



HepC HIV Health

FIGHTING TO END MINORITY HEALTH DISPARITIES

HEPATITIS C & HIV
NEWSLETTER

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At War!

What do these four men have in Common?



COMMANDER IN CHIEF
Curtis Nelson

Curtis Nelson, President of Minnesota based Carlson Companies, a global leader in the marketing, travel, and hospitality industries, who is ranked among the largest privately held corporations in the

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CHIEF OF OPERATIONS
Don Doty

Don Doty spearheads the GDEF, continuing the efforts of his mother who was dedicated to helping educate and inform the disenfranchised.

Doty contracted Hepatitis C through a blood transfusion years

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NAT'L SPOKESPERSON
Dick Gregory

Dick Gregory is world renown for his scathing (and/or comedic) commentaries on the social ills of the world, as well as an author of a myriad of best-sellers.

In a recent inter-
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SECRETARY OF HUMOR
Neil Shulman

Dr. Neil Shulman, Associate Prof., Emory University School of Medicine, uses humor as a means to help children understand the need to practice healthy lifestyles.

He has authored or co-authored over 20
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Funding for this publication was made possible by funds received from the Office of Health Protection, through the Illinois Department of Public Health.



"State of Emergency" Preparing to Live in the Face of these Diseases

Chicago based not-for-profit organization, Georgia Doty Health Education Fund held the two-day conference "State of Emergency" Preparing to live in the face of these diseases October 28-29 in Chicago, delivering vital health information to 1000 members of the underserved population. Don

