COMMUNITY LIVER ALLIANCE ™

GLOBAL AWARENESS. LOCAL IMPACT.

LIVER CANCER

PATIENT AND CAREGIVER TOOLKIT

www.communityliveralliance.org
Support@communityliveralliance.org
412-501-3CLA (3252)

Welcome

The purpose of the CLA's Liver Cancer Patient and Caregiver Toolkit is to empower patients, caregivers, and healthcare professionals by providing comprehensive, accessible, and up-to-date information on liver cancer.

This guide aims to educate readers about the disease, treatment options, and possible side effects, while also offering practical advice on navigating the healthcare system, managing the emotional and financial impacts of a cancer diagnosis, and enhancing quality of life through supportive resources and self-care strategies.

Our goal is to assist individuals affected by liver cancer in making informed decisions about their care and to support them in their journey toward recovery and well-being.

How to Use This Toolkit

This toolkit is available for download to provide you with instant access to valuable information. Additionally, hard copies are available upon request. Feel free to share this resource with family, friends, and healthcare providers to ensure everyone involved in your care is informed and supported.

We hope this toolkit serves as a helpful guide throughout your liver cancer journey. Remember, you are not alone, and there are many resources and support systems available to help you manage and overcome the challenges you may face. For further assistance, do not hesitate to reach out to our team or visit our website for additional information and support.

Liver Cancer Resource Guide

TABLE OF CONTENTS

UNDERSTANDING LIVER CANCER

RISK FACTORS FOR LIVER CANCER

SIGNS AND SYMPTOMS OF LIVER CANCER

HOW IS LIVER CANCER DIAGNOSED

TREATMENT OPTIONS

TALK TO YOUR DOCTOR

FIND A DOCTOR

CAREGIVER RESOURCES

HEALTH AND FINANCIAL RESOURCES

SELF CARE

CLINICAL TRIALS

Understanding Liver Cancer

What is Liver Cancer?
Liver cancer is a disease in which malignant (cancerous) cells form in the tissues of the liver. The liver is a vital organ that performs many essential functions, including detoxification, digestion, and blood sugar regulation.

There are two main types of liver cancer:

1. Primary Liver Cancer – Cancer that originates in the liver.
2. Secondary (Metastatic) Liver Cancer – Cancer that spreads to the liver from another part of the body (e.g., colon, lung, breast).

Types of Primary Liver Cancer

1. Hepatocellular Carcinoma (HCC) (90% of Cases)

- The most common type of liver cancer.
- Develops from hepatocytes (liver cells).
- Often occurs in people with chronic liver disease (cirrhosis, hepatitis B/C, or fatty liver disease).

2. Intrahepatic Cholangiocarcinoma (Bile Duct Cancer) (10-15% of Cases)

- Forms in the bile ducts inside the liver.
- More common in patients with primary sclerosing cholangitis (PSC) or liver fluke infections.

3. Fibrolamellar Hepatocellular Carcinoma (Rare)

- Affects younger adults (under 40 years old) without liver disease.
- Different from HCC and has a better prognosis if detected early.

4. Hepatoblastoma (Very Rare, Usually in Children)

- Affects young children and has a high survival rate with early treatment.

Risk Factors for Liver Cancer

1. Chronic Liver Disease & Cirrhosis
- Cirrhosis (scarring of the liver) is the biggest risk factor for HCC.

Causes of cirrhosis include:
✅ Hepatitis B & C infections
✅ Nonalcoholic fatty liver disease (NAFLD/MASH)
✅ Alcohol-associated liver disease
✅ Hemochromatosis & other genetic disorders

2. Viral Hepatitis (Hepatitis B & C)
- Hepatitis B (HBV) and Hepatitis C (HCV) increase the risk of HCC.
- HBV can cause liver cancer even without cirrhosis.

3. Fatty Liver Disease (Metabolic Dysfunction-Associated Steatotic Liver Disease, MASLD)
- Linked to obesity, diabetes, and metabolic syndrome.
- Can progress to MASH (severe inflammation & fibrosis), leading to cirrhosis and cancer.

