

LIVER HEALTH

Checklist

Better
liver
health

Let's Do This!

Do you eat a balanced diet?

Yes

No

Liver disease is becoming more common throughout Western societies, with what we eat and drink a leading risk factor. When you consume too much food or alcohol your body deals with this excess by turning some of the calories into fat that is stored in the liver.

Many liver specialists recommend the Mediterranean Pattern of Eating (or Mediterranean Diet) in preventing liver disease. In fact, nutritional experts recommend this way of eating to keep our whole bodies healthy and functioning at their best.

Do you exercise regularly?

Yes

No

Regular exercise has many health benefits including helping to prevent liver disease. It can boost your liver health and help you manage your weight. Being overweight or obese is a major cause of fatty liver disease.

How to find time for exercise:

- Schedule workouts into your day, just like you would an appointment
- Find free video workouts online that you can follow at home
- Get active while watching TV – squats, lunges and crunches are great for your health

Do you drink alcohol responsibly?

Yes

No

Your body treats alcohol as a toxin, meaning the liver must work hard to process it. When the liver has to regularly process alcohol, we put it at greater risk of permanent damage and liver disease.

While it's best to avoid alcohol altogether, even reducing the amount you drink can positively affect your liver's health. Australian Guidelines recommend healthy adults should drink no more than 10 standard drinks in a week, and no more than 4 standard drinks in a day.

It's important to note how much you can 'safely drink' varies from person to person. If you have a liver condition it is best not to drink alcohol at all. Drinking alcohol when you have an existing liver condition can increase the damage to your liver.

Talk to your doctor if you want support to reduce your alcohol intake.

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Have you been tested for hepatitis B and C?

Yes

No

Viral hepatitis is a leading cause of liver disease and liver cancer. Many people are unaware they are living with hepatitis B or C, a test is the only way to know if you have it.

It is important to note that testing for these viruses is not included as part of regular blood tests and check-ups and you will need to ask your doctor to be tested.

Have you been vaccinated for hepatitis B?

Yes

No

The best protection from hepatitis B is vaccination. The hepatitis B vaccine is a safe and effective vaccine that has been around since 1982. You may be eligible to receive the hepatitis B vaccination for free.

Have you had a liver health check?

Yes

No

Having a liver health check is a great way to make sure your liver is in tip-top shape. Many liver diseases do not show obvious symptoms straight away so checking regularly can help prevent more serious issues later on. A liver health check involves:

- Identifying your risk factors for liver disease
- Taking body measurements
- A liver scan using either a FibroScan or Ultrasound
- A blood test to check how your liver is functioning
- Discussing any recommended lifestyle changes
- A referral to a specialist (if needed)

YOUR ANSWERS

If you answered no to any of the questions in this liver health check list we encourage you to talk to your GP or local clinic to check in on your liver health.

You can also find more information on our website at www.hepqld.asn.au or phone us on our free Infoline on 1800 437 222.