

Hep C: Fibroscanning in the community.

Lynnaire Matthews

The Hepatitis Foundation of New Zealand

www.hepatitisfoundation.org.nz | 0800 33 20 10



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The Hepatitis Foundation of New Zealand

- A registered charitable trust whose mission is **to improve health outcomes for people living with hepatitis in New Zealand.**
- Over 30 years experience in delivering community based services in a shared care environment - facilitation, assessment, follow-up, education and support.
- Work extensively with Māori, Pacific and Asian ethnic population nationwide.
- Provide an 0800332010 n.o for New Zealanders re HBV and HCV information and a comprehensive website for patients and health professionals.

My role and region.

- Hepatitis Community Nurse; subcontracted to Compass Health; the contract holders, funded by DHB.
- Deliver HCV community based fibroscan service.
- Patient Education.
- Treatment advice.
- Nurse and Gp education.

Chronic hepatitis C

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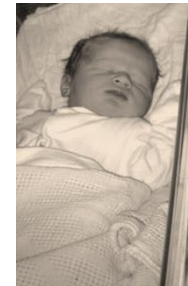
Hepatitis C in New Zealand

- An estimated **50,000** New Zealanders live with hepatitis C
- Only **half** diagnosed.
- Chronic hepatitis is the leading cause of liver cancer and liver transplantation in New Zealand
- By 2030, the number of liver cancer rate is projected to double.
- Hep C can be cured.



Six main risk factors of hepatitis C

- Ever injected drugs (once is enough)
- Received a blood transfusion, or blood products, prior to 1992
- Ever lived, or received medical treatment, in high-risk countries (South East Asia, China, the Middle East, and Eastern Europe including Russia)
- Ever received a tattoo or body piercing using unsterile equipment / sharing equipment
- Ever been in prison
- Born to a mother infected with hepatitis C
- **Cosmetic and dental surgery in high risk country.**



Hepatitis C screening blood tests

Anti HCV:

If positive, indicates current or past infection.
It can take 12 weeks for the body to produce antibodies.

