



Viral Hepatitis Newsletter

March 2024

Spotlight

Hepatitis C - Origin Unknown

The origin story for hepatitis C is unknown. However, hepatitis C virus could have been around for hundreds of thousands of years, at this time there are no blood or tissue samples that can confirm hepatitis C was around in ancient ages. Some experts say that HGV/GBV-C virus is closely related to the hepatitis C virus, if this is true the hepatitis C virus could be traced back to old and new world primates 35 million years ago. Other experts state that six of the hepatitis C genotype strands have confirmed ancestry from 400 years ago. So, while we have not yet pinpointed the hepatitis C origin story we do know that today it is spread by blood and most commonly needle sharing.

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Hepatitis Basics

What are the Symptoms?

Many people with hepatitis do not have symptoms. For those who experience symptoms, many could be written off as being related to a different ailment. Symptoms of hepatitis include:

- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Light colored stools
- Joint pain
- Jaundice

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People who develop symptoms from hepatitis C usually experience them 2-12 weeks after exposure.

Acute and Chronic Hepatitis

Hepatitis B and C can be either an acute virus or a chronic virus. An acute hepatitis virus is the first six months after exposure and the hepatocellular injury is lasting for less than six months. A chronic hepatitis virus is after the inflammation or hepatocellular injury continues to persist beyond six months.

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National Doctors Day

National Doctors Day is celebrated on March 30 each year to honor physicians and the work they do for their patients, along with the many contributions they provide to the communities they serve. Reducing the burden of viral hepatitis would not be possible without the support of doctors.

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Educational Resources

Hepatitis C ECHO Trainings

Extension for Community Healthcare Outcome (ECHO) is a collaborative program that uses technology to provide case-based learning to improve access to high-quality treatment for hepatitis B and C. On the web-based platform, participants share knowledge with others, connect to specialists, and participate in discussions, and medical experts provide recommendations to enhance the mastery of topics.

The Hepatitis C ECHO meets online on the first and third Thursdays of month from 12:30 to 2 p.m.

To register for the Hepatitis C ECHO: [CLICK THIS LINK](#)

IN-HAMP

Indiana Hepatitis Academic Mentorship Program (IN-HAMP) is a medical education training program for clinicians who are new to treating hepatitis C. The IN-HAMP program includes two 1.5-hour long hepatitis C ECHO sessions, Cycle 1 training and preparation for clinicians to treat individuals living with hepatitis C, and Cycle 2 that covers advanced topics in hepatitis C care.

If you are a clinician and interested in learning more about IN-HAMP, email inhamp@iu.edu or to enroll in Cycle 1 and Cycle 2. [CLICK THIS LINK](#).

If you attended IN-HAMP Cycle 1 training, and are interested in joining Cycle 2 training, please email jennwatk@iu.edu.

At the conclusion of the training, clinicians will have the tools and education to begin treating hepatitis C immediately.

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

