

# REDUCING DRINKING IN PATIENTS WITH HIV AND HEPATITIS C

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COLUMBIA UNIVERSITY  
MEDICAL CENTER

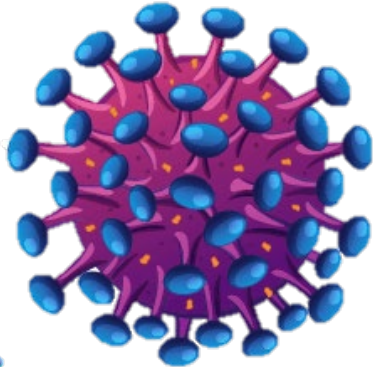
New York State  
Psychiatric Institute



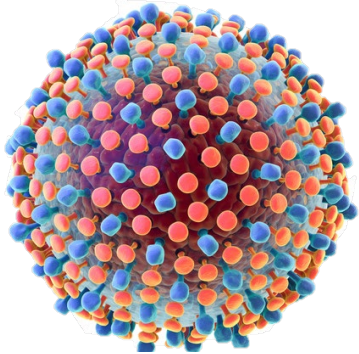
# CONDITIONS THAT CAN LEAD TO LIVER DAMAGE:



Alcohol Use

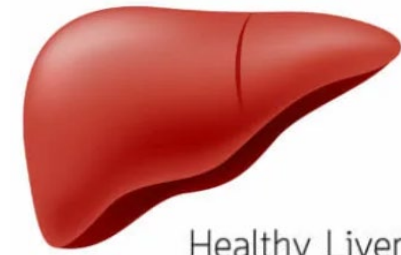


HIV Infection



Hepatitis C Infection

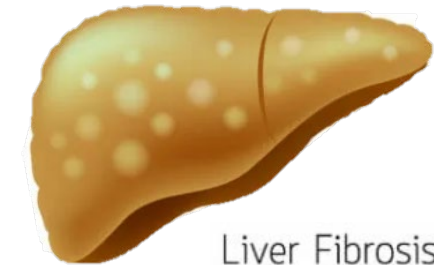
WHEN COMBINED  
ACCELERATE LIVER  
DISEASE PROGRESSION



Healthy Liver



Fatty Liver



Liver Fibrosis



Cirrhosis

Stages of  
Liver Damage

# INTERVENTION:

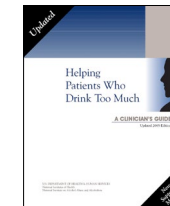
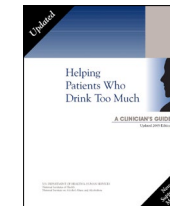
- Clinician's Guide: Helping Patients with HIV/HCV Who Drink Too Much
  - Adapted from the [NIAAA](#) and developed with feedback from participants and providers at [CUMC/NYP](#)
- HealthCall smartphone app
  - Developed by [Dr. Deborah Hasin](#) & [Dr. Efrat Aharonovich](#)

# CONTROL:

- Educational pamphlet and brief advice to reduce drinking

**60 co-infected heavy drinkers will be randomized:**

## Intervention



**Baseline**  
Assessment +  
initial session

**30-day**  
Assessment +  
follow-up  
session

**60-day**  
Assessment +  
follow-up  
session

**90-day**  
Assessment  
only

## Control



# WHO QUALIFIES?

## Inclusion criteria:

- Adults  $\geq 18$  or older
- Living with HIV
- Ever had Hepatitis C
- Currently drinking
  - We screen: 1+ binge drinking day (4+ drinks)

## Interested participants can:

- Call **646-938-4632**
- Visit us at [RecruitMe](#)
- See our flyers and advertisements

 COLUMBIA|RecruitMe

 craigslist

 metro

If eligible, participants can earn up to \$230