

Healthy **TIPS** for Healthy **LIVING**

Brought to you by **TriCare Systems**
chronic care coordination provider

DID YOU KNOW?

SOME HEPATITIS C MYTHS AND FACTS:

Myth: Hepatitis is not very common.

FACT: Hepatitis C is the most common chronic blood-borne infection in the United States; approximately 3.2 million individuals are chronically infected.

Myth: There is a vaccine for Hepatitis C.

FACT: There is no vaccine to protect an individual from contracting the virus. Universal precautions, such as not sharing injectable/drug works and using protective barriers when in contact with possibly infected bodily fluid, is the safest way to prevent Hepatitis C transmission/contraction. There are, however, vaccinations that can be given against Hepatitis A and B. Talk to your healthcare provider to see if you are a good candidate the vaccines.

Myth: Only injection drug users are at high risk for contracting HCV.

FACT: There are a number of risk factors associated with Hepatitis C infection. The following groups are considered to be at an increased risk for contracting Hepatitis C:

- Injection drug users (IDU), including those who injected only once many years ago.
- Recipients of clotting factors made before 1987 (before current methods for product manufacturing were used)
- Recipients of blood transfusions or solid organ

transplants before July 1992. (Better blood and tissue screening methods became available after that date)

- Hemodialysis patients
- Persons with known exposures to HCV, such as a needle-stick involving HCV+ blood or the recipient of blood/organs from a HCV+ donor.
- Persons with HIV infection
- Children born to HCV-positive mothers

It is worth noting here that infection is highest among “Baby Boomers” or people born during 1945-1965, although simply being born during this time period is not a risk factor by itself. Any person that can associate with any of the above risk factors are urged to get tested for HCV. It is estimated that 75% of those infected are not aware of their status.

Myth: All people with Hepatitis C will become chronically infected.

FACT: While approximately 75%-85% of HCV cases will become chronic, 15%-25% of persons clear the virus from their bodies without treatment. It is not well known why this happens with some people. Although the remaining 75-85% of those infected will develop chronic HCV, with the new breakthroughs in treatment, over 90% of those treated will suppress the virus and are considered “cured”.

For more helpful information please visit the Tri Care website at TriCareSystems.org

LIAAC Pride

Going out into the community

By Maria Beccari



Every year all throughout Long Island people can find numerous events and gatherings celebrating gay pride. For close to 30 years, LIAAC has proudly been a part of those events. One of the largest events held each year is the Huntington Gay Pride Parade and Festival, held this year on Sunday, June 14, 2014 and LIAAC was there in force. After a colorful display of solidarity at the parade from various businesses, agencies and clubs supporting the gay community, the festivities move over into Huntington's Heckscher Park. Amid the dozens of booths moved a wave of thousands of attendees, browsing the offerings at each one while enjoying the free music on the main stage.

LIAAC staff manned their booth with enthusiasm as they engaged the crowd while giving away small tokens with our hotline information and handing out important literature on HIV/AIDS, Hep C and other infectious diseases. LIAAC staff made themselves readily available to answer any questions visitors to their booth may have had and offered FREE HIV testing to anyone interested. LIAAC is a proud supporter of the LGBT community and is always available to anyone through their FREE HOTLINE at 1-877-865-4222.

HOTLINE: 1-877-865-4222

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