



**LIVER CANCER  
AWARENESS MONTH**

# TAKE ACTION

**LIVER CANCER IS THE  
6TH MOST COMMON  
CANCER WORLDWIDE**

**70% of liver  
cancer can be  
prevented with  
simple lifestyle  
changes**



## **EXERCISE REGULARLY**

Being overweight is a major cause of fatty liver disease. Exercising regularly can boost your liver health and your overall wellbeing.

## **EAT HEALTHY**

Eating a balanced diet keeps your liver happy and gives you more energy. The Mediterranean diet has many health benefits and is especially good for your liver.



## **USE ALCOHOL RESPONSIBLY**

Stopping or reducing the amount you drink can have a positive effect on your liver's health. Talk to your doctor for support.

**#OctoberIs4Livers**  
[www.betterliverhealth.org.au](http://www.betterliverhealth.org.au)