Baby Boomer Alert!

Find out if you're at risk of hepatitis C in five minutes flat.

August 27, 2013 By Kate Ferguson

It's a fact that a simple blood test can confirm if you've ever had the hepatitis C virus (HCV). The test, called a hepatitis C antibody test, detects the presence of antibodies to the virus. If you test positive for antibodies to hepatitis C, a second test can tell if your infection is still active.

About 3 million Americans have hep C, with baby boomers—those born in 1945 through 1965—at highest risk, according to the Centers for Disease Control and Prevention (CDC). Were you born during this period? If so, the CDC offers a simple way to check your risk. And it doesn't require going to see a doctor or having blood drawn.

The Hepatitis Risk Assessment test is easy to take and consists of several questions about your gender, year and place of birth, previous medical history and future travel plans. The questionnaire, available online at cdc.gov/hepatitis/riskassessment/, offers multiple-choice answers.

At the end of the questionnaire, the CDC provides a list of recommendations based on your responses. There are also explanations for each suggestion so you'll understand more about the virus. Print the results and read.

Like we said, fast and simple.

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http://beta.docker.realhealthmag.com/article/hepatitis-C-risk-24426-7850