

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

Liver Disease

Did you know?

Liver disease death rates are 4 times higher now than they were in the 1970s.

At the same time, deaths from most other major diseases have been falling.

In 2021 around 11,400 people died from liver disease in the UK.

1 in 10

people scanned on our Love Your Liver roadshow have signs of liver damage.



HOW TO LOVE YOUR LIVER

9 in 10 cases of liver disease could be prevented. Making small changes to love your liver can add up to a big difference and reduce your risk of liver disease.

Follow the alcohol advice. Max 14 units a week. With a 2 to 3 day break.

Eat healthily, base meals on veg, fruit and wholegrains.

Watch out for sugar, fat and salt. Check the traffic light label.

Look for ways to move more in your day to day life.

Know the risks for viral hepatitis. Get tested or vaccinated if you're at risk.

Take our Love Your Liver screener to check your liver health

www.britishlivertrust.org.uk/liver-screener



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Love Your Liver is a British Liver Trust campaign

www.loveyourliver.org.uk

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