**ALCOHOL AND HEPATITIS C**

**THE IMPACTS OF ALCOHOL ON THE PROGRESSION OF HEPATITIS C VIRUS-RELATED LIVER DISEASE**

**ALCOHOL**

Alcohol use decreases spontaneous remission of HCV and plays a significant role in worsening the course of liver disease in HCV-infected individuals.

Each alcoholic drink per day (defined as having 12 g of pure alcohol) increases the risk of liver cirrhosis by approximately 11%.

The risk of liver cirrhosis increases even at low levels of alcohol consumption.

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**WHAT CAN BE DONE?**

**THERE IS NO SAFE LIMIT OF ALCOHOL CONSUMPTION FOR HCV-INFECTED INDIVIDUALS**

**By Drinkers**

1. **Cease or reduce alcohol consumption** as much possible if you are infected with HCV in order to slow progression of liver disease.
2. **Seek help** if your alcohol consumption prevents initiation of or interferes with antiviral treatment for hepatitis C. In many healthcare systems, patients with HCV are ineligible for some treatment interventions.

**By Healthcare and Policymakers**

1. Quantify alcohol use routinely in any patient under liver disease treatment.
2. In the absence of universal screening and diagnosis of HCV, those with higher levels of alcohol consumption should be targeted for screening programs.
3. Increase health literacy on alcohol and HCV for the public, health professionals, and policymakers for a more integrated response.
4. Support and promote population-based policies aimed at reducing alcohol consumption to reduce the burden of alcohol-related harms and comorbidities.

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**WHAT IS HEPATITIS C?**

Hepatitis C is a liver disease caused by the hepatitis C virus (HCV).**What are the risks?**

Many untreated chronic HCV infections develop into cirrhosis, which is the leading cause of HCV-related deaths.

Although effective treatments for HCV infections exist, there were still over 500,000 new liver cirrhosis cases globally caused by HCV infections in 2019.

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**The Sustainable Development Goals**

Aim to eliminate viral hepatitis as a public health problem by 2030

Addressing alcohol use among HCV-infected individuals can considerably enhance global efforts to achieve this goal.

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**Sources**


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