Hepatitis C Quiz - Draft

1. Circle the following ways Hepatitis C can be spread: sharing needles, contaminated foods or water, unprotected sex, drinking after someone who has Hepatitis C, tattoos or piercings, sharing personal items such as razors, nail clippers or a toothbrush with someone with Hepatitis C, breast milk, through urine or feces, kissing, mosquitoes.

2. How many different forms of Hepatitis C exist

a) 2

b) 4

c) 6

*There are 6 forms (genotypes) of Hepatitis C: 1a (most common in the US and the most difficult to treat) and 1b, 2, 3, 4, 5, 6.*

d) 8

3. Which of the following can make it harder to treat Hepatitis C:

a) Infection with HIV

b) Drinking large amounts of alcohol (beer or wine)

c) Having another form of Hepatitis (Hepatitis A or B).

d) If you have taken treatment for Hepatitis C in the past and not been successful

e) all of the above

4. True or False: The Hepatitis C virus can cause damage to the liver for several years without any symptoms.

5. True or False: All people who are diagnosed with Hepatitis C will need treatment.

*25% of people exposed to HCV can clear the infection on their own. People that may have*

*different types of Hepatitis C or who are at different stages of their disease may not need treatment.*

6. The goal of Hepatitis C medications is to:

a) Clear the Hepatitis C from the body

b) Slow down the Hepatitis C virus from producing in the body

c) Make the Hepatitis C virus dormant or "sleep" in the body

7. When taking Hepatitis C medications, it is important to:

a) take all of them together as prescribed

b) stay on a schedule

c) take them with food

d) stop taking them immediately if there are side effects such as nausea, headache, or flu-like symptoms

8. True or False: It is okay to miss doses of the Hepatitis C medications, or take weekend breaks, because they will continue to work

*Some of the medications can become resistant and stop working, making it harder to treat the virus.*

10. Treatment for Hepatitis C is usually:

a) 6-12 weeks

b) For life

c) 24-48 weeks

*Your doctor may stop treatment at 12 weeks if the Hepatitis C virus is not decreasing enough, or*

*if you have serious side effects such as depression, anemia, or other serious side effects.*

d) 2 years

11. Complications of untreated Hepatitis C may include: depression, liver scarring (cirrhosis), hair loss, abdominal swelling (ascites), liver cancer, stomach ulcers.

12. List some things you can do to live healthy with Hepatitis C:

*This question can be free text to allow the patient to write down their own responses*

Eat nutritious foods

Exercise regularly

Follow your doctor's orders

Come to all doctor's appointments and get bloodwork done

Avoid drug use

Stop smoking

Limit alcohol intake

Practice safe sex

Discuss any new medications (OTC, vitamins, or herbals) with your doctor, nurse or pharmacist

1. Does a 12 oz beer (regular beer) and a 5 oz glass of wine have the same alcohol content as a shot of hard liquor?

Yes\_\_\_

No\_\_\_\_

2. How much water should someone drink a day?

24 oz soda bottle sized glass\_\_\_\_\_

Big Gulp sized glass\_\_\_\_\_\_

Super Big Gulp sized glass\_\_\_\_\_\_

More than Super Big Gulp\_\_\_\_\_\_\_

Less than a 24 oz soda bottle\_\_\_\_\_\_