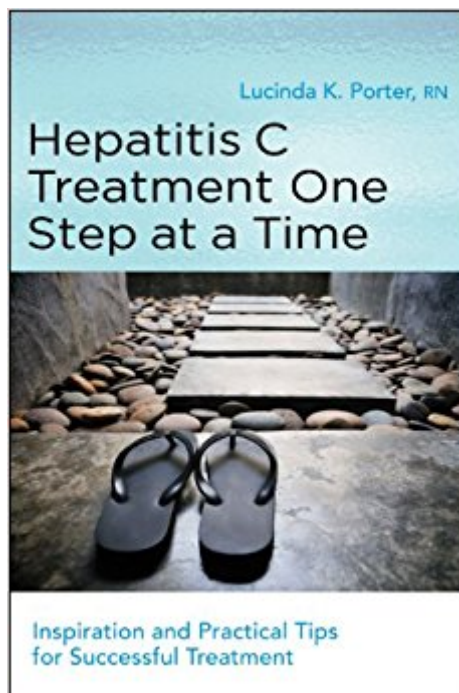




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# Hepatitis C Treatment One Step At A Time: Inspiration And Practical Tips For Successful Treatment





## Synopsis

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 "

## Book Information

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## Customer Reviews

Lucinda K. Porter, RN is an advocate, nurse, health educator and patient devoted to increasing awareness about hepatitis C. She is the author of Free from Hepatitis C and speaks and writes for the HCV Advocate among other publications. She has been nominated for a 2013 Silver Stethoscope Award and lives in Grass Valley, California.

I did the interferon - ribavirin tx years ago without success . I am presently on the olysio/sovaldi tx which is much easier. Unfortunately ONE STEP didn't cover the newer tx which are 96% successful



compared to 40% with Intereron combo tx. The problem is it costs \$ 150000 and most insurance companies won't cover it yet. A new combo tx is coming out soon and will be a lot cheaper. Also more readily covered by insurance companies. MT

Lucinda is a friend of mine and I don't know where she found the time to write a second book. This is for people new to treatment or TX as us oldtimers refer to it. It's a great book to have in hand when you start making the choices for treating your Hep C. WTG Lucinda, this is a slam out of the park.

Very depressing book, thought it would be more interesting. I couldn't even read it.

Arrived quickly and in good condition. Just don't love the actual book as much as I had hoped. But I would still recommend it.

Hepatitis C Treatment One Step at a Time From the mid-1990s Lucinda K. Porter, RN, has devoted consistent and generous time as a hepatitis C advocate, educator, and author. Ms. Porter has written for numerous publications including a monthly health column for HCV Advocate. The author's work has provided a global audience with facts, information, and skills needed to actively navigate conflicting and at times confusing research about the virus. This acquired knowledge has helped countless people eventually come to terms with their disease and explore all possible treatment options. Ms. Lucinda K. Porter, the author of "Free from Hepatitis C" has graced the HCV community with a second book "Hepatitis C Treatment One Step at a Time". The timing of the book couldn't be more perfect. With screening strategies in place by the CDC and Task Force which recommend all people born from 1945 through 1965 get tested one time for hepatitis C, and new drugs moving through the final stages of FDA approval - the need for a guide during HCV therapy is paramount. This comprehensive book provides tips for people starting hepatitis C treatment while slowly dissipating the fear of the unknown. Some commonly asked questions are addressed such as; Will I be able to work during treatment? What about the side effects? How will these drugs make me feel? When will I know treatment is working? Coping with the challenges of therapy may seem impossible at first, but getting to the finish line is made easier with each turn of the page. The author takes us on a physical and emotional journey of spiritual strength. Porter offers what our families or physicians can not, advice on treatment from a patient's perspective. She has undergone therapy twice before, and is currently awaiting the outcome from a third attempt. The former Stanford nurse



understands what is needed to succeed and thrive during the sometimes grueling days of treatment. The reader is gently cradled through therapy with daily advice, inspirational quotes, and encouragement. With each day of treatment a new bit of information awaits, starting with the first day which continues through 48 weeks. The HCV community is fortunate to have such a compassionate expert offering us a personal guide through treatment. Ms. Porter's calm voice can be felt strongly throughout the book, a presence that will surely be reassuring to the reader. Tina Banwarth

HCV New Drug Research

Just two years after writing the must read book on hepatitis C, "Free From Hepatitis C", Lucinda Porter has created another ground breaking book on the subject. "Hepatitis C Treatment One Step at a Time", is a treasure trove of information, support and just plain down to earth good advice for anyone going through treatment, getting ready for treatment or wondering what it might really be like. It is also not to be missed by the support members of anyone in those categories. The reality of hep C treatment is that any worthwhile reading by someone who has hepatitis C is also worth reading by their support team of friends and family. Getting through treatment is a team effort and having "Hepatitis C Treatment One Step at a Time" needs to be part of the game plan. Having gone through treatment more than once myself I can tell you that Ms. Porter's three treatment attempts before getting cured along with her many other qualifications puts her in a unique place to speak from. Not to mention that her treatment experiences have covered the complete range of hepatitis C progress over the past couple of decades. If it's come down the pike, she's been there. "Hepatitis C Treatment One Step at a Time", is a welcome up to date addition to anyone's hepatitis C library. Congratulations to Ms. Porter for her tireless work on behalf of the hepatitis C community and for her courage in facing her own challenges and showing a clear path for others to follow. Patrick Daniel

Author of: "You, Too, Can Beat Hep C, A Survivor's Guide"

Hepatitis C Treatment One Step at a Time

"Hepatitis C Treatment One Step at a Time" by Lucinda K. Porter, R.N. is definitely a must read for anyone doing hepatitis C treatment, whether it is their first time or they are a "treatment veteran". Lucinda has the unique perspective of ...being a Registered Nurse that has also been through hepatitis C treatment and knows exactly how that feels. As a matter of fact, in her persistence to kill her virus, she did three treatments and I believe that she is now clear of the virus! In her book she offers "tips" on how to prepare for treatment, quotes to contemplate, and each day of treatment has a "tip of the day" as you count down to the end of treatment. She has been a blessing to the HCV Community with her willingness to educate



and advocate for all of "us". GREAT BOOK! Pam Langford H.E.A.L.S of the South Hepatitis Education, Awareness and Liver Support[...]

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