4. Heavy Alcohol Use
- Chronic alcohol consumption can cause alcohol-associated liver disease, cirrhosis, and liver cancer.

5. Exposure to Toxins (Aflatoxins & Chemicals)
- Aflatoxins (found in moldy grains, nuts, and legumes) are linked to HCC.
- Exposure to industrial chemicals & vinyl chloride increases risk.

6. Diabetes & Obesity
- Diabetes & insulin resistance increase liver cancer risk.
- Obesity-related inflammation can contribute to MASH and HCC.

7. Genetic Liver Disorders
- Hemochromatosis (iron overload disorder) significantly raises the risk.
- Alpha-1 antitrypsin deficiency may also contribute to liver damage and cancer.

Signs & Symptoms of Liver Cancer

Early liver cancer often has no symptoms. As the disease progresses, symptoms may include:

- Unexplained weight loss
- Persistent fatigue & weakness
- Loss of appetite & nausea
- Upper right abdominal pain
- Swelling (ascites) & bloating
- Jaundice (yellowing of the skin & eyes)
- Dark urine & pale stools
- Enlarged liver or spleen (felt as a mass in the upper right abdomen)

⚠ Many of these symptoms are also caused by other liver conditions. If you experience them, consult a healthcare provider immediately.

Prevention & Early Detection

✅ Get Vaccinated for Hepatitis B (HBV Vaccine)

✅ Get Screened if You Have Cirrhosis or Hepatitis C (Ultrasound & AFP every 6 months)

✅ Maintain a Healthy Weight & Manage Diabetes

✅ Avoid Excessive Alcohol Consumption

✅ Reduce Exposure to Aflatoxins & Harmful Chemicals

✅ Consider Hepatitis C Treatment (Curative with antiviral medications)

How is Liver Cancer Diagnosed?

Early liver cancer often has no symptoms. As the disease progresses, symptoms may include:

- Unexplained weight loss
- Persistent fatigue & weakness
- Loss of appetite & nausea
- Upper right abdominal pain
- Swelling (ascites) & bloating
- Jaundice (yellowing of the skin & eyes)
- Dark urine & pale stools
- Enlarged liver or spleen (felt as a mass in the upper right abdomen)

⚠ Many of these symptoms are also caused by other liver conditions. If you experience them, consult a healthcare provider immediately.

1. Blood Tests (Tumor Markers & Liver Function Tests)
   - Alpha-fetoprotein (AFP) – High levels can indicate HCC.
   - Liver function tests (ALT, AST, bilirubin, albumin) help assess liver health.

2. Imaging Tests
   - Ultrasound – First-line screening tool for high-risk patients.
   - CT Scan & MRI with Contrast – Helps diagnose and stage liver cancer.
   - PET Scan – Detects cancer spread (metastasis).

3. Liver Biopsy
   - Performed if imaging is inconclusive.
   - Confirms cancer type & genetic mutations for treatment planning.

4. Staging of Liver Cancer

Liver cancer is staged using BCLC (Barcelona Clinic Liver Cancer) staging:

- Stage 0/A (Early-Stage) – Small tumor, liver function preserved, curable with surgery/transplant.
- Stage B (Intermediate-Stage) – Multiple tumors, treatable with TACE.
- Stage C (Advanced-Stage) – Cancer has spread, treated with systemic therapy.
- Stage D (End-Stage) – Severe liver dysfunction, supportive care recommended.

Health and Financial Resources

HEALTHWELL FOUNDATION

THE ASSISTANCE FUND

NEEDY MEDS

AMERICAN CANCER SOCIETY

FIND HELP

CANCER CARE

CANCER SUPPORT COMMUNITY

VERY WELL HEALTH

AMERICAN TRANSPLANT FOUNDATION



AMERICAN LIFE FUND

PATIENT ADVOCATE FOUNDATION

CANCER FINANCIAL ASSISTANCE COALITION

HEALTH RESOURCES AND SERVICES ADMINISTRATION

GOOD DAY FUND

LIVESTRONG

PATIENT RESOURCES

RX HOPE

SAM FUND



Pharmaceutical Company Resources

BMS ACCESS SUPPORT® | FOR PATIENTS AND CAREGIVERS 08918808M, R.1_8.5X11 (BAYERHEALTHCARE.COM) LENVIMA® (LENVATINIB)

