

# 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?

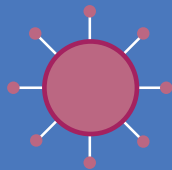
**Liver damage develops silently with no signs or symptoms and people often don't realise they have a problem until it is too late.**

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

**90%** of liver disease is preventable.



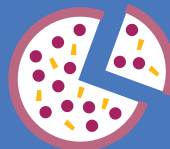
Alcohol



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

BRITISH  
LIVER  
TRUST

[www.loveyourliver.org.uk](http://www.loveyourliver.org.uk)

Love Your Liver is a British Liver Trust campaign  
Registered charity England and Wales 298858 Scotland SC042140

