

# LOVE YOUR LIVER

## 3 STEPS TO LOVE YOUR LIVER

### ALCOHOL

Your liver performs over 500 vital functions for your body. Too much alcohol can cause it serious and lasting damage.

- Drinking within safe limits (2 to 3 units per day for women and 3-4 units per day for men)
- Taking 3 days off alcohol every week to give your liver a chance to repair itself
- Avoiding alcohol if you are pregnant or trying to conceive

### FATTY LIVER

Your liver processes most of the nutrients and fats in the food you eat. If you are overweight you increase your risk of Non-Alcoholic Fatty Liver Disease which over time can cause lasting liver damage. Help your liver to work properly by:

- Eating a healthy balanced diet and drinking plenty of water
- Eating plenty of fresh fruit and vegetables, reducing portion sizes and cutting down on your fat and sugar intake
- Taking some regular exercise –aim for a total 30 minutes a day if you can
- Help yourself by swapping snacks for a healthier alternative like mixed nuts or fruit, find an exercise that you enjoy as this will help you keep motivated

### VIRAL HEPATITIS

Blood-borne viruses such as hepatitis B and C can cause permanent liver damage and increase the risk of liver cancer. Avoid these viruses:

- by getting vaccinated when travelling abroad
- never share personal items like toothbrushes, razors, nail scissors or tweezers
- practising safer sex
- use only licensed tattoo and piercing parlours

### TAKE THE TEST

Visit [loveyourliver.org.uk/love-your-liver-health-screener](https://loveyourliver.org.uk/love-your-liver-health-screener) and take the online health screener to check how healthy your liver is.