COST & FINANCIAL SUPPORT | CABOMETYX® (CABOZANTINIB)

ACCESS SERVICES BY BAYER™ | STIVARGA® (REGORAFENIB) PATIENT WEBSITE (STIVARGA-US.COM)

FINANCIAL ASSISTANCE OPTIONS | AVASTIN ACCESS SOLUTIONS (GENENTECH-ACCESS.COM)

MERCK PROGRAMS TO HELP THOSE IN NEED - PROGRAMS (MERCKHELPS.COM)



Medicare/Medicaid Resources

Medicare and Cancer: Surgery, Chemotherapy and Radiation (retireguide.com)

Senior Discounts & Benefits: Your 2023 Ultimate Guide (retireguide.com)

https://www.medicaidplanningassistance.org/getting-paid-as-caregiver/



Current Liver Cancer Treatments

Liver cancer treatment options depend on several factors, including the stage of the disease, liver function, overall patient health, and whether the cancer is localized or has spread. The following is an overview of current evidence-based treatments for liver cancer, including curative, locoregional, systemic, and palliative therapies.

Curative Treatment Options

Curative treatments aim to completely eliminate the cancer and are typically used in early-stage hepatocellular carcinoma (HCC).

A. Liver Resection (Partial Hepatectomy)

- Best Candidates:
  - Patients with single tumors and well-preserved liver function (Child-Pugh A)
  - No cirrhosis or mild cirrhosis (no significant portal hypertension)
- Pros & Cons:

✅ Offers potential cure in well-selected patients
❌ Not suitable for advanced cirrhosis (high risk of liver failure)
❌ High recurrence rate (~70% within 5 years)

B. Liver Transplantation (LT)

- Best Candidates:
  - Patients meeting Milan Criteria (single tumor ≤5 cm or up to 3 tumors ≤3 cm each, without vascular invasion or metastasis)
  - Patients with decompensated cirrhosis (Child-Pugh B/C)
- Pros & Cons:

✅ Best curative option for both cancer removal & liver disease resolution
✅ Low recurrence risk (~10%)
❌ Organ shortage limits availability (waiting time can be long)
❌ Requires lifelong immunosuppressive therapy

- Bridging Therapies for Transplant Candidates:
  - Transarterial Chemoembolization (TACE) or Ablative Therapies are used to control tumor growth while waiting for transplantation.

Current Liver Cancer Treatments

Locoregional Therapies
These treatments target liver tumors directly, used for patients ineligible for surgery or awaiting liver transplantation.
A. Radiofrequency Ablation (RFA) & Microwave Ablation (MWA)
🔹 Best Candidates:
- Small tumors (<3 cm) in patients who are not surgical candidates
- Bridging therapy for transplant candidates

🔹 Pros & Cons:
✅ Minimally invasive
✅ High success rate (~70-80%) in early-stage disease
❌ Less effective for tumors >3 cm

B. Transarterial Chemoembolization (TACE)
🔹 Best Candidates:
Patients with intermediate-stage HCC (BCLC Stage B)
Multifocal liver tumors without vascular invasion
🔹 How It Works:
A catheter delivers chemotherapy (e.g., doxorubicin) directly to the tumor while blocking blood flow, starving the tumor of nutrients.
🔹 Pros & Cons:
✅ Most commonly used palliative therapy
✅ Can shrink tumors before surgery/transplantation
❌ Not curative
❌ Repeated treatments often required

C. Transarterial Radioembolization (TARE) / Selective Internal Radiation Therapy (SIRT)
🔹 Best Candidates:
Patients with larger tumors (>3 cm) or portal vein invasion
When TACE is ineffective
🔹 How It Works:
Yttrium-90 radioactive beads are delivered via the hepatic artery to selectively irradiate tumors while sparing healthy tissue.
🔹 Pros & Cons:
✅ Alternative to TACE for patients with portal vein thrombosis
✅ Well tolerated with fewer side effects than TACE
❌ More expensive and less widely available

