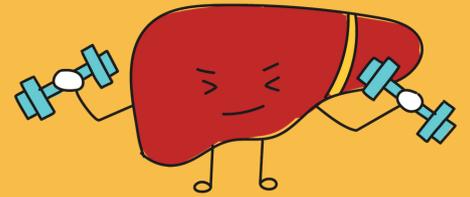


PREPARING FOR YOUR LIVER HEALTH CHECKUP



ON THE DAY

- No food or liquids (including water) for 3 hours prior to appointment
- Arrive 10-15 minutes early
- Wear comfortable clothing (for female - shirt/top and pants/skirt is fine)

WHAT TO EXPECT

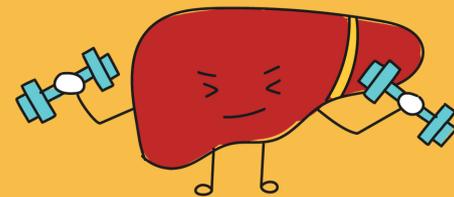
- Your appointment will be about 30 minutes
- A Fibroscan is used to measure fibrosis or stiffness in the liver.
- It is a non-invasive procedure that uses ultrasound technology to send a mechanical pulse (light tap) through the liver from the surface of the skin
- 10 measurements are taken to give a true reading

YOUR APPOINTMENT
IS SCHEDULED ON

Date: ___ / ___ / ___

Time: _____ am/pm

YOUR LIVER HEALTH MATTERS



KEEPING HEALTHY



Eating well: cut back on foods that are high in fat and sugar

Getting active: try to get at least 30 minutes of exercise everyday

Feeling well: take care of yourself emotionally, spiritually and physically

Drink aware: cut down on the alcohol you drink or try to stop altogether

LOVE YOUR LIVER

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.