

Learning to love your liver

LOVE
LIVER
YOUR



The Liver

The liver carries out **500** different functions including:

Making proteins and blood-clotting factors

Aiding digestion and energy release

Purifies the blood of bacteria, by-products of digestion and, of course, alcohol

Liver Disease

Did you know?

Mortality rates for liver disease have increased **400%** since **1970**, and in people aged younger than 65 years they have risen almost **fivefold**.



600,000

People in England and Wales have some form of liver disease

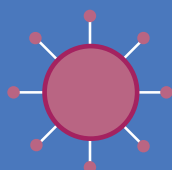
60,000

of these have cirrhosis.

Liver disease is the **fifth** largest killer in the UK. It is also the **third** most common cause of premature mortality.



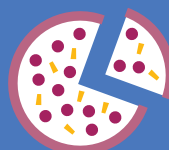
Alcohol



Viral Hepatitis



Obesity



Are the most common reasons for developing liver disease in the UK.

90% of liver disease is preventable.



LOVE YOUR LIVER IN 3 SIMPLE STEPS...

1

Drink within recommended limits and have three consecutive alcohol-free days every week

2

Cut down on sugar, carbohydrates and fat and take more exercise

3

Know the risk factors for viral hepatitis and get tested or vaccinated if at risk

REMEMBER...

- Get vaccinated against hepatitis A and B
- Never share items like toothbrush, razors or tweezers
- Use clean needles, syringes and equipment if using drugs
- Practise safer sex

If you feel at risk of having viral hepatitis, visit your GP and get tested!

Take our Love Your Liver Health Screener to assess your risk factors. Visit loveyourliver.org.uk

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TRUST

Love Your Liver is a British Liver Trust campaign

www.britishlivertrust.org.uk

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