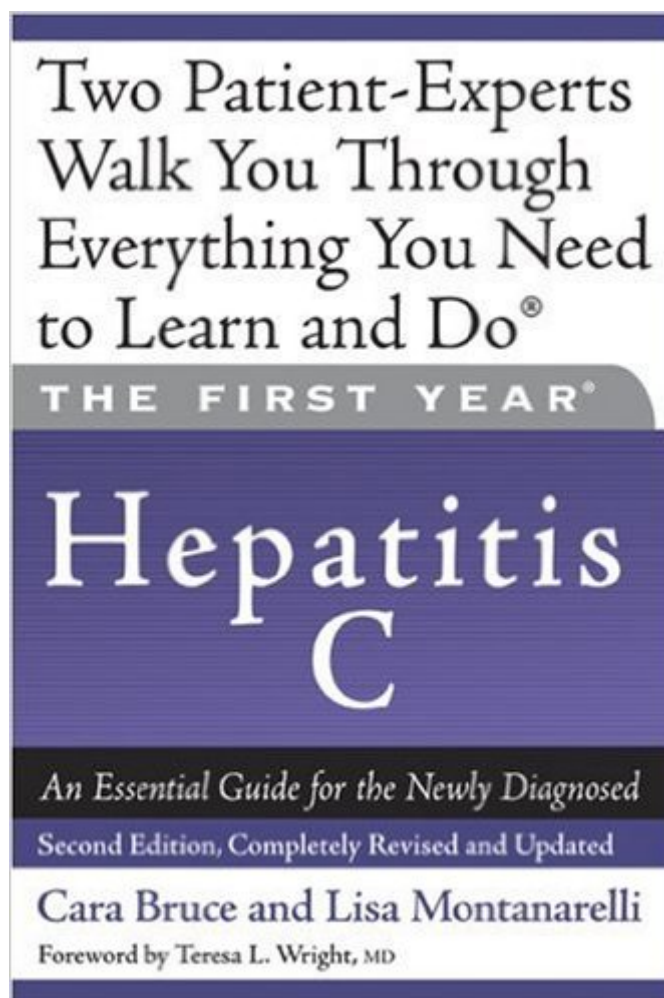


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# The First Year: Hepatitis C: An Essential Guide For The Newly Diagnosed (First Year, The)



## Synopsis

The fifth-year anniversary of the book ushers in a new phase of treatment and information, including protease inhibitors (which have been so successful in treating HIV), split-liver transplants, and prophylactic and therapeutic vaccines for HCV. Bruce and Montanarelli also offer updated information on medications that are toxic to the liver; Eastern and Western approaches to healing; nutrition guides; the types of hepatitis that have been identified and what is known; and living with coinfection (HCV and HIV, HBV, and HAV). Alarming statistics: Hepatitis C is the most common bloodborne virus: It has infected 300 million people worldwide (4.1 million in the U.S.) and kills 8,000 to 10,000 Americans each year. About 26,000 people in the U.S. are infected yearly. Chronic hepatitis C is the number one cause of liver transplants. Key lifestyle issues: The book offers emotional support for newly diagnosed patients, helps them navigate and overcome insurance obstacles, as well as providing suggestions for making necessary changes in diet, exercise, drinking habits, drug use, dating, and sex life. Bruce and Montanarelli also debunk common myths and offer ideas for coping with depression, fatigue, and the side effects of medications.

## Book Information

Series: First Year, The

Paperback: 368 pages

Publisher: Da Capo Press; Revised edition (November 22, 2007)

Language: English

ISBN-10: 1600940285

ASIN: B002ECEUU8

Product Dimensions: 9 x 6.3 x 0.8 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #3,882,238 in Books (See Top 100 in Books) #85 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis](#) #1271 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Digestive Organs](#) #1398 in [Books > Medical Books > Medicine > Internal Medicine > Gastroenterology](#)

## Customer Reviews

Written by two patients, this book lives up to its title. It takes newly diagnosed patients through one year, teaching about the various aspects of living with hepatitis C. Although the book is practical and well written, it is slightly out-dated. Also, it does not go into much depth about treatment, devoting

about 10 pages to the subject. This book would make an excellent companion to a more current, in depth book.

This book is easy to read and FULL of great information for the newly diagnosed HCV patient and their loved ones. I have referred to it on many occasions to answer the many questions that seem to continue to pop up regarding this baffling illness. If you or a loved one or HECK if even your ENEMY has been diagnosed with HCV, buy them this book...it is an invaluable resource and has a plethora of must-know information to help make it through that difficult and confusing "FIRST YEAR!"

This book was appreciated and received well by the person for whom it was purchased.

My husband was recently diagnosed with Hep c. I have been tested and am neg. I read this book from cover to cover and it was so full of helpful info! I am glad I had it when I needed it!.

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