol. Their strength inspired me to try HCV therapy for myself; their experiences showed me the easiest way through it; their stories moved me to share this message of hope. MY STORY When I was thirty-five, a blood transfusion both saved and forever altered my life. At the time, medical science was well aware of viruses such as HIV (the virus that causes AIDS), hepatitis A, and hepatitis B, as well as other microorganisms that had previously threatened the safety of transfusions, so the blood supply was thought to be safe. No one knew that there was another virus flourishing in the United States and around the world, and thus, in the blood supply. Two months after my blood transfusion, I felt severely fatigued. Laboratory tests showed liver problems. After a liver biopsy, I was diagnosed with non-A, non-B hepatitis. A year later, science isolated the virus and named it hepatitis C, or HCV. After a while, the exhaustion eased, so I thought my body had recovered from HCV on its own. I had no idea that the illness was taking up permanent residence in my system, multiplying and slowly destroying my liver. Although the initial relentless fatigue improved, it never completely vanished. I knew the virus hadnÃ¢â ¬â„¢t left my body. Tired of being tired all the time, I consulted a liver specialist. It was 1997, and treatment for HCV was relatively new, consisting of a single medication called interferon alfa. The probability of responding to the drug was extremely low, but I didnÃ¢â ¬â„¢t let the odds stand in my way. I figured that the medication worked for some patients, why couldnÃ¢â ¬â„¢t it work for me? For three months, I waded through treatment, stopping after the virus did not budge. By 2003, HCV treatment consisted of pegylated interferon incombination with ribavirin. Success rates were much higher, the drugs were easier to tolerate, and the medical community knew significantly more about good side effect management. Therapy was much easier the second time. There were no side effects during the first couple of weeks, and when they showed up, they were gradual and tolerable. My appetite diminished and I lost some weight, which I needed to lose anyway. At times, I was grouchy and depressed. Sometimes my brain felt like gelatinÃ¢â ¬â ¢a condition that patients call Ã¢â ¬Å“brain fog.Ã¢â ¬Â• (I couldnÃ¢â ¬â„¢t find where I parked car a few times, and I ran out of gas once. On another occasion, I couldnÃ¢â ¬â„¢t understand why my car keys wouldnÃ¢â ¬â„¢t fit into the ignition, only to discover that I was trying to start someone elseÃ¢â ¬â„¢s car, which wasnÃ¢â ¬â„¢t even the same make or color as mine!) Normally active, I spent evenings on the sofa, becoming all too acquainted with television. Occasionally, I had insomnia, but rather than toss and turn, I found comfort in reruns of I Love Lucy and Barney Miller. Sometimes treatment was so easy, sometimes it was difficult, but it was always tolerable. And after three months, my HCV was undetectable, which encouraged me to stick it out. The laundry got done, the bills paid, and occasional crises were handled. I assure you, I am not superhuman. If I was able to deal with the side effects of HCV treatment and complete therapy, so can you. WHAT TO EXPECT FROM THIS BOOK Free from Hepatitis C is designed to give you more than just hope. It presents practical information that will empower you to make solid choices about your health and provides tools that can help you through HCV treatment. Ultimately, it shows you how to build a solid foundation for therapy, which is the key to its success. Chapter 1 begins by outlining the basics of HCV. It explains how the disease is transmitted and diagnosed, and relates the history of HCV treatment. It describes the diseaseÃ¢â ¬â„¢s symptoms, its effects on the body, and its risk factors. Finally, it discusses how to build a good medical team, as well as how to reduce the chance of spreading the illness to others. Chapter 2 examines HCV treatment in detail, letting you know what to expect, why you should consider undergoing therapy, and the circumstances under which treatment is not recommended. It lists the drugs you might take, their side effects, as well as the odds of beating the virus permanently.

I would strongly recommend this book to anyone who has been diagnosed with this disease, as well as their friends, family and others who will be involved in their treatment.Ms. Porter’s book is very informative, easy to read and understand. It covers all the bases of hepatitis c , its treatment and side effects. She addresses every aspect including physical, emotional and social.I will be starting triple therapy treatment in a few weeks and I will keep this book close at hand, it is a must have.Thank you Ms. Porter for all of your research and hard work, I am sure that you and your books have helped many, many people to deal with this terrible disease.Jeff

I would recommend this book to anyone, whether a patient, spouse,or anyone who wants to be educated on treatment for Hepatitis C. My husband has just completed three weeks of Triple Therapy treatment. I took this book along to our first three appointments and referred back to chapters that I had questions about. I felt much more prepared for the appointments and not so overwhelmed by the information given verbally during a short appointment. The author has written this book with such a positive and hopeful approach to treatment. As we go through these next months of treatment, I will continue to refer back to this book. A must read for anyone that has been affected by this virus.

I have the book and the kindle app and for ANYONE with hepatitis c this is what you want and need to read. I am a support group leader and I reccomend nLucinda is down to earth and dead on target. This book will enrich you in many ways, sorry about my spelling.She has been a tremendous force in the battle against this "silent killer". I am hep c positive 3 rounds of treatment and still have hep c and yet with Lucinda, you can find hope for a better tomorrow.I know this book and kindle app will help as many as much as its helped me.

I just had a family member diagnosed with Hepatitis C and I immediately went online and ordered 3 copies of this book. One I kept and the other two I mailed to his immediate family members. I think that this is a very clearly written book, especially because it was written by not only someone who has Hepatitis C but who also happens to be an R.N.

Very dated material. Don’t waste your money.

This was by bible during my treatment. Lucinda wrote with passion, knowledge and compassion. I brought this book to my doctor visits too!

Good info, thou the drug treatment is dated.

Not what I expected, but if you are going thru treatment this takes you step by step, side effects. good read

Hepatitis C Treatment: Spot The Symptoms Early And Get Rid Of Hepatitis C Forever (Hepatitis C Transmission, Hepatitis C Cure, Hepatitis C Symptoms , Preventing Hepatitis C) Free from Hepatitis C: Your Complete Guide to Healing Hepatitis C Healing Hepatitis & Liver Disease Naturally: Detoxification. Liver gallbladder flush. Alternative remedies for hepatitis C. Heal Hepatitis B with natural ... remedies. Stop cirrhotic progression Healing Hepatitis and Liver Disease Naturally: Detoxification. Liver gall bladder flush & Cleanse. Cure Hepatitis C and Hepatitis B. Lower blood cholesterol and stop cirrhosis Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Healing Hepatitis C: A Patient and a Doctor on the Epidemic’s Front Lines Tell You How to Recognize When You Are at Risk, Understand Hepatitis C ... C, and Advocate for Yourself and Others Healing Hepatitis C: A Patient and a Doctor on the Epidemic’s Front Lines Tell You How to Recognize When You Are at Risk, Understand Hepatitis C Tests, ... C, and Advocate for Yourself and Others The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Reiki: The Healing Energy of Reiki - BeginnerÃ¢â ¬â„¢s Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Free Cookbooks: Box Set: The Complete Healthy And

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