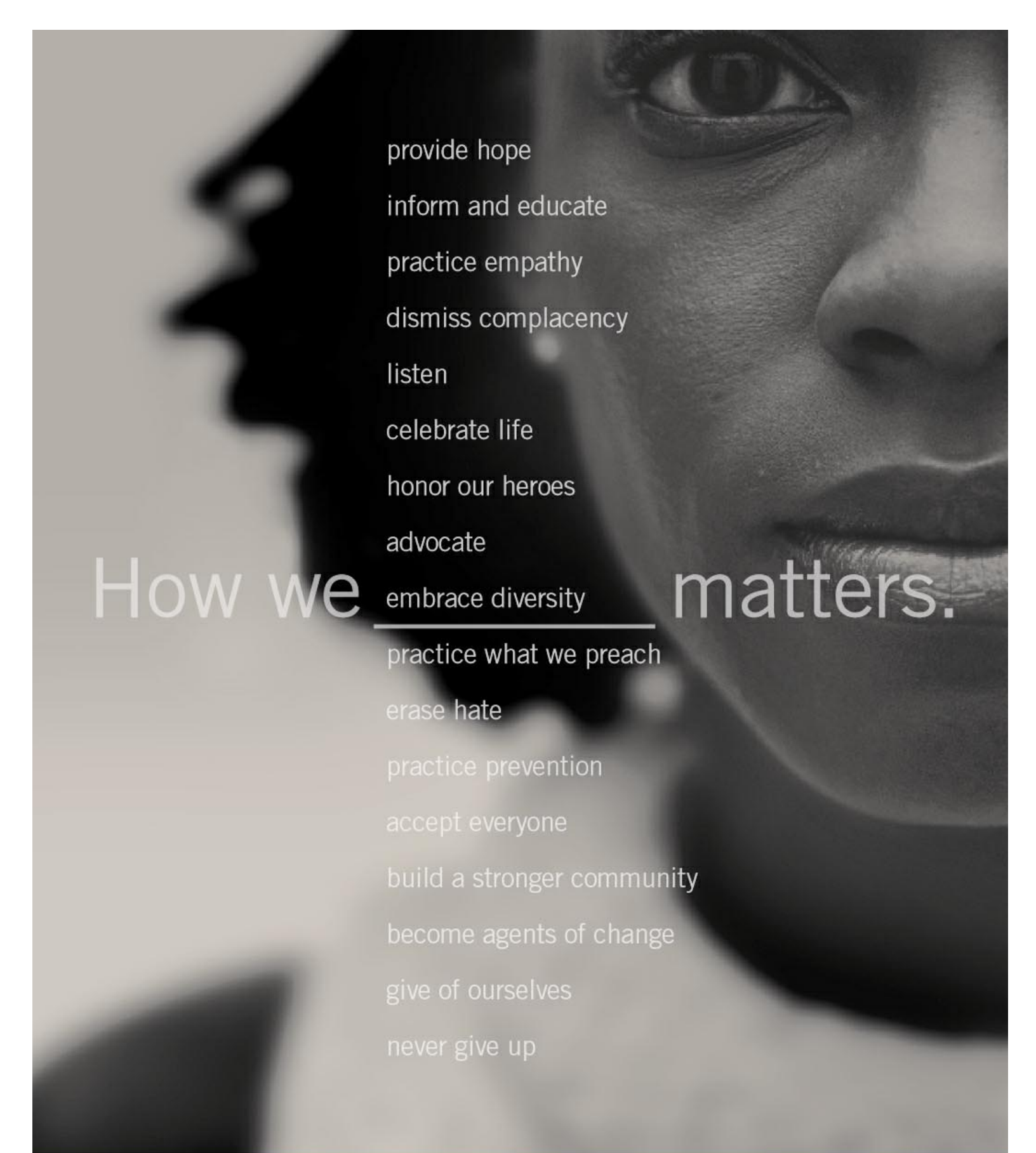


Doty founder of the Georgia Doty Health Education Fund says, "the support already received by government officials, U.S. Congressman Danny Davis, State Senator Donnie Trotter, and State Representatives Constance Howard and Lou Jones, allows us to step up our activities of spreading the

word about Hepatitis C and other debilitating diseases that continue to plague disadvantaged and ill-informed communities around America,"

According to the Office of Minority Health at the U.S. Department of Health and Human Services As recently as

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How we embrace diversity matters.

provide hope

inform and educate

practice empathy

dismiss complacency

listen

celebrate life

honor our heroes

advocate

embrace diversity

practice what we preach

erase hate

practice prevention

accept everyone

build a stronger community

become agents of change

give of ourselves

never give up



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HEP C HIV HEALTH NEWSLETTER

Don Doty

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Georgia Doty,

the namesake of the Georgia Doty Health Education Fund, led an amazing life whose legacy is felt to this

day. Throughout her life she aided those most in need in our country. From her humble beginnings, Georgia rose above and beyond to become a guiding light to all those around her. Whether she was helping sex workers find a way out through education or acting on a larger scale as CEO of our foundation, she reached those who have been forgotten by many.

The younger of six siblings, Georgia showed promise early on in life as an intellectual young lady. Growing up as a child in Minnesota, she dreamed big plans for her future. The young Ms. Doty wanted to impact lives on a large scale and she did just that.

While raising four kids and tending to her ailing mother, Georgia entered the healthcare field as a nurse. She specialized in Inhalation Therapy designed to aid those with breathing difficulties. Of course, with her insightful spirit Georgia could not keep this useful skill to herself.

It was after her move to Los Angeles, California that Georgia began to fulfill her dreams. The skills she had acquired early on in her nursing career were high in demand. It wasn't long until she was establishing entire departments in hospitals dedicated to Inhalation Therapy. Before long her path led to the teaching of others. She became an advocate for the most disenfranchised; welfare mothers wanting a better life, recovering addicts, and many others.

She had fulfilled her dream of creating a school to help others, the Technical Health Careers School. It was the beginning of the end of hard times for hundreds of individuals and their families. Not only had she made a name for herself, but also her school in the city of Los Angeles through numerous recognitions, awards and financial support from local and federal organizations.

What a large contribution this one woman made! From a very modest beginning as a child in Minnesota, she pushed past the obstacles in her life. Not only was she able to aid hundreds of people in Los Angeles, but she also was a great mother who encouraged her children to think of others in their lives. It is her life that is the inspiration for the Georgia Doty Health Education Fund.