Current Liver Cancer Treatments

3. Systemic Therapy (Targeted Therapy & Immunotherapy)
Used for advanced or metastatic liver cancer (BCLC Stage C) and patients who are not candidates for surgery or locoregional treatments.
A. Targeted Therapy (Tyrosine Kinase Inhibitors - TKIs)
🔹 First-Line Options:
Atezolizumab + Bevacizumab (Tecentriq + Avastin)
✅ Preferred first-line systemic therapy (immunotherapy + anti-VEGF)
✅ Improved overall survival vs. sorafenib
❌ Requires monitoring for GI bleeding

Sorafenib (Nexavar) – First FDA-approved systemic therapy for HCC
✅ Extends survival in unresectable HCC
❌ High rate of side effects (fatigue, diarrhea, hand-foot syndrome)

Lenvatinib (Lenvima) – Alternative first-line therapy
✅ More effective than sorafenib in tumor shrinkage
❌ Higher risk of hypertension
🔹 Second-Line Options (If First-Line Therapy Fails):
Regorafenib (Stivarga) – For patients who tolerate sorafenib
Cabozantinib (Cabometyx) – Used after TKI failure
Ramucirumab (Cyramza) – For patients with high AFP levels (>400 ng/mL)

B. Immunotherapy (Checkpoint Inhibitors)
🔹 Best Candidates:
Patients with advanced HCC who do not respond to TKIs
Patients with good liver function (Child-Pugh A)
🔹 FDA-Approved Options:
Nivolumab (Opdivo) ± Ipilimumab (Yervoy)
Pembrolizumab (Keytruda)
✅ Increases overall survival and response rates
❌ Only works for ~15-20% of patients

Current Liver Cancer Treatments

4. Palliative & Supportive Care

For end-stage liver cancer (BCLC Stage D), treatment focuses on quality of life and symptom management.

- Pain Management:
  Opioids, nerve blocks for tumor-related pain
- Nutrition & Fatigue Management:
  High-protein diet, physical activity recommendations
- Psychosocial & Emotional Support:
  Counseling, support groups, and hospice care
- Managing Ascites & Hepatic Encephalopathy:
  Diuretics, paracentesis, lactulose therapy

Emerging & Future Treatments

- Combination Immunotherapy:
  New clinical trials testing dual checkpoint inhibitors and TKI + immunotherapy combinations.
- Personalized Medicine & Biomarker Testing:
  Future treatments aim to target specific genetic mutations in liver cancer.
- CAR-T Cell Therapy & Gene Therapy:
  Ongoing research in reprogramming immune cells to attack liver tumors.
- Liquid Biopsies for Early Detection:
  Non-invasive blood tests are being developed to detect liver cancer earlier.

Talk to Your Doctor

If you've received a cancer diagnosis, gaining a deeper understanding of your condition and treatment options can empower you to take an active part in your care. It's beneficial to ask your doctor questions to make well-informed decisions. Consider using the following questions as a starting point and add any others that are important to you to your list.

Questions to ask your doctor

Diagnosis

- What type of cancer do I have?
- Has the cancer spread? If so, where has it spread? How fast is it growing?
- What's the stage of the cancer? What does the stage mean for my treatment?
- Are the latest tests and treatments for this type of cancer available in this hospital?
- Will a multidisciplinary team be involved in my diagnosis and treatment?
- Are there clinical guidelines and an optimal care pathway for this type of cancer?

Tests

- What will this test involve?
- What are the benefits and risks of having this test?
- What will the test results tell us? How will the results affect the type of treatment I'm offered?

Treatment and costs

- What treatment do you recommend? What is the aim of the treatment?
- Are there other treatments that might work? If not, why not?
- How long will treatment take?
- Who will provide the treatment?
- Will I have to stay in hospital?
- Are there any out-of-pocket expenses not covered by Medicare or my private health cover? Is there a way the cost can be reduced if I can't afford it?
- Will I have only one treatment or will I also have other treatments?
- How long do I have to make a decision?
- I'm thinking of getting a second opinion. Can you recommend anyone?
- If I don't have the treatment, what should I expect?
- How will I know if the treatment is working?
- What if this treatment does not work?

