

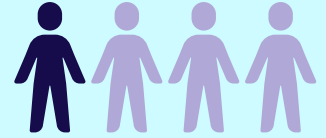
LIVER HEALTH

Fast Facts



LIVER HEALTH IN QUEENSLAND

- 1 in 4 Queenslanders have liver disease with many unaware and without symptoms.
- Untreated liver disease can lead to permanent liver damage such as cirrhosis or liver cancer.
- 70% of liver disease is preventable.
- Looking after your liver leads to more energy and living longer with a better quality of life.



RISK FACTORS

- Obesity
- Diabetes
- Metabolic syndrome
- Alcohol use
- Older age
- Hepatitis B
- Hepatitis C



SYMPTOMS

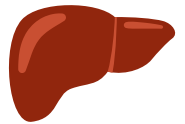
Most people with liver disease have no symptoms. Symptoms of advanced liver disease can include:

- Fatigue
- Abdominal pain
- Swelling of the arms or legs
- Bruising easily
- Nausea or vomiting
- Urine or stool changes
- Jaundice (yellow skin & eyes)



COMMON TYPES OF LIVER DISEASE

- Metabolic Associated Fatty Liver Disease (MAFLD)
- Non-Alcoholic Steatohepatitis (NASH)
- Alcohol-Related Liver Disease (ARLD)
- Hepatitis B & C
- Cirrhosis
- Liver Cancer
- Advanced Liver Disease



METABOLIC ASSOCIATED FATTY LIVER DISEASE (MAFLD)

Caused by a build-up of fat in the liver. It affects:

- Queensland - 1.3 million
- Australia - 6 million
- Worldwide - 1.95 billion

1 in 10 people with MAFLD will develop the more severe Non-Alcoholic Steatohepatitis (NASH).



HEPATOCELLULAR CARCINOMA (LIVER CANCER)

- Fastest growing cause of cancer related deaths in Australia
- Affects 2,832 in Australia each year and 905,677 worldwide.
- Costs the Australian economy approximately 4.8 billion dollars each year



HEPATITIS B

- Hepatitis B is now the most prevalent blood-borne virus in Australia
- Affects 33,991 in Queensland, 222,559 in Australia, 296 million worldwide
- 70% are not receiving regular care



HEPATITIS C

- 1 in 5 people with hepatitis C are undiagnosed
- Affects 43,594 in Queensland, 115,000 in Australia, 58 million worldwide
- Treatment is tablets daily for 8-12 weeks with 95% cure rate



ALCOHOL-RELATED LIVER DISEASE (ARLD)

- Responsible for up to 60% of liver-related hospitalisations.
- Early signs of ARLD include fever, jaundice, nausea, vomiting, abdominal pain and tenderness.
- ARLD leads to inflammation of the liver and cirrhosis



PREVENTING LIVER DISEASE



Eat a balanced diet



Use alcohol responsibly



Exercise regularly



Get a liver health check