



Liver Facts

- The liver is the second largest organ in your body and is located under your rib cage on the right side.
- The liver processes what you eat and drink into energy and nutrients your body can use.
- The liver can repair itself and create new healthy liver tissue.
- Eating a healthy diet and exercising regularly are important to liver wellness.
- There are more than 100 liver diseases.
- Liver disease is one of the top 10 causes of death in the U.S.
- One out of every 10 Americans is affected by liver disease.

Liver Health



Mission Statement - The Community Liver Alliance is dedicated to supporting the community through liver disease awareness, prevention, education and research.

For more information please visit our website
www.communityliveralliance.org

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Liver Health

Facts & Information
Preventive Measures
Treatment Options



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A Healthy Liver is Key to a Healthy Life.

Why is the liver important?

The liver is the second largest organ in your body and is located under your rib cage on the right side. It weighs about three pounds and is shaped like a football that is flat on one side. The liver performs many jobs in your body. It processes what you eat and drink into energy and nutrients your body can use. The liver acts as a filter to remove harmful substances from the body.

What are ways to take care of the liver?

Have a Healthy Lifestyle

Eating a healthy diet and exercising regularly help the liver to work well.

- Eat foods from all the food groups: grains, fruits, vegetables, meat and beans, milk, and oil
- Maintain a healthy weight

Manage Your Medications

When medicines are taken incorrectly — by taking too much or the wrong type or by mixing — the liver can be harmed.

- Learn about medicines and how they can affect the liver
- Follow dosing instructions
- Talk to a doctor or pharmacist about the medicines you are taking. Mixing alcohol and medicines can harm your liver, even if they are not taken at the same time.

Safe Tattooing and Piercing

Is an autoclave used to sterilize reusable equipment?

- How are instruments that cannot be sterilized handled?
- Are sterile needles used for piercing and tattooing?
- What type of training does the person doing the tattooing or piercing have?
- Does the person doing the tattoo or piercing wear gloves? Only use nonallergenic jewelry.
- **Do not** have any kind of piercing done with a piercing gun. These instruments increase your risk of infection because they cannot be sterilized between procedures.

Hepatitis C

Hepatitis C is a liver disease caused by the hepatitis C virus.

Prevention: There is no vaccine to prevent HCV.

The only way to prevent HCV is to avoid direct contact with infected blood. Other ways to stop the spread of HCV are:

- Not sharing needles
- Practicing safe sex
- Not sharing razors, toothbrushes, or other personal items
- Using only clean needles for tattoos and body piercings
- Getting medical care if you are exposed to blood or needle sticks at work

Fatty Liver Disease

Fatty liver disease is the build up of fat in liver cells. It can cause the liver to swell and can lead to cirrhosis.

Prevention: Ways to prevent fatty liver disease are:

- Eating a healthy diet
- Maintaining a healthy weight
- Exercising regularly
- Limiting the amount of alcohol you drink
- Maintaining a normal cholesterol level

Alcohol-Related Liver Disease

Alcohol-related liver disease is caused by drinking too much alcohol. It can cause the liver to swell and can lead to cirrhosis.

Prevention: The best way to prevent alcohol-related liver disease is to not drink more alcohol than what your doctor recommends.