Don Doty,

Throughout my mother's life she reached out to those most in need in our country and I made a promise to carry on her goodwill by dedicating my life to serving the disenfranchised, the low income, and those at risk for diseases like hepatitis and HIV.

As an ex-marine living with Hepatitis C I have made a personal commitment to this cause. Hep C may represent one of the 21st century's largest public health challenges and HIV/Aids continues to devastate and destroy families as well as individuals worldwide.

We at the Georgia Doty Health Education Fund believe that education is the key and are actively taking part in the campaign on educating Americans in order to prevent, control, and treat these devastating diseases. As a result of a recent grant, we are able to provide Hepatitis & HIV preventive education & awareness plus vaccines to the state's incarcerated population. I would like to thank Governor Rod Blagojevich, State Senator Donnie Trotter, and especially State Representative Constance Howard who were key in funding this grant and allowing us to have this opportunity.

About Georgia Doty Health Education Fund, Inc.

The GDHEF, is a ten-year old not-for-profit 501(c) 3 organization, dedicated to empowering socially and economically disadvantaged and underserved minorities through health information and education and access to medical resources. Over the past several years GDHEF has provided a variety of health education programs and outreach activities addressing Hepatitis and other health issues prevalent among low-income and minority groups throughout the greater Chicago area with extended programming in St. Paul MN. For more information about the Georgia Doty Health Education Fund (GDHEF) telephone **312.567-0930** or visit www.georgiadotyfund.org.

Human Immunodeficiency Virus (HIV) and Hepatitis C (HCV) Co-Infection

HIV is the virus that causes AIDS and AIDS is the end result of HIV infection. The human immunodeficiency virus destroys the immune system that helps the body fight illness and infection. HIV infects lymphocytes, the main immune cells in the body, and causes acquired immunodeficiency syndrome (AIDS). Severe damage to the immune system results in susceptibility to a wide array of infections and malignancy (cancer).

Hepatitis is inflammation of the liver. Many people with AIDS are also infected with the hepatitis C virus (HCV) because some behaviors that transmit AIDS also transmit hepatitis C (such as sharing intravenous drug needles or receiving blood transfusions, organ transplants, or hemophilia treatment before tests screened the nation's blood supply).

When AIDS patients are infected with both HIV and HCV, it is called an HIV/HCV co-infection. In my experience, working at a couple of HIV clinics in the past HIV treatment clinics diagnose most cases of hepatitis C and HIV co-infection because symptoms relating to HIV usually show up before those of hepatitis C.

Now let's try to keep this clear and understand that hepatitis C can complicate therapy of HIV. This is because of the fact and function of the liver being the part of our body that metabolizes medica-

tion that is taken for HIV infection as well as other illnesses.

However, because HIV infection affects the immune system, it might impair a patient's immune response to hepatitis C and result in higher levels of the hepatitis C virus.

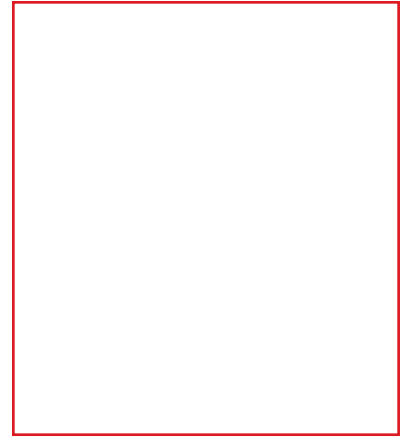
When you try to figure out how you got infected, your answer may affect how you deal with your diagnosis:

- If you can point to a blood transfusion, you don't feel responsible for your illness;
- If you've injected drugs, whether it was a minor episode or you're still involved, you have to process the painful idea that you did this to yourself;
- People who don't know how they got infected may never figure it out, and that uncertainty creates its own dilemmas.

Dealing with a diagnosis of any chronic illness is difficult, but those whom are infected with hepatitis C and/or HIV have special issues.