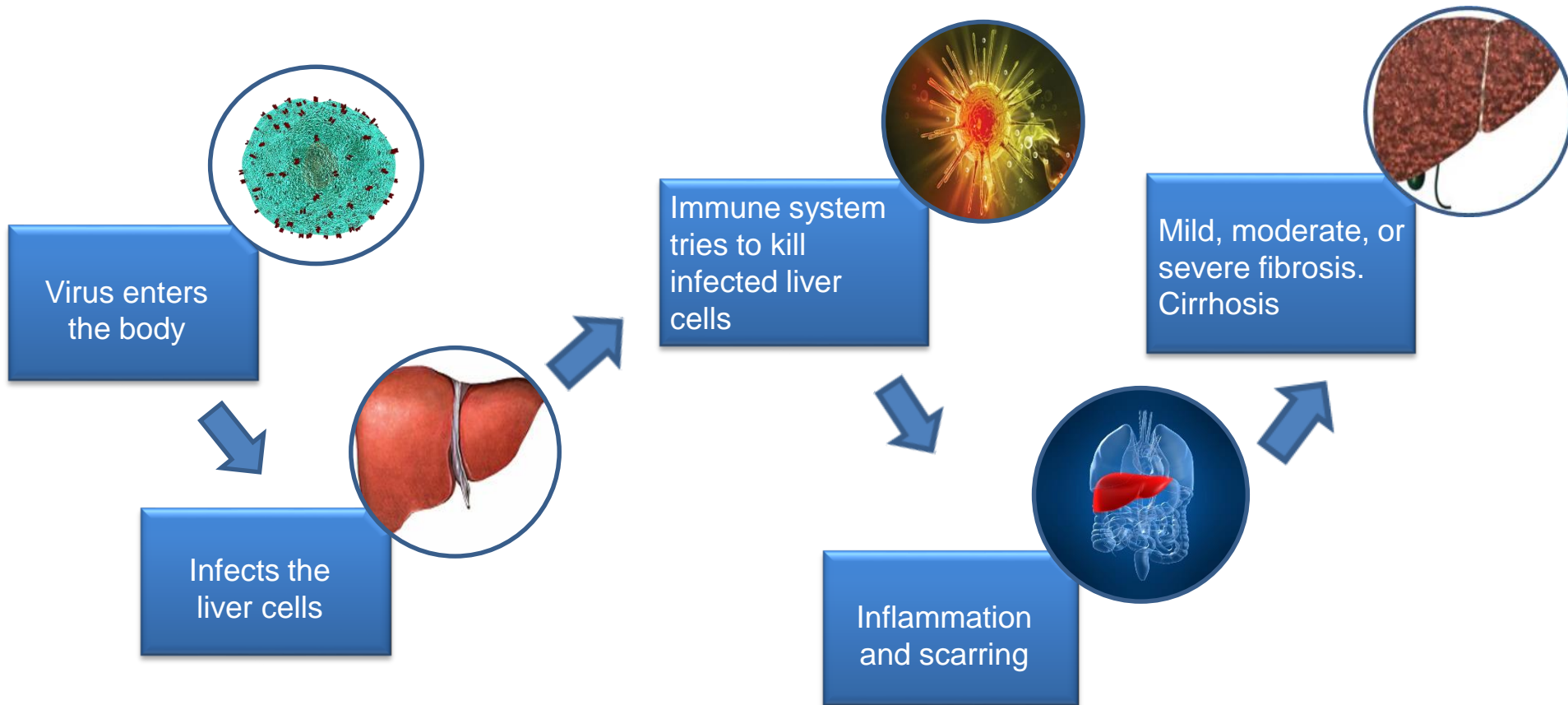


HCV PCR

If positive, indicates current infection.

The immune response

- What happens when the virus enters your body?



Love your Liver

PROGRESSION OF LIVER DAMAGE

HEALTHY LIVER



FIBROTIC LIVER



CIRRHOTIC LIVER



LIVER CANCER



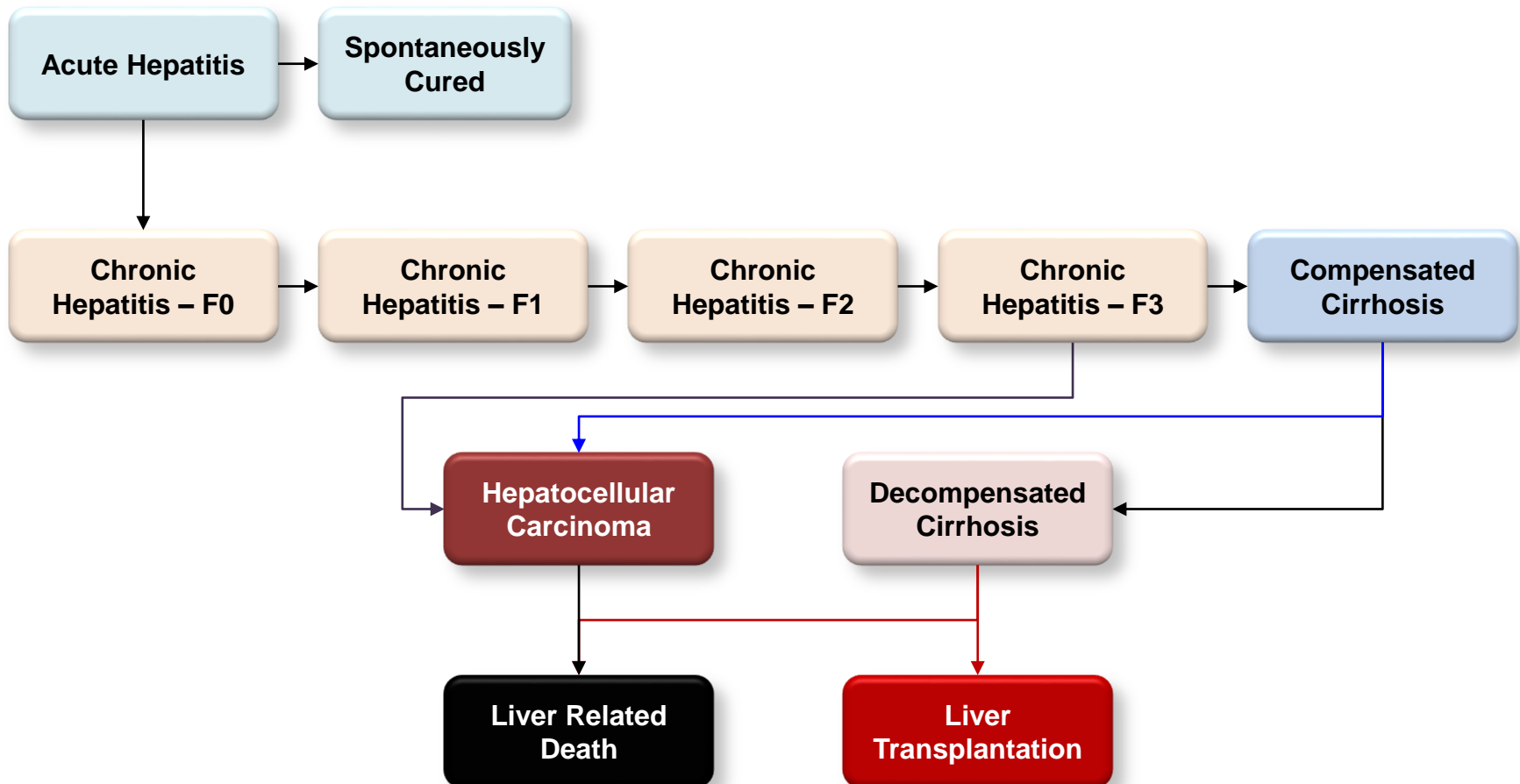
A healthy liver is able to perform its normal functions effectively, e.g. aiding digestion and breaking down harmful drugs and poisons.

