

Hepatitis C

NAME/T.M.	AGE/60	SEX/Male	AREA/Japan
History of Past Diseases and Treatments			
<p>The patient began to feel malaise and fatigue in his lower limbs in April 1996. These symptoms persisted, so he visited a hospital in September to undergo a complete medical checkup. Both the AST and ALT levels were about 400 and he was diagnosed with viral hepatitis C. He continued rest and dietary therapy and began receiving treatment with interferon in June 1997. At this point in time, the AST and ALT levels were both between 180 and 190. In addition to interferon, the patient took Rice Bran Arabinoxylan Compound (RBAC) at 3 g daily. He remained in the hospital for the first two weeks of interferon treatment. During this period, no adverse effects were observed except a fever of 39°C or more. He was treated with interferon therapy for six months until late December, visiting the hospital three times weekly. No adverse effects or attacks of fever occurred during this course, except for occasional bouts of malaise associated with interferon injection. The AST and ALT values were within normal limits. Examinations in January and May, 1998, revealed no viral reaction and showed complete remission. He is now taking RBAC at 2 g daily to prevent recurrence.</p>			
Changes caused by ingestion of RBAC			
<p>Interferon therapy is known to cause strong adverse effects such as chills, anorexia and fever, however the patient did not have serious adverse effects.</p>			