You may be experiencing fatigue, low energy, loss of ability to concentrate, and inadequacy in doing daily tasks. These symptoms may make you more emotionally vulnerable and susceptible to periods of depression. Although the hepatitis C virus is transmitted by blood-to-blood contact and body fluids for HIV

Beverly Walker-Donley
Illinois Minority Hepatitis
Task Force Co-Chair



infection, you may have questions and fears about who will avoid you. How will your friends or boss react? What do you tell your dentist and so on?

But, as strange as it sounds, people have trouble offering comfort to someone who doesn't have visible wounds. You may suffer silent symptoms and people will have a hard time believing you are ill.

I write this article today for those who still believe in myths or don't have access to workshops to formally be educated about HIV/AIDS and Hepatitis C.

Please try to not overlook any opportunity to be educated on various issues that plague our society and spend time wisely to follow up on topics that are causing great health disparities for minorities and others.



Dean Foods Company Recognizes and Supports Don Doty and The Georgia Doty Foundation in its continuing efforts to promote Health Awareness and Responsible Nutrition in the Chicago Community



Hepatitis & HIV/AIDS Health Research Disparities

In 2005 the National Institutes of Health (NIH) released the "Action Plan for Liver Disease Research," and the "Liver Research Enhancement Act" was introduced in Congress. These efforts are laudable; however, will the funding be available and sufficient to achieve their goals? Let us look at the present funding for liver disease research by comparing the allocations for two serious liver illnesses, hepatitis B (HBV) and hepatitis C (HCV), to that for HIV/AIDS.

The 2006 NIH funding estimates for HBV and HCV are \$33 million and \$122 million respectively compared to \$2.933 billion for HIV/AIDS. Assuming incidence statistics of 1.25 million (HBV), four million (HCV) and 950,000 (HIV/AIDS), the resultant funding per patient is \$31, \$26 and \$3,087 respectively.

An ironic consequence of these funding differentials is the plight of the patient co-infected with AIDS and HCV or HBV since more AIDS patients are now dying of liver disease, with HCV and HBV as causative factors, than they are of the opportunistic infections that used to kill them.

The NIH allocations per death are \$6,600 (HBV), \$10,166 (HCV) and \$162,790 (HIV/AIDS).

The 2006 funding for pediatric AIDS of \$283 million is 83% greater than the funding for both HBV and HCV. The CDC reports the number of estimated AIDS deaths in patients under the age of 13 in 2003 was 29 with approximately 17,000 total deaths from HBV and HCV.

According to the 2003 National Vital Statistics Report, liver disease is the 12th leading cause of death with an estimated 27,000 deaths annually. AIDS is not listed as one of the top 15 causes (18,017xi estimated deaths).

In addition to the NIH funding for HBV and HCV, \$424 million is allocated to a "Liver Disease" category. Its funding dropped from the first 2005 estimate of \$424 million to \$412 million for 2006.

The NIH has stated that the increased funding for HIV/AIDS is necessary due to the following: global AIDS, it

Richard Darling
Hepatitis Research &
Legislative Issues



is infectious, and its research is benefiting other diseases. Thousands of non-AIDS patients have replied as follows:

- The appropriate corrective actions for global AIDS are the same solutions that have dropped the AIDS death rate in California's newly infected patients 97% and also caused a drop in Illinois' AIDS deaths 93 percent to 100. Those solutions are prevention education, HAART (Highly Active Antiretroviral Therapy) and harm reduction policies, not more research.
- HBV and HCV are also infectious and would therefore deserve greater funding.
- HBV and HCV have benefited from HIV/AIDS research (e.g. Eпивir, Interferon); however it is not fair to ask HBV and HCV patients to wait for the possible benefits of HIV/AIDS research. Give appropriate funding to the former to battle the hepatitis viruses and all liver illnesses.

