



# Hepatitis C Treatment One Step at a Time: Inspiration and Practical Tips for Successful Treatment

*Lucinda Porter RN*

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## **Hepatitis C Treatment One Step at a Time: Inspiration and Practical Tips for Successful Treatment**

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*Hepatitis C Treatment One Step at a Time* provides the practical advice and daily inspiration you need to help you successfully complete hepatitis C (HCV) treatment.

Deciding to undergo HCV antiviral therapy is one of the bravest and most important steps toward health you'll ever make. As a nurse in the HCV field and a patient who underwent three courses of HCV therapy, Lucinda K. Porter understands how physically and emotionally challenging this experience can be.

In *Hepatitis C Treatment One Step at a Time*, she provides entries for each day of treatment, offering you a daily dose of relief, encouragement, and tips to help you stay on track. From dealing with fatigue and nausea to nosy co-workers and lab results, Porter shows you how to:

- Prepare mentally, physically, and financially
- Manage side effects
- Set up a support system
- Keep your spirits up
- Celebrate your strength and acknowledge your milestones
- Find additional help and up-to-date information with an extensive resources section

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