

Liver disease: are you at risk?

LOVE
LIVER
YOUR



The Liver

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

- Making proteins and blood-clotting factors
- Helping digest food and manage your body's energy supplies
- Protecting you by breaking down toxins and other harmful things

Did you know?

Liver damage develops silently with no signs or symptoms and people often don't realise they have a problem until it is too late.

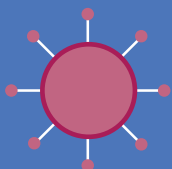
Although the liver is remarkably resilient, if left until symptoms appear, the damage is often irreversible.

90%

of liver disease is preventable.



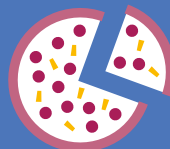
Alcohol



Viral hepatitis



Excess weight and diet



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

How to Love Your Liver

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

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Love Your Liver is
a British Liver
Trust campaign

www.loveyourliver.org.uk

Registered charity England and Wales 298858 Scotland SC042140