Questions for Your Doctor

Asking your doctor questions is key to making informed decisions about your health. Use the following questions as a foundation, and feel free to add any others that are relevant to your situation to your list.

Side effects

- What are the risks and possible side effects of each treatment? How can these be managed?
- Will the side effects improve or have lasting effects?
- Is there any side effect that I should particularly look out for?
- Are there any complementary therapies that might help me?
- Can I have the flu, COVID-19 or other vaccines?

Clinical trials

- What does taking part in a clinical trial mean?
- Are there any clinical trials or research studies I could join?

Treatment

- How often will I need to have check-ups after treatment finishes?
- Who should I go to for the check-up appointments?
- If the cancer returns, how will I know? What treatments could I have?

If advanced cancer is diagnosed

- What's the best I can hope for by having treatment?
- Are there new treatments I can try? Is the treatment going to improve my chance of getting better?
- What treatments can relieve my symptoms?
- Who will be responsible for my medical care?
- What help can my family and/or friends get if they care for me at home?
- Can I have palliative care? How do I get it?
- Can you help me talk to my family about what is happening?

How to Talk to Your Doctor

To maximize the effectiveness of your appointments with your doctor before, during, and after treatment, consider the following strategies:

Book a longer appointment

- request a longer appointment if you have a number of issues to discuss

Make a list of questions

- write down your questions before the appointment

Take a support person

- bring a friend or family member for support, or to write down information

Record the conversation

- ask your doctor if you can record the conversation

Get more information

- ask where to find more information about tests and treatments

Ask for an interpreter

- use an interpreter if you speak a language other than English

Find a Doctor

WebMD

WebMD is an American corporation known primarily as an online publisher of news and information pertaining to human health and well-being. The site includes information pertaining to drugs. It is one of the top healthcare websites by unique visitors.

American Medical Association

The American Medical Association (AMA), founded in 1847 and incorporated in 1897, is the largest association of physicians – both MD's and DO's – and medical students in the United States.

Healthgrades

Healthgrades, is a US company that provides information about physicians, hospitals and health care providers. Healthgrades has amassed information on over 3 million U.S. health care providers.

Gastroenterology.com

Gastroenterology.com enables you to browse medical information related to gastroenterology conditions and procedures. You'll find gastro information ranging from questions such as what is gastroenterology to tips on finding the best gastroenterologist for your particular situation.

Get Palliative Care

Palliative care is specialized medical care for people living with a serious illness, such as liver disease. It focuses on providing relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a team of palliative care specialists, including doctors, nurses and social workers. For more information, see our Palliative Care resource page.

Support Information

The suggestions below may be a useful prompt when people say, "Let me know if you need anything."

Although family and friends are often eager to help, many people struggle to request and accept support. During treatment and while managing side effects, having a supportive network can be incredibly beneficial.

Family and friends generally welcome the opportunity to offer support, as it makes them feel helpful.

However, not everyone has family or friends who can provide the needed assistance. In such cases, numerous professional support resources are available to help.

People are often willing to help if they know what you need. Family and friends can support you in different ways. Some people will be able to talk about the cancer and comfort you if you are upset.

Other people may prefer to offer practical support. If you have a partner or another person providing most of your care, an important role for other family members and friends may be to support that caregiver.

Offering Practical Support

- Preparing meals
- Performing household chores
- Running errands and grocery shopping
- Driving to appointments
- Managing after-school schedules
- Assisting with exercise routines

Facilitating Communication

- Screening calls and emails
- Serving as the primary contact for family and friends
- Coordinating incoming support offers
- Managing updates on social media

Providing Companionship

- Spending time with you
- Listening empathetically without offering solutions
- Helping you stay active and social
- Engaging in conversations about topics other than cancer

Some people like to use an app on their smartphone or computer, such as Liver Education Advocates or Caringbridge. These resources allow you to choose activities that match your needs.