The conclusion: It is appropriate for the NIH and Congress to reverse their disproportionate funding policies. Such actions would increase allocations for liver disease research, including that for hepatitis B and hepatitis C.

http://www.niddk.nih.gov/fund/divisions/ddn/ldr/ldr_action_plan.html
<http://www.theorator.com/bills/109/hr1108.html>
<http://www.nih.gov/news/fundingresearchareas.htm#1>
 amfAR: <http://www.amfar.org/cgi-bin/iowa/programs/research/record.html>
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<http://www.fairfoundation.org/nih.htm>
<http://www.fairfoundation.org/nihletter.htm>
<http://www.dhs.ca.gov/aids/Statistics/pdf/Stats2005/Apr05AIDSmerged.pdf>
http://fairfoundation.org/states/illinois_AIDS_deaths.html

The Totem

The Eagle Flies, as I drive by,
oh my, I saw Him in the sky.
He made himself known
that day to me.
This mighty brilliance
I did see, for the Eagle flies
with such grace and dignity.
I found the time to
mediate in time,
as I realized,
Life's precious in His eyes.
We spend our lives,
trying to answer why?
But the biggest test is:
"How can I find the time?"
As I drove home that day,
after a spiritual replay,
I realized life
is my friend today

Irisdancinghorse July 2004
(an excerpt, for the poem in its entirety
please go to _____)

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What do these four men have in Common?

(ALL CONTINUED FROM COVER)

COMMANDER IN CHIEF **Curtis Nelson**

United States. Nelson knows firsthand how devastating Hepatitis C and liver disease can be. As a liver transplant recipient himself, Nelson has tremendous concern and compassion for individuals who have been affected by the disease while continuing his support to building awareness across America regarding the ravaging effects of the disease.

"The support of Curtis Nelson allows us to step up our activities of spreading the word about Hepatitis C and other debilitating diseases that continue to plague disadvantaged and ill-informed communities around America," states Georgia Doty founder, Don Doty.

CHIEF OF OPERATIONS **Don Doty**

ago during his time in the service. Living with Hepatitis himself gives Doty a personal perspective in the fight against this disease.

There is no funding for case control, surveillance or education, which are the key areas through which public health systems curtail infectious diseases. Even more important is his quest for funding to train and educate health care providers, because they are the ones on the front lines of the fight and many lack the proper information to save these patients.

If we can't get information to those who are at greatest risk for the diseases, the numbers will continue to rise.

NAT'L SPOKESPERSON **Dick Gregory**

view with HEP-C-HIV-HEALTH NEWSLETTER Dick Gregory stated:

"There is a big concern for the awareness of the community to know that many of these folks coming out [of prison] need treatment and the black community doesn't have the facilities... or even know about health prevention..."

"Another concern is that the most dangerous thing about Hep C is that it doesn't give you a headache or any real pain..."

"We can't feel Hepatitis C until it's too late. That's why these educational pieces are so good. It's vital to get the information to the people."

SECRETARY OF HUMOR **Neil Shulman**

books on health for adults and kids as well as novels. One of his novels was made into the film Doc Hollywood starring Michael J. Fox with Neil associate produced.

He was a researcher on over \$8,000,000 of re-search grants for the National Institutes of Health in preventative health and has co-authored over 50 scientific papers. He performs and presents educational health programs on public television and in person throughout the world.

Whether his audience is an auditorium full of giggling kids or a single patient on a ward, Neil tickles and heals through his brand of humor and medicine.

State of Emergency

continued from page 1

2000, African Americans and Hispanics accounted for roughly 75 percent of all adult AIDS cases, although they only comprise 25 percent of the U.S. population. African American and Hispanics also make up 81 percent of all pediatric AIDS cases. Hepatitis C affects 1.5 percent of the U.S. population and is twofold to threefold more common among African-Americans and Hispanic Americans than among Caucasians.

"We are in a war, and with Curtis Nelson serving as our Commander, greatly enhances our ability to establish additional outreach efforts and proactive solutions to spreading the word about testing and avoidance of risky lifestyles," adds Doty.

