

Get Tested. Get Treated. Get Cured.

HCV & Harm Reduction

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ALCOHOL

Drinking alcohol causes liver damage. Over time this damage becomes more severe. Moderation is important for everyone. It is especially important for people who are living with hepatitis C (HCV).

Working to reduce and eliminate drinking alcohol is very important for people living with HCV. This is because the damage caused by alcohol can increase or worsen the natural progression of HCV.

Being successful at this can be difficult for some people and that's okay. Getting to a point where you don't drink alcohol at all won't happen overnight and your success isn't measured by an "all or nothing" outcome.

Here are some examples of easy and simple steps you can take when you are starting out.

1. Figure out how much you currently drink. It doesn't have to be exact. An estimation will do very well.
2. Once you know how much you drink in a day or week, ask yourself what time

of the day you drink and some of the reasons. Maybe you have a drink when you come home from work, or whenever you watch TV.

3. After you've figured out how much and how often you drink you can make a simple plan. If you drink three beers a day, five days a week, cutting one beer a day means you drink 10 beers a week instead of 15. That's a 33% decrease.
4. Find a support system like AA or NA. A close friend or online forum where you can connect with others in similar situations is a great place to start.

Taking small steps to reduce the amount of alcohol you drink is something to be celebrated. It's also something that is personal and done for your benefit alone. As you make this journey remember that it might not be easy and can take some time. We all make mistakes or have slip ups so be kind to yourself!

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