



Canada's source for
HIV and hepatitis C
information

La source canadienne
de renseignements sur
le VIH et l'hépatite C

From *Hepatitis C: An In-Depth Guide*

Healthy Living

Chronic hepatitis C is a serious disease, but it is also manageable. Topics to help people to live healthy include:

- [Liver care](#)
- [Support & disclosure](#)
- [Symptom management](#)
- [Nutrition on a budget](#)
- [How to prevent Hep C transmission when living with Hep C](#)
- [Relationship with healthcare providers](#)
- [Financial assistance in your region](#)
- [Compensation](#)
- [Complementary and alternative therapies](#)

Produced By:



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555 Richmond Street West, Suite 505, Box 1104
Toronto, Ontario M5V 3B1 Canada
Phone: 416.203.7122
Toll-free: 1.800.263.1638
Fax: 416.203.8284
www.catie.ca
Charitable registration number: 13225 8740 RR

Disclaimer

Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV- and hepatitis C-related illness and the treatments in question.

CATIE provides information resources to help people living with HIV and/or hepatitis C who wish to manage their own health care in partnership with their care providers. Information accessed through or published or provided by CATIE, however, is not to be considered medical advice. We do not recommend or advocate particular treatments and we urge users to consult as broad a range of sources as possible. We strongly urge users to consult with a qualified medical practitioner prior to undertaking any decision, use or action of a medical nature.

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Information on safer drug use is presented as a public health service to help people make healthier choices to reduce the spread of HIV, viral hepatitis and other infections. It is not intended to encourage or promote the use or possession of illegal drugs.

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