Those that were Honored at the Awards Ceremony:

The 2005 Health Warriors Awards recognized 7 individuals for their commitment to reducing health disparities among communities of color. **Mr. Dick Gregory**, well-known comedian/actor, author, and activist was named the **Curtis Nelson Health Pioneer of the Year** in the fight against Hepatitis C. Other recipients included: **Mr. Salim Al Nurridin**, CEO, Healthcare Consortium of Illinois, for his work as a health disparities advocate; **The Honorable Danny K. Davis**, United States Congressman, for his work as a political health advocate; **Dr. Neil Shulman**, Associate Professor, Emory University School of Medicine, for his use of humor as a means to help children understand the need to practice healthy lifestyles; **The Honorable Constance "Connie" Howard**, Illinois State Representative, for her work as an Illinois HIV/AIDS and Hepatitis advocate; **Dr. Carl C. Bell**, MD, President and CEO of the Community Mental Health Council & Foundation, Inc., Chicago, for his work as a mental health advocate; and Ms. **Andi Thomas**, Exec. Director of HEP-C Alert, North Miami, FL, for her work as a national hepatitis advocate.

...they've joined together in the fight against the devastation caused by minority health disparities and these diseases... You can too! Here's how:

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Support the GDHEF Health Fairs, Conferences and other events

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Hepatitis & HIV Health Disparity Conference "State of Emergency"

Health Warriors Awards Ceremony Recognizing those who give much.



Provided by HayMarket

NIDA UNVEILS CAMPAIGN TO SEND TEENS THE MESSAGE ABOUT THE LINK BETWEEN DRUG ABUSE AND HIV

“**Drug Abuse and HIV: Learn the Link**” is the message of a new public awareness campaign by the National Institute on Drug Abuse (NIDA), a component of the National Institutes of Health.

“Drug abuse prevention is HIV prevention,” says NIDA Director Dr. Nora D. Volkow. “Research has shown that a significant proportion of young people are not concerned about becoming infected with HIV. In recent years, the number of young people in the United States diagnosed with AIDS rose substantially. Because drug use encourages risky behaviors that can promote HIV transmission, NIDA views drug abuse treatment as essential HIV prevention.”

Minority populations are disproportionately affected by the health consequences of drug abuse and HIV. For example, in 2004, black and Hispanic women represented about 25 percent of all U.S. women, yet they accounted for more than 80 percent of AIDS cases diagnosed in women that year. African-Americans, while they make up just 12 percent of the population, accounted for approximately half of the total AIDS cases diagnosed in 2004.

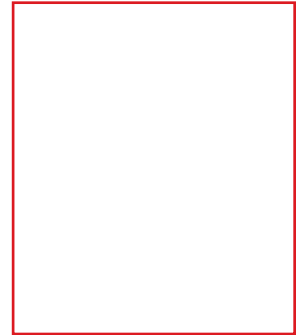
NIDA and partnering organizations, including the American Academy of Child and Adolescent Psychiatry (AACAP), the AIDS Alliance for Children, Youth & Families, and the United Negro College Fund Special Programs Corporation, are working together to get this important message about the link between drug abuse and HIV to teens and young adults.

In addition to public service announcements distributed to television stations across the country, NIDA has launched a website, www.hiv.drugabuse.gov that provides the latest scientific findings on the relationship between drug abuse and HIV. For example, the “Research Report” notes that studies supported by NIDA already have shown that drug abuse can interfere with the efficacy of highly active antiretroviral therapy (HAART), a treatment that can greatly extend the lives of people infected with HIV. Other research has shown that HIV can continue to replicate in people who abuse methamphetamine, despite taking HAART as prescribed.

NIDA supports most of the world’s research on the health aspects of drug abuse addiction. The Institute carries out a large variety of programs to ensure the rapid dissemination of research information and its implementation in policy and practice. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found on the NIDA home page at www.drugabuse.gov

Suzanne Stantley

Program Manager-Prison Project



Where is NACC in the crusade to crush Aids?

As the world marked the International Aids Day one again, it gave us a chance to reflect what gains if any as a nation we had done in fighting the scourge.