Caregiver Resources

This resource guide provides caregivers with essential tools, support services, and practical advice to help manage the challenges of caring for someone with liver cancer. The links below direct caregivers to trusted organizations and resources for guidance, support, and self-care.

National Alliance for Caregiving (NAC)
www.caregiving.org

Family Caregiver Alliance (FCA)
www.caregiver.org

Caregiver Action Network (CAN)
www.caregiveraction.org

Liver Cancer-Specific Resources
Community Liver Alliance
communityliveralliance.org

Cancer Support Community (CSC)
www.cancersupportcommunity.org

Global Liver Institute (GLI)
www.globalliver.org

Daily Strength: Caregiver Support Group
www.dailystrength.org

Healthy Caregiver Blog
www.healthycaregiver.com

Compassion & Choices
www.compassionandchoices.org

Community and Peer Support
Liver Cancer Peer Connect
www.cancersupportcommunity.org/peer-support

Advanced Care Planning
The Conversation Project
www.theconversationproject.org

Hepatocellular Carcinoma (HCC) Resource Center by ASCO
www.cancer.net/cancer-types/liver-cancer

Emotional and Mental Health Support
Psychology Today: Therapist Directory
www.psychologytoday.com

Mental Health America (MHA)
www.mhanational.org

CancerCare
www.cancercare.org

Practical Support and Financial Resources
LIVESTRONG Foundation
www.livestrong.org

NeedyMeds
www.needymeds.org

Partnership for Prescription Assistance (PPA)
www.pparx.org

Caregiver Self-Care Resources
Well Spouse Association
www.wellspouse.org

Facebook Support Groups for Liver Cancer Caregivers
Search for liver cancer support groups on Facebook to find active communities of caregivers.
www.myliverteam.com

Aging with Dignity – Five Wishes
www.fivewishes.org

- Compassion & Choices
- www.compassionandchoices.org
- End-of-life care planning resources and legal support.

Additional Resources

https://www.brightspotnetwork.org/support-groups/virtual-support-group-for-partners

https://www.cancer.gov/about-cancer/coping/caregiver-support

https://www.cancer.org/cancer/caregivers.html

https://www.aarp.org/caregiving/?cmp=KNC-BRD-MC-REALPOSS-BING-SEARCH-CAREGIVING&gclid=c3302ca10557110158b54afda2f363cc&gclsrc=3p.ds&msclkid=c3302ca10557110158b54afda2f363cc

https://www.bing.com/search?q=help+for+liver+caregivers&FPIG=D34E75570690400B99F24C8BBACA4D29&first=3&FORM=PERE

https://www.helpguide.org/articles/parenting-family/family-caregiving.htm

https://www.uptodate.com/contents/palliative-care-for-patients-with-end-stage-liver-disease/print

https://www.hepmag.com/basics/liver-health/caregivers

Self Care

Find out what to expect
Getting information about cancer and how it is treated can help you make decisions, plan ahead and feel more secure.

Be active
Research has shown that regular physical activity can help with feelings of anger, stress, anxiety and depression. It can also help boost your energy levels and improve sleep. Even a short daily walk can be effective.

Seek support
Share your concerns with a family member or friend, or with your primary care physician (PCP), nurse, social worker or psychologist.

Eat and drink well
Eating healthy food and drinking plenty of water will help your body cope with physical and emotional stress. This can be challenging when you are feeling unwell. Talk to a dietitian for tips.

Take a break
Make time each day just for relaxation and enjoyment. Think about things that help you to relax and feel good, such as reading, listening to music, taking a bath or having a massage. Keeping in touch with the world through work, hobbies, or time with family and friends may help you connect with your life outside of cancer and provide a break from your worries.

Sort out issues
A cancer diagnosis can cause or add to financial problems, work-related issues, accommodation difficulties, relationship concerns and family stresses.

Clear your mind
Complementary therapies, such as relaxation, massage, yoga and counselling, may increase your sense of control, decrease stress and anxiety, and improve mood.

Draw on spirituality
Some people find meaning and comfort in their faith. Others may see spirituality more generally. A cancer diagnosis can challenge deeply held beliefs. It could help to talk with a spiritual care practitioner or religious leader.

