

TIPS TO LOOK AFTER YOUR LIVER

You can take several steps to keeping your liver healthy, whether or not you have existing liver disease.

These include:

- Limit alcohol - no more than 2 standard drinks per day with 2 alcohol free days per week
- Eat a healthy well-balanced diet
- Maintain a healthy body weight and get regular exercise
- Ask about the potential impact of medication and drug use on your liver
- Get vaccinated against hepatitis A and hepatitis B



A healthy lifestyle is important for your liver.

FINDING SUPPORT

Hepatitis Queensland
Infoline: 1800 437 222
info@hepqld.asn.au
www.hepqld.asn.au

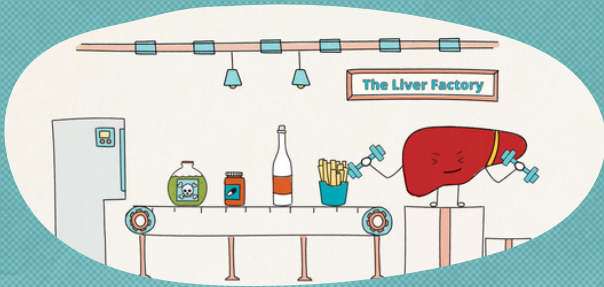
HAVE YOU CHECKED IN WITH YOUR LIVER LATELY?

This information is general in nature and not intended as medical advice. Consult your GP for further information.

YOUR LIVER

We all have a liver, and it's quite important, but how often do we really think about it?

Your liver is like a factory. It manufactures, stores and processes everything you put into your body. It breaks down food, alcohol, medicine and toxins.



The liver performs over 500 functions and is the heavyweight in your body. You simply cannot live without it.

ARE YOU AT RISK?

MAJOR CAUSES OF CHRONIC LIVER DISEASE

THINGS THAT INCREASE THE CHANCE OF WORSENING LIVER DISEASE



WHAT IS HEPATITIS?

Hepatitis can be caused by viruses which damage your liver. Most people feel well even when damage is occurring.

The three most common types of viruses that cause liver inflammation are hepatitis A, hepatitis B and hepatitis C.

The good news is there is a:



SYMPTOMS

Talk to your doctor if you are concerned about any of the following symptoms:

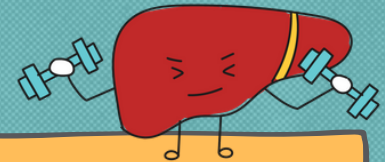
- feeling unwell and tired all the time
- tenderness or pain in the liver area
- itchiness over the whole body, especially at night
- swelling of the ankles
- jaundice (yellow skin and eyes)
- unusual or persistent darkening of the urine
- brain fog or feeling a bit vague

GET YOUR LIVER CHECKED

You might feel healthy if you have chronic hepatitis B or hepatitis C, but it can still seriously damage your liver over time.

Left untreated, some of the things that can happen to your liver are:

- liver damage (sometimes called fibrosis), which means your liver becomes hard and does not work as well
- cirrhosis, which means the liver damage has gotten worse and you have a lot of scarring on your liver
- liver failure, which means your liver stops working
- liver cancer



A liver check-up usually starts with blood tests to measure how the hepatitis is impacting on your liver. Further tests may be required and your doctor will talk you through them.

