

LOVE YOUR LIVER AND LIVE LONGER

You can't guard against the dangers of liver disease entirely, but there are many simple measures you can take to reduce your risk of liver damage.

Alcohol

You should not regularly drink more than the recommended levels:

- ▶ Men should not drink more than 3 to 4 units a day.
- ▶ Women should not drink more than 2 to 3 units a day.
- ▶ Everyone should have at least two alcohol free days every week.

Weight Management

Keeping to a healthy weight, eating a well balanced diet with plenty of fruit and vegetables and taking regular exercise (30 minutes a day) are the best ways to protect your liver.

Hepatitis A, B & C

The best way to protect yourself from these infectious viruses is to:

- ▶ Keep good hygiene.
- ▶ Never share needles or equipment for injecting drugs (including steroids).
- ▶ Only use licensed tattoo, acupuncture or body piercing studios, and make sure equipment has been sterilised.
- ▶ Use condoms during sex
- ▶ Don't share personal items such as clippers, razors or toothbrushes.
- ▶ Cover open cuts, especially during sport.
- ▶ Ask your doctor about vaccination against Hepatitis B if you are travelling abroad or if you think you may be at risk because of your job or lifestyle.

WHO CAN HELP?

If you are concerned about liver disease, or want help with reducing the likelihood of liver disease, your GP can help.

Other Local Support Services:

Portsmouth

Alcohol:

www.savedave.info or 023 9284 1753

Weight Management:

www.healthypompey.com or 023 9229 4001

Viral Hepatitis:

GUM Clinic 023 9286 6301

Southampton

Alcohol:

www.optionscounselling.co.uk or 023 8063 0219

Weight Management:

www.southamptonhealthtrainers.nhs.uk
or 023 8051 5222

Viral Hepatitis:

www.protectyourself.nhs.uk
or GUM Clinic 0300 123 7399

Hampshire

Due to the large area covered by NHS Hampshire we cannot list all of our services here. Please consult your GP for advice on alcohol, weight management and viral hepatitis.

You can get more information about liver disease at www.britishlivertrust.org.uk



PUT YOUR LIVER IN THE SPOTLIGHT








Take our Alcohol Health Check



ALCOHOL LIVER DISEASE: KNOW THE SIGNS

Alcohol Liver disease will often not show any symptoms for many years, until there is significant damage to the liver.

Take our alcohol health check to assess your risk of developing alcohol liver disease.

QUESTIONS	0 points	1 point	2 points	3 points	4 points	Score
How often do you have an alcoholic drink?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4 + times per week	
How many units of alcohol do you consume in a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10 +	
How often do you consume six or more alcoholic drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Recommended daily limit  3-4 UNITS  2-3 UNITS	Strong pint of beer/lager (568ml)  3 units	1 medium glass of wine (175ml)  2 units	Bottle of alcopop (275ml)  1,4 units	1 single measure of spirits (25ml)  1 unit	Bottle of wine (750ml)  10 units	Total Score [Empty box for score]

0 - 4 POINTS

Congratulations! This score indicates that you are a low risk drinker and are unlikely to develop liver damage later in life.

5 - 8 POINTS

This score indicates that you are drinking at increasing risk levels and this could cause liver damage later in life.

9+ POINTS

This score indicates that you are drinking at higher risk levels and continuing to do this is likely to cause liver damage.

WHY LOVE YOUR LIVER?

Your liver has over 500 different functions. Especially important functions are:

- 📍 Aiding digestion
- 📍 Extracting nutrients
- 📍 Breaking down harmful drugs and poisons, including alcohol
- 📍 Fighting infection

With so many key functions, your liver is essential for life. If it becomes severely damaged and starts to fail, almost every part of your body will be affected.

WHAT ARE THE CAUSES OF LIVER DISEASE?

There are many causes of liver disease, however the most common and preventable causes are:

Alcohol Abuse

If you regularly drink more than the recommended guidelines, your drinking can damage your liver.

Hepatitis A, B and C

These viruses can be spread by exposure to body fluids through needles from drug users, contaminated blood, and sexual contact.

Non-Alcoholic Fatty Liver Disease

If you are obese, overweight or have a diet high in fat and sugar and an inactive lifestyle then fat can accumulate within the liver.

For many people, multiple factors will combine to increase their risk of liver damage, such as being overweight and drinking alcohol above the recommended guidelines. When two causes of liver disease affect a person's liver, research suggests the damage is greater than one individual cause.