

6-2016

## Consumer Health Newsletter May 2016

Margot Malachowski MLS

*Baystate Health*, [margot.malachowski@baystatehealth.org](mailto:margot.malachowski@baystatehealth.org)

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### Recommended Citation

Malachowski, Margot MLS, "Consumer Health Newsletter May 2016" (2016). *Library Newsletters*. Book 13.  
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# Consumer Health Library

Baystate Health

5/15/2016

Edition 2, Volume 2

## Increased Incidence of Hepatitis C Now more than a “Baby Boomer” Disease

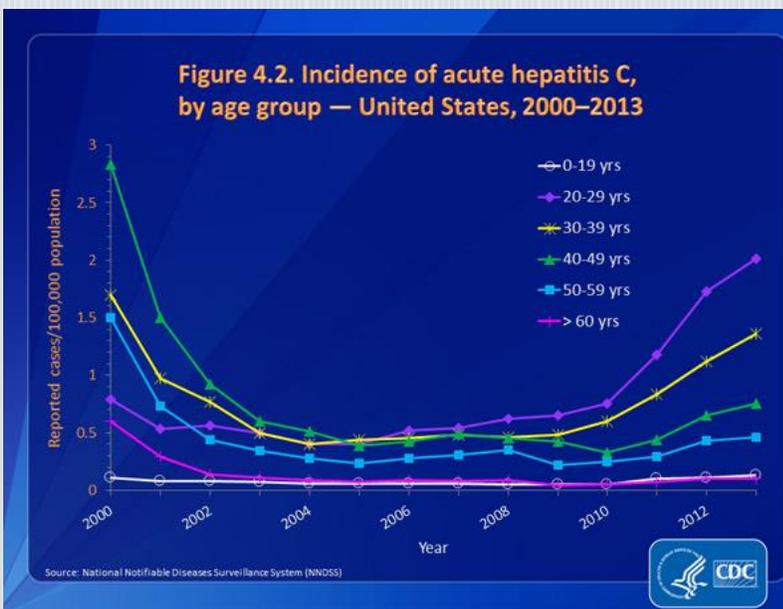
Hepatitis C Virus (HCV) accounts for more than 50% of new cases of chronic liver disease—a leading cause of death. In Massachusetts, reported rates of acute hepatitis C increased by 1200% between 2009 and 2013. The most dramatic rise in cases

transplants before 1992, or who was on long-term dialysis, or who is likely to be exposed through to HCV-positive blood through work in healthcare or public safety should be tested. Children born to HCV-positive mothers should be tested as

**Featured Website:**  
**National Center of  
Complementary and  
Integrative Health  
(NCCIH)**

Are you interested in alternative medicine? Have you heard, for example, that Milk Thistle would be helpful for liver disease? We recommend this website for looking up scientific research on integrative health practices such as herbs, dietary supplements, yoga, massage, acupuncture, chiropractic and other alternative medicines. The mission of NCCIH is to define, through rigorous scientific investigation, the usefulness and safety of integrative medicine, and to identify the potential role of these practices in improving your health and well-being.

<https://nccih.nih.gov/>



is occurring in people in their 20s and 30s, as the incidence in Baby Boomers is leveling off.

Current recommendations are that all adults born during 1945–1965 receive one-time testing for the HCV. Testing is recommended for people with a history of IV drug use, even if they have no symptoms of illness. Anyone who received blood transfusions or organ

well. HCV infection is treated with antiviral medications for 24-72 weeks.

Locally, Tapestry Health offers reproductive health care, including HVC testing, to uninsured and underinsured people, regardless of their ability to pay.

[www.tapestryhealth.org/](http://www.tapestryhealth.org/)

## Researching Personal Medical Questions

Baystate Health Sciences Library offers free assistance.

Researching personal medical questions? Try MedlinePlus first. The National Library of Medicine designed this easy-to-use website. The information is from reliable sources, and offers everything from patient handouts to medical journal articles.

[medlineplus.gov](http://medlineplus.gov)



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- [Massachusetts Health Quality Partners](#)
- [Commonwealth of Massachusetts, Find a Physician](#)
- [Medicare's Physician Compare](#)
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For assistance with researching personal medical questions, please contact the Consumer Health Library at Baystate Health. Email us at [library@baystatehealth.org](mailto:library@baystatehealth.org) or call (413) 794-7010.