Continuous inflammation of the liver caused by hepatitis C can lead to fibrosis – the formation of scar tissue within the liver.

Extensive scarring can block the flow of blood through the liver and cause liver function to deteriorate over time - this is called cirrhosis.

Hepatitis C is a leading cause of liver cancer – the formation of a malignant tumour in the liver.

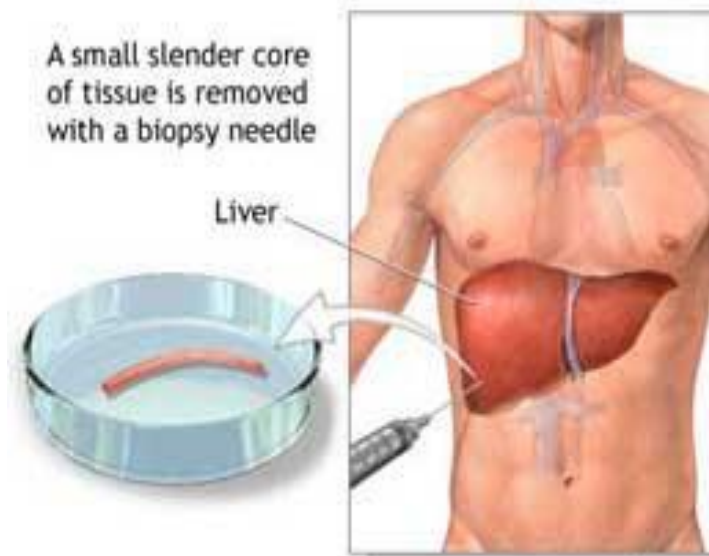
The HCV disease burden model



Razavi H, Waked I, Sarrazin C, et al. The present and future disease burden of hepatitis C virus (HCV) infection with today's treatment paradigm. J Viral Hepat 2014; 21 Suppl 1: 34-59.

What advice should I give my patient with Hepatitis C?

- “Get your liver assessed”
- Liver biopsy seldom required now
- Fibroscanner allows non-invasive assessment of liver fibrosis for patients with hepatitis C



What lifestyle advice should I give my patient?

- Reduce alcohol
-
- NO alcohol if advanced liver fibrosis
- Reduce cannabis –regular cannabis increases liver fibrosis.
- Encourage coffee -Protective effect on liver
- Eat Dark Chocolate (small amounts)
- Healthy weight – avoid risks of fatty liver.
- **Women with HCV -test their children (4-5% transmission rate)**



Our Moto

Know it

Test it

Treat it.

Cured patients jump for joy as their energy levels return.



Thank you

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