Physical Activity

If you are undergoing cancer treatment or are in recovery, you might believe that rest is crucial. However, research indicates that exercise is beneficial for most cancer patients. Explore the advantages of physical activity and learn how exercise can positively impact your health before, during, and after cancer treatment.

Exercise is vital for everyone's health and well-being, but it offers specific benefits for people with cancer. Engaging in physical activity can:

- Enhance your responsiveness to certain cancer treatments
- Minimize the risk and intensity of side effects from cancer treatments
- Reduce surgical complications and shorten hospital stays
- Aid in recovery by boosting energy levels, minimizing muscle loss associated with treatment, strengthening bones, and enhancing mobility and balance
- Improve sleep quality, reduce fatigue, and alleviate stress, anxiety, and depression
- Help maintain a healthy weight
- Lower the risk of, or help manage, health issues such as high blood pressure, heart disease, stroke, osteoporosis, and type 2 diabetes
- Boost mood and self-esteem
- Provide opportunities to meet people and socialize

How much exercise should you do? Always consult your healthcare team.

Your physical activity should be tailored to your individual abilities, the type and stage of your cancer, and any side effects you might be experiencing. Speak with an exercise professional, like an accredited exercise physiologist or physiotherapist, or a clinical nurse consultant to determine the most appropriate amount and type of exercise for you.

Mindfulness

Relaxation techniques for cancer patients include the following steps:

- Deep breathing: Take a deep breath and focus on the present moment.
- Positive self-talk: Remind yourself that negative thoughts are just thoughts and let them go.
- Self-care: Do something nice for yourself, such as going for a walk, taking a bath, or spending time with loved ones.
- Muscle relaxation: Get into a comfortable position and relax your muscles.

Imagery: Visualize a peaceful scene to reduce stress and anxiety.



Daily Journal

DATE

MOOD

YOUR THOUGHTS

GOALS

TO DO

Clinical Trials

Clinical trials serve as the cornerstone for validating the effectiveness and safety of emerging treatments in securing regulatory approval. However, it has become increasingly evident that the underrepresentation of diverse patient populations in research studies has significant implications for health outcomes.

Advancing Health Equity with Clinical Trial Diversity

Clinical trials are currently the gold standard for proving the efficacy and safety of new treatments for regulatory approval. Data has revealed that underrepresented patient populations in research have impacted health outcomes.

Goals of the Clinical Trials Page

- To aid individuals in making informed decisions regarding participation in clinical trials.
- To educate the provider community about clinical guidance for their patients.
- To provide access to credible and up-to-date clinical trial opportunities.
- To promote links to member partners clinical trial opportunities.
- To promote health equity with clinical trial diversity.

Clinical trial diversity is a critical component of public health.

Whether researchers submit a new drug to the FDA or providers use data for medical decision-making, data collection from a participant population that reflects the entire patient population is very important.

The CLA Clinical Trial website page hosts an informational video developed to educate patients and providers about the basic purpose and process of clinical trials.

The Community Liver Alliance strives to unite patients, providers and the health care industry.

We influence the best possible care practices and develop new, scalable solutions for the fight against liver disease.

Additionally, downloadable Clinical Trials Educational Guides geared towards patients and a separate guide for providers as another resource.

For More Information on Clinical Trials Check Out

www.clinicaltrials.gov
https://communityliveralliance.org/clinical-trials/
https://communityliveralliance.org/wp-content/uploads/2023/06/Clinical-Guidelines-Patient.pdf
https://communityliveralliance.org/wp-content/uploads/2023/06/Clinical-Guidelines-Provider.pdf
https://communityliveralliance.org/wp-content/uploads/2023/09/Clinical-Trials-Spanish.pdf

COMMUNITY LIVER ALLIANCE ™

GLOBAL AWARENESS. LOCAL IMPACT.

www.communityliveralliance.org
Support@communityliveralliance.org
412-501-3CLA (3252)

Tell Us What You Need

Liver Cancer Patient Survey

https://www.surveymonkey.com/r/cla_livercancer