

Love your liver

Liver disease is one of the largest causes of premature death in the UK. But the good news is most forms can be prevented or even reversed.

Your liver is fundamental to life. It does hundreds of essential jobs including processing food, storing nutrients and removing poisons and other toxic substances.

Most people don't know they are developing liver disease. There are no symptoms in the early stages and many people are diagnosed when it's too late.

Did you know 9 in 10 cases of liver disease could be prevented.

Love your liver

- Eat healthily, be physically active and keep a healthy weight
- Drink no more than 14 units of alcohol a week and have 3 days in a row without alcohol
- Protect yourself from viral hepatitis and take up testing and treatment when offered

Prevention is better than cure, but finding liver disease at any stage can make a big difference. In many cases liver damage can be reversed or at least prevented from getting worse.

Find out if you are at risk

To find out if you're at risk, take our health quiz. Scan the code or visit

www.loveyourliver.org.uk/screener



LOVE
LIVER
YOUR

Where to find more information

If you are worried speak to your GP, Practice Nurse or Pharmacist.

Call our nurse-led helpline: **0800 652 7330**

Contact details:

Email us: info@britishlivertrust.org.uk

Call our office: **01425 481 320**

Visit our websites: www.britishlivertrust.org.uk
www.loveyourliver.org.uk

 [Facebook.com/britishlivertrust](https://www.facebook.com/britishlivertrust)

 [@livertrust](https://twitter.com/livertrust)

 healthunlocked.com/britishlivertrust

This leaflet is for information only. Professional, medical and other advice should be obtained before acting on anything contained in the leaflet, as no responsibility can be accepted by the British Liver Trust as a result of action taken or not taken because of the contents.

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Are you at risk of liver disease?

Up to 1 in 3 adults in the UK are at risk of liver disease.

There are no obvious symptoms in the early stages.

Finding out early is vital and can save your life.



Love Your Liver is a
British Liver Trust campaign

Alcohol

Around 1 in 5 adults drink more than the weekly guideline limit.

What are the risks?

Your liver breaks down alcohol to naturally detoxify your body. It can only cope with a certain amount though. Regularly drinking more than recommended low-risk limits will put your liver at risk of damage.

How to love your liver







- Men and women should not drink more than 14 units a week
- Spread the units over several days
- Every week, aim for 3 non-drinking days in a row

Having some alcohol free days each week gives your liver a chance to rejuvenate and repair itself.

- Avoid alcohol if you are pregnant or trying to conceive.

The amount of alcohol in your drink depends on how big it is and how strong it is.

How many units in...

Lager Beer Cider (ABV 5%) Standard bottle (330ml) 1½ units		White wine Red wine Rosé wine (ABV 13.5%) Medium glass (175ml) 2½ units		Gin Vodka Rum Whisky (ABV 40%) Small shot (25ml) 1 unit	
Lager Beer Cider (ABV 5%) Pint (568ml) 3 units		White wine Red wine Rosé wine (ABV 13.5%) Bottle (750ml) 10 units		Gin Vodka Rum Whisky (ABV 40%) Bottle (700ml) 28 units	

Number of units is given to the nearest half.

Fatty liver disease

Up to 1 in 5 people are affected by non-alcohol related fatty liver disease.

What are the risks?

A healthy liver has little or no fat. But in some people fat can start to build up in the liver and cause inflammation and scarring. This is more likely to happen in people who are overweight, have an unhealthy diet, or live with type 2 diabetes.

How to love your liver

- Keep to a healthy weight. Whether that means losing weight or staying at your current healthy weight, a balanced diet and being more active will help.
- Eat a healthy diet with plenty of vegetables, fruit and fibre.
- Be physically active every day. Anything that gets you warm and a little out of breath counts, from walking to five-a-side football.

Changes like this might feel big and overwhelming, but you can break them down into small steps. Make a little change, like going for a 15 minute walk after lunch or adding a piece of fruit to your breakfast, and make it a habit. Then use it as a stepping stone for another little change. Small changes add up to a big difference.



Viral hepatitis

There is now an effective cure for hepatitis C and there are treatments for hepatitis B that can keep the virus under control. It's important to get tested if you have ever been at risk.

What are the risks?

Hepatitis viruses can damage your liver. There are several types of hepatitis virus which spread in different ways.

Hepatitis A and E are uncommon in the UK. They spread through unclean water and food.

Hepatitis B and C are more common. They can be spread through the blood of someone with the virus.

In the UK, many people living with hepatitis B picked it up when growing up in another country where it is more common. You can only get hepatitis D if you already have hepatitis B.

How to love your liver

- Vaccines are available for hepatitis A and B. Speak to your GP if you could be at risk.
- Never share personal items such as razors, nail scissors, tweezers or toothbrushes.
- Only use licensed tattoo and piercing parlours.
- Never share things for using drugs such as needles, syringes, filters, spoons, water, bank notes, tourniquets and cups.

Take our health quiz to see if you are at risk: www.loveyourliver.org.uk/screener