Easy C Treatment Guide

Genotype 1

GET TESTED • GET TREATED • GET CURED
Introduction

This guide is a very brief overview of hepatitis C treatment. It is meant to help you understand the latest drugs that are used to treat hepatitis C if you have genotype 1—the most common strain of hepatitis C. It is intended as an aid to help you work with your doctor and nurse. One of the most important things you can do is to learn as much as possible about hepatitis C as you can. This will help you make important decisions that are right for you.

The drugs can cure most people with hepatitis C—in fact, these drugs can cure more than 90% of people (more than 9 out of 10 people). These drugs are called direct-acting antivirals. They are called this because they work to stop the hepatitis C virus from making more copies of itself. Some people may have to take another drug called ribavirin because their hepatitis C is a little harder to cure.

THIS GUIDE INCLUDES:

- Definitions of commonly used terms
- The best drugs to treat hepatitis C—genotype 1
- How long treatment lasts
- The most common side effects of the drugs
- Resources

It is important to know that even though the hepatitis C drugs can cure more than 9 out of 10 people that not everyone is going to be cured. However, the chances of being cured have never been better.

I hope this guide gives you information that will make the decision a little easier. If there is any additional information that would help to improve this guide, please email me at alanfranciscus@hcvadvocate.org

—Alan
Table of Contents

Commonly used terms ........................................ 3

Approved HCV Medications
   Daklinza ..................................................... 4
   Harvoni ...................................................... 5
   Viekira pak .................................................. 6
   Zepatier ..................................................... 7

Resources ....................................................... 8
Commonly Used Terms

CURE
At the end of treatment a person who no longer has the condition or disease. In hepatitis C it means that 12 weeks from the end of treatment that the hepatitis C virus is no longer found in the blood. It is also called sustained virological response (SVR).

DAKLINZA
A drug combined with sofosbuvir to treat hepatitis C.

DIRECT-ACTING ANTIVIRALS
Medications that directly stop the hepatitis C virus from making more copies of itself.

GENOTYPE
Are strains of hepatitis C. There are 7 genotypes numbered 1 through 7. Genotype 1 is the most common genotype in the world and the United States. Genotype information is important for HCV treatment decisions and for how long to take the medications.

HARVONI
A combination of two drugs combined into one pill taken once-a-day.

HCV
The hepatitis C virus (HCV). It is a virus that is spread by blood-to-blood contact.

RIBAVIRIN
A medication that may be combined with some HCV medications.
Note: Ribavirin can cause birth defects. Pregnancy must be avoided if ribavirin is part of treatment. Talk to a doctor or nurse about effective birth control.

SIDE EFFECTS
A condition that is caused by the use of drugs (medications).

SOVALDI
A drug used to treat hepatitis C. It is combined with other drugs.

VIEKIRA PAK
A combination of several drugs taken twice-a-day. It is taken with and without ribavirin.

ZEPATIER
A combination of two drugs combined into one pill taken once-a-day. It is taken with and without ribavirin.
DAKLINZA is a drug used to treat hepatitis C. It is taken with another drug—sofosbuvir. It may also be taken with sofosbuvir and ribavirin. It is approved to treat genotype 1.

DAKLINZA is taken for 12 weeks.

The cure rate is over 90% (over 9 out of 10 people) who take the pills. The information the drugs is very detailed. Talk to your doctor and nurse about the treatment.

The most common side effects from DAKLINZA plus SOVALDI include:

 ✓ Headache
 ✓ Fatigue (feeling tired)

The most common side effects from DAKLINZA plus sofosbuvir and ribavirin include:

 ✓ Headache
 ✓ Anemia (low red blood cell count)
 ✓ Fatigue (feeling tired)
 ✓ Nausea (feeling sick to the stomach)

Hepatitis C drugs are expensive. Bristol-Myer Squibb (BMS) who makes DAKLINZA has programs that may be able to help with the cost of the drugs. BMS also has other services that may help. Contact BMS at:

http://www.bmspaf.org/Pages/Home.aspx or call 1-800-736-0003
HARVONI is a combination of two drugs combined into one pill. It is taken once-a-day. It is approved to treat genotype 1. Some people will take HARVONI with ribavirin.

HARVONI is taken for 8, 12 or 24 weeks. Most people are treated for 12 weeks.

The cure rate is over 90% (over 9 out 10 people) who take the pills.