As the epidemic devastates families, the impact of the National Aids Control Council (Nacc) comes sharply into focus as its impact is yet to be felt. Despite the institution being one of the best funded in the country, it has done little and very few people are aware of its existence especially among the rural folk.

Even though the fight is everyone’s responsibility, the Government should realize there is more to fighting Aids than just money. The channels through which NACC executes its activities are to a good extent not in touch with the target group.

This is one institution that is mostly synonymous with runaway graft and mismanagement. Pictures of AIDS patients wallowing in poverty and lack of funds to buy the much-needed anti-retrovirals are common.

Where is the Nacc?

Lumiti Cedric Khabuchi

Getting the word out about Hepatitis is extremely important. By holding events like this, we continue to raise community awareness about key diseases that are having heavy tolls among African-Americans and other communities of color,” stated Georgia Doty Health Education Fund President, Don Doty. “Hepatitis A, B, and C are diseases that should not be taken lightly, but unfortunately, most people lack the information on the damage they can have on the body” Doty continued.

The selection of Mt. Calvary Baptist Church to hold these events is another way of reaching the community located on the Southside of Chicago. “We have formed a very strong relationship with Pastor Tyrone Crider, a survivor himself of a very serious medical problem - cancer, who is strongly committed to making the African-American community more awareness about health issues impacting themselves and their families and helping people remain healthy,” Doty further states.

Speakers at the December 17th event included **Ms. Louanner Peters**, Deputy Chief of Staff for Social Services in the Office of Governor-Rod Blagojevich, **Dr. Sandy Goldberg**, regular health segment contributor to NBC 5 News and **Dr. Thelma Wiley**, Hepatitis expert, Rush-Presbyterian hospital.

Ms. Peters has been an advocate for reducing health disparities within communities and her participation in this event shows her deep commitment to raising awareness and educating Illinois residents.

Keynoting the Town Hall meeting was a leading medical practitioner, Dr. Thelma Wiley, a liver and gastrointestinal disease specialist and hepatitis expert who shared valuable information about hepatitis A, B, and C.

Funding was made possible through a grant provided by the Illinois Department of Public Health and through an education grant provided by Roche pharmaceutical.

Support was also provided by Pete’s Produce and Dean Food’s who provided Free products to the 1st 200 guests.

Town Hall Meeting and Family Resource Fair Increase Education and Awareness



Louanner Peters



Dr. Thelma Wiley



Dr. Sandy Goldberg

Mt. Calvary Baptist Church, Chicago, IL November 17 and December 17, 2005



M.C.'s Nikki Woods (WGCI) and Morgan Carter (left) Entertainment provided by Peter Love and Songstress Senabella (below)

Events provide meals and refreshments as well as breakout classroom sessions (below left and bottom)



Celebrities With Hepatitis C

by S. Janelle Mingus

Hepatitis C is a disease that can affect anyone. Even those most familiar to us, the rich and famous, are not immune. The following celebrities are all well known and Hepatitis C positive.

