Easy C Treatment Guide

Genotype 3

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 3—the second 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 3
- 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
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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 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 3 is the second 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.

**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 combined with ribavirin to treat HCV genotype 3.
DAKLINZA is a drug used to treat hepatitis C. It is taken with another drug—sofosbuvir. It is approved to treat genotype 3. Some people will also have to take it with ribavirin.

DAKLINZA and SOVALDI are taken for 12 weeks.

The cure rate is up to 100% (10 to 10 people) who take the pills. The information about 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 and Gilead who makes SOVALDI have 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://mysupportpath.com/](http://mysupportpath.com/) or call 1-855-769-7284

**CAUTION!**

DAKLINZA should not be taken with certain drugs a doctor prescribes, over-the-counter drugs bought at a market or drug store, herbs and any other drugs. Be sure to tell your doctor or nurse any of these you are taking.
SOVALDI is a drug used to treat hepatitis C. It is taken with another drug—ribavirin. It is approved to treat genotype 3. SOVALDI plus ribavirin is taken for 24 weeks.

The cure rate for genotype 3 is more than 90% (more than 9 of 10 people) who take the combination of the pills. Talk to your doctor or nurse about the treatment and if it is right for you.

The most common side effects of SOVALDI and RIBAVIRIN are:

- Feeling tired (fatigue)
- Headache
- Feeling sick to the stomach (nausea)
- Not being able to fall asleep (insomnia)
- Itching
- Low red blood cells (anemia)

Hepatitis C drugs are expensive. Gilead, who makes SOVALDI, 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:

http://mysupportpath.com/ or call 1-855-769-7284
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.

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

• Centers for Disease Control - Hepatitis C
  http://www.cdc.gov/hepatitis/HCV/PDFs/HepCGeneralFactSheet.pdf

• 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 for information about hepatitis C

• Newly Diagnosed: Information and a printable brochure to help newly diagnosed patients
  http://hcvadvocate.org/newly-diagnosed/

• Treatment Issues: Treatment-related information: fact sheets about approved medications, side effects, and more
  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
  http://hcvadvocate.org/publications/fact-sheets/

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

• Espanol: Fact Sheets in 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
  http://hcvadvocate.org/publications/newsletter/