The most common side effects from HARVONI are:
- Fatigue (feeling tired)
- Headache
- Feeling weak

Hepatitis C drugs are expensive. Gilead who makes HARVONI has programs that may be able to help with the cost of the drugs. Gilead also has other services that may help. Contact Gilead at: MySupportPath.com or call 1-855-769-7284
Viekira Pak
(vee-KEE-rah-pak)

VIEKIRA PAK is a combination of pills that comes in a packet. It is approved to treat genotype 1a and 1b. Some people will also have to take it with ribavirin—pills taken twice a day with food.

VIEKIRA PAK is taken for 12 or 24 weeks. Most people take it for 12 weeks.

The cure rate is over 90% (over 9 out of 10 people) who take the pills.

The most common side effects of the VIEKIRA PAK are:
✓ Nausea (feeling sick to the stomach)
✓ Itching
✓ Insomnia (problems with sleeping)

The most common side effects of VIEKIRA PAK with ribavirin are:
✓ Fatigue (feeling tired)
✓ Nausea (feeling sick to the stomach)
✓ Itching
✓ Skin rashes and redness of the skin
✓ Insomnia (problems with sleeping)
✓ Feeling weak

HCV drugs are expensive. AbbVie who make VIEKIRA PAK has programs that may help with the cost of medicines. AbbVie also has other programs that may help you. Contact AbbVie at: https://www.viekira.com/ or call 1-844-484-3547.
ZEPATIER is a combination of two drugs combined into one pill taken once-a-day. It is approved to treat genotype 1a and genotype 1b. Some people will also have to take it with ribavirin—pills taken twice a day with food.

The period that people take ZEPATIER is 12 or 16 weeks. Most people take ZEPATIER for 12 weeks.

The cure rate is over 90% (over 9 out of 10 people).

The most common side effects of ZEPATIER are:
- Fatigue (feeling tired)
- Headache
- Nausea (feeling sick to the stomach)
- Insomnia (sleep problems)
- Diarrhea

The most common side effects of ZEPATIER and ribavirin are:
- Anemia (low red blood cells)
- Headache
- Fatigue
- Shortness of breath
- Rash or itching
- Feeling irritable
- Stomach pain
- Depression
- Joint pain

ZEPATIER should not be taken with certain drugs a doctor prescribes, some over-the-counter drugs, herbs, and any other drugs. Be sure to tell your doctor or nurse of any of these you are taking.

HCV medications are expensive. Merck has programs that may be able to help with some of the costs. They also have other services to help you with getting through treatment. Contact Merck at: http://www.merckaccessprogram-zepatier.com/ or 866-251-6013
### Suggested Reading

**A Guide to Understanding Hepatitis C 2016**
By Alan Franciscus

**Hepatitis C Treatment One Step at a Time.**
By Lucinda K. Porter, RN.
Demos Health.

### Resources

For more information about HCV, contact the following organizations

- **National Institutes of Health**
  [http://www.niddk.nih.gov/health-information/health-topics/liver-disease/hepatitis-c/Pages/ez.aspx](http://www.niddk.nih.gov/health-information/health-topics/liver-disease/hepatitis-c/Pages/ez.aspx)

- **Centers for Disease Control - Hepatitis C**

- **National HCV Helpline**
  877-HELP-4-HEP (877-435-7443)

Visit the HCV Advocate Website for information about hepatitis C including:

- **HCV Advocate Website:** [www.hcvadvocate.org](http://www.hcvadvocate.org) for information about hepatitis C

- **Newly Diagnosed:** Information and a printable brochure to help newly diagnosed patients

- **Treatment Issues:** Treatment-related information: fact sheets about approved medications, side effects, and more
  [http://hcvadvocate.org/treatment/](http://hcvadvocate.org/treatment/)

- **Fact Sheets:** This lists all of our fact sheets including our Easy C Facts, HCSP Fact Sheets, FAQ, Guides, Coinfection Facts, Chinese Easy C’s, and Tattoos

- **Resources:** Disability Benefits, Glossaries (Medical & Herbal), Helpful links including support groups
  [http://hcvadvocate.org/resources/](http://hcvadvocate.org/resources/)

- **Espanol:** Fact Sheets in Spanish
  [http://hcvadvocate.org/spanish/](http://hcvadvocate.org/spanish/)

- **A Guide to Understanding Hepatitis C 2016.** Includes information about a patient assistance programs

- **Newsletter:** Monthly and Mid-monthly editions