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

Yours 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

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 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

Visit loveyourliver.org.uk/love-your-liver-health-screener and take the online health screener to check how healthy your liver is.