- **PAMELA ANDERSON** is perhaps the best-known hepatitis C patient due to her vast media publicity.
- **MICKEY MANTLE**, the baseball great is thought to have contracted hepatitis C during a transfusion for a knee operation. This, in addition to a long history of alcoholism, destroyed his liver that led to a liver transplant. He died of liver cancer in 1995.
- **NAOMI JUDD**, famous country singer, has been one of the best-known hep C celebrities. Naomi has undergone treatment and is active in educating the public about Hepatitis C. Her website, www.naomijudd.com, features information about the disease.
- **ROLF BENIRSCHKE**, the former star kicker for the San Diego Chargers contracted the virus from a transfusion two decades ago. He uses his sports status to raise awareness by speaking to reporters and working with non-profit organizations.
- **EVEL KNIIEVEL** is best known for his risk-taking stunts. Blood containing hepatitis C was used during one of the 14 surgeries that pieced him back together. The motorcycle daredevil had a liver transplant more than two years ago and later said doctors could find no trace of the virus in his blood.
- **LARRY HAGMAN**, the television actor most known for "I Dream of Jeannie" and "Dallas" required a liver transplant in 1995.
- **"SUPERSTAR" BILLY GRAHAM**, the former WWF wrestling champion got a liver transplant last year. He thought he contracted the virus by being bled on during wrestling matches years ago.
- **DAVID CROSBY**, The rock star with a fabled history of drug abuse is touring again after receiving a liver transplant in 1995. He is active in informing the public about this condition and has done several interviews and public service announcements.
- **FREDDY FENDER**, a southern blues legend and the singer of such '70s hits as "Wasted Days and Wasted Nights", suffers from several health problems, including hepatitis C.
- **JAMES EARL RAY** who was the confessed assassin of Martin Luther King Jr. died in 1998 of liver disease after being infected with hepatitis C. He most likely contracted Hep C in a 1981 blood transfusion he received after a prison stabbing.
- **ALLEN GINSBERG**, the poet laureate of the Beat Generation, died in 1997 after battling hepatitis C for many years. He had terminal liver cancer.

These men and women are just a few examples of the many who suffer and die from condition relating to hepatitis C each year.

Sources:

Kansas city star (kansascity.com), Naomi's Website (naomijudd.com), The-Vu (The-vu.com), Verve Music Group (vervemusicgroup.com), CDC (cdcfoundation.org), Hepatitis Magazine (hepatitismag.com), Gambit Weekly (bestofneworleans.com), Hep-C Alert (hep-c-alert.org)

Massage Therapy

by Robyn Gunn

Massage therapy is often known for its beneficial effects upon the musculoskeletal and lymphatic systems improving circulation and reducing muscle spasm, improving muscle length, strength and tone. Massage involves rubbing and kneading the body's soft tissues and muscles. It has been used for centuries to ease muscle tension, reduce pain, and reduce anxiety and depression. Massage can also improve lymphatic flow by enhancing the removal of metabolic waste products from the body. Individuals that receive massages (or a regimen of massage therapy) will gain a sense of deep relaxation and stress reduction.

There are massage schools that teach a variety of massage techniques across the U.S. It is very likely that all forms of massage therapy offer health benefits depending upon an individual's preference. Massage therapy qualifies as a powerful adjunctive therapy for those wishing to avoid and/or improve any chronic health condition.

Massage therapy appears to have a positive impact on immune function in HIV+ individuals. The manipulation of tissues can be done with the hand or an instrument for remedial or hygienic purposes. Massage can help people with HIV/AIDS relieve chronic muscle tension and ease the mental and emotional stress that accompany the illness. Body manipulation/massage techniques that are being used to treat HIV/AIDS include acupressure, deep muscle therapy, Reiki, Rolfing, Shiatsu, Swedish massage and therapeutic massage.

Massage can be as beneficial to individuals with Hepatitis C as it is to other individuals. It could help them with the depression that can occasionally accompany this disease, as long as their vitality is strong enough. However, there have been no studies to prove this assumption. The risk of harm from massage is low. Since Hepatitis C is contagious only through blood contamination, massage is safe to perform. This is good, since a person can have it and not have any symptoms.

The only time that massage would not be a good idea is when they are very sick. Ideally, they would not feel up to getting a massage with the nausea and abdominal cramping. This would also apply to anyone one with jaundice, the yellowing of the skin and eyes.

Overall, any individual experiencing any chronic health condition should check with their health care provider before beginning this form of therapy.

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READY TO FIGHT BACK?

YOU'LL NEVER BE STRONGER THAN YOU ARE TODAY TO STOP THE DAMAGE HEP C IS DOING TO YOUR LIVER. Talk to your doctor now about prescription treatment. Patients in clinical studies overall had a better than 50% chance of reducing the Hep C virus to undetectable levels. Response to treatment may vary based on individual factors. So log on or call, then talk to your doctor to find out if treatment is right for you. And help put Hep C behind you.

HepCFight.com 866-HepCFight 866-437-2344



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