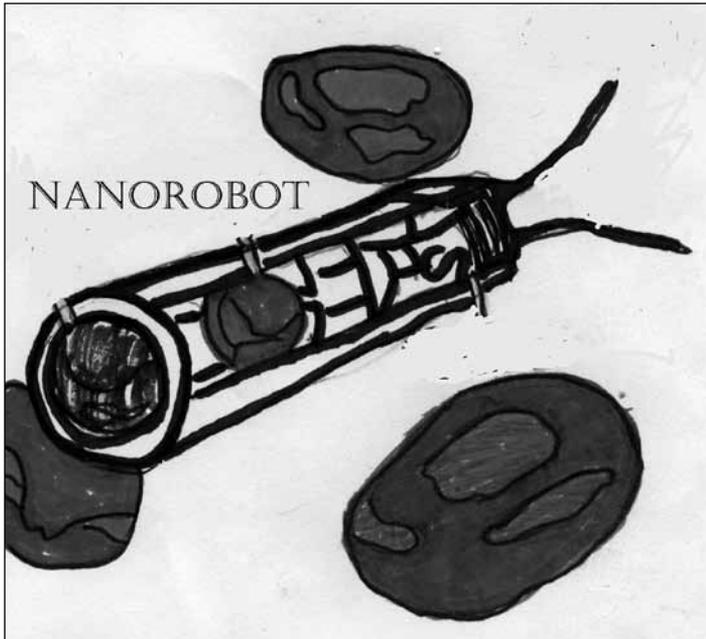


Get out of this body! You, EVIL, HEP C!



This is my story! I got hep C from a very good looking boyfriend of mine. I don't know if it was the sex or the sharing of syringes but 1 thing I know for sure is that I caught it!* Six years past, it's only this summer that I felt ready to do the treatment. Maybe because I have good support in my surrounding and slowly I put everything in place, so I know I can win the battle against this evil hep C.

Another new treatment is in a mid-stage trial, and big and well known pharmaceutical companies have an all oral combo. Two of the largest pharmaceutical companies are racing to see who's gonna get out the first all oral combination therapy. It is a 20 billion market for the **interferon¹ free treatment (!!!)** and the high rate seen in patients that are treated between 8 to 12 weeks is something revolutionary! What is cool about this treatment is that you get no injection and less secondary effects.

And finally there is a new scientific breakthrough that points to a new way of treating hep C virus, which infects 170 million people worldwide. Researchers at the University of Florida have created nanorobots² that can attack the very mechanism of viral replication. Unbelievable!

Is there a natural treatment for hepatitis C? Yes, but there is no clinical proofs that it works. There is one that is all natural medicine, and if you want to learn more you can check the web. But be careful! It is recommended that you see a doctor before starting any kind of treatment, even if it is a natural one.

They are talking of better and different kinds of treatments, but I got tired of waiting for it. So I decided to go with the good old Peg-Interferon³, alpha-2b⁴ and the ribavirin pills⁵. Since 2001, the pegylated interferon and ribavirin have been used to treat hep C. It took another 10 years before new treatment were approved. The duration of the treatment depend on your genotype. But some researchers suggest that patients with hep C that are ongoing a treatment may improve the response by also receiving vitamin B12⁶ by injection. So I am going to talk to my nurse about it!

Let me tell you something: prepare yourself! It is somewhat hard to start. You need to be prepared to have a lot of appointments to the doctor's office, to see a psychiatrist, and to have a FibroScan®. All this, just to have the prescription of Interferon OUF! You can inject the medication yourself or have your shot done by a nurse. And the ribavirine is taken orally. So this Christmas my gift is to be cured of my hepatitis and mostly taking care of myself in 2013!

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1 INTERFERON: proteins made and released by host cells in response to the presence of pathogens such as viruses, bacteria parasites or tumor cells.

2 NANOROBOTS: emerging and revolutionary technology field creating machines or robots whose component are at or close to the molecule level (nanometer) = very, very small!

3 PEG-INTERFERON: pegylated interféron, with this treatment you will only need one injection every week. Less shots + easier treatment!

4 ALPHA2B: receptor that mediates the attachment between a cell and the tissues that surround it.

5 RIBAVIRIN: anti-viral drug indicated for hepatitis C infections used in conjunction with peg-interferon alpha 2b

6 VITAMIN B12: water soluble vitamin essential for good health. It helps maintain the formation of red blood cells.

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A special thanks to my nurse Marie-Claire and all the staff at St-Luc Hospital. ■

* SEXUAL TRANSMISSION OF HEP C IS RARE, EXCEPT IN CERTAIN CASES REPORTED AMONG MEN WHO HAVE SEX WITH MEN COINFECTED WITH HIV

Josée,
Infomane à Montréal



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