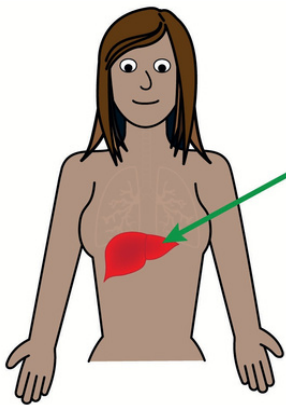




Your liver health check

Hello! We are giving people free checks for their liver.

Lots of people with liver disease feel okay. They do not know they are ill.



If you have liver disease doctors can help you.

So if there is a problem with your liver it is best to know as soon as possible.

A liver health check can tell you if something is wrong.

The check is a quick scan. It does not hurt.



This leaflet will tell you about these things.

About your liver (page 2)

Who should have a liver health check (page 3)

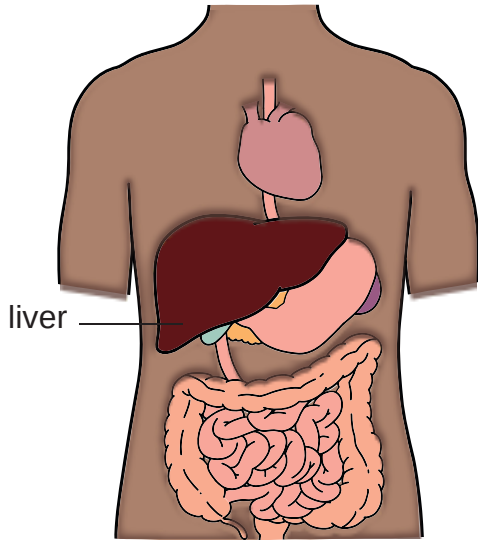
What happens during your liver health check (page 6)

What to do if you have questions or need to talk to someone (page 8)

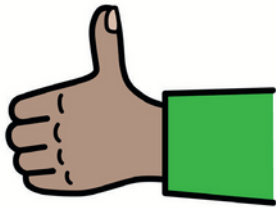


Our team can answer any questions you have. Just ask.

About your liver

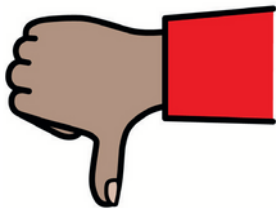


Your liver is on the right side of your tummy.
It does lots of jobs to keep you alive and well.
So your liver is very important.



When livers are damaged they can grow back and mend themselves.

So your liver can get damaged a bit and be okay.



Liver disease happens when something harms the liver over and over again.

When a liver has been harmed a lot it grows scars. This is like getting a scar on your skin when you get hurt.



Doctors can stop liver disease making people very ill.

The earlier liver disease is found, the more doctors can do to help.

Who should have a liver health check?

Liver health checks are for people who already have liver disease or who could get it.



You can have a liver health check if:

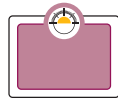
- a doctor has told you that you already have liver disease, hepatitis B or hepatitis C
- you have a higher chance of having liver disease



These are the main ways you can get liver disease:



drinking too much alcohol



being overweight



having type 2 diabetes



having an infection called hepatitis B or hepatitis C

Are any of these things true for you?

You can talk to our team about liver disease and the chance of getting it.

They might need to ask you some personal questions. Take your time to answer them.

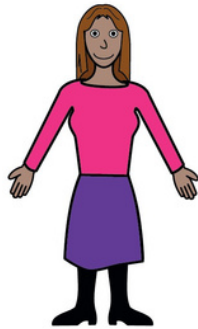
There is more information on the next 2 pages about alcohol and hepatitis B and C.



Who should have a liver health check? (continued)

These people can get alcohol-related liver disease.

It is different for men and women.



Women who drink more than any of these in **1 week**

3 ½ bottles of wine



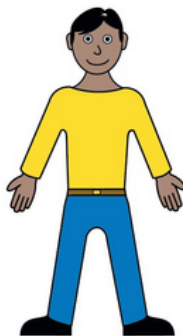
OR

14 pints of beer or cider



OR

70cl bottle of spirits



Men who drink more than any of these in **1 week**

5 bottles of wine



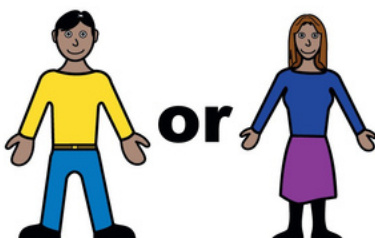
OR

20 pints of beer or cider



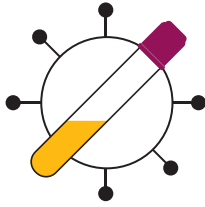
OR

1 ¼ litres of spirits



Anyone who has drunk lots of alcohol for 10 or more years at any time in their life.

Who should have a liver health check? (continued)

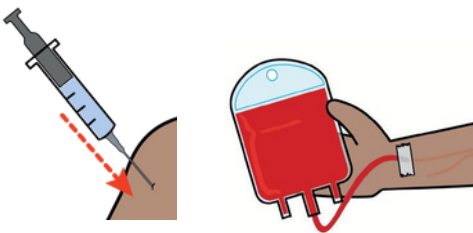


Hepatitis B and C are viruses. They are passed on through body fluids like blood.

These viruses can cause liver disease.



You can get hepatitis B or C from someone if their blood gets into your blood.



This can happen if:

- people share needles
- people share other things for using drugs like straws or bank notes
- tools for tattoos or piercings are not totally clean
- tools or blood used in any kind of treatment are not totally clean
- Our team can talk to you about whether you could have hepatitis B or C.

What happens during your liver health check?



A member of the team will ask you if you want to have a liver health check.

It is your choice. You can ask questions to help you choose.

Important information about the liver health check.



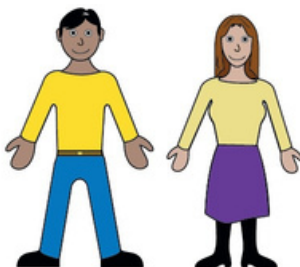
It takes about 15 minutes.



It does not hurt.



It is in a private room.



You can have someone with you if you want to.



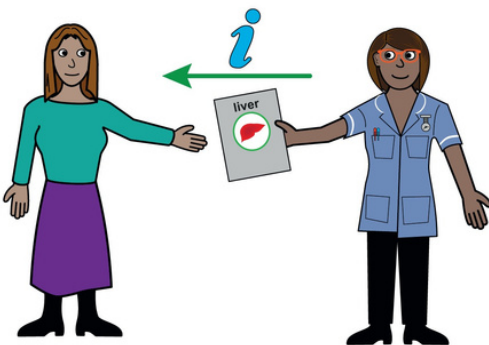
The liver health check uses a machine called a FibroScan.

What happens during your liver health check? (continued)



The liver health check follows these steps.

- 1) You go to a private room with a nurse. The room will have a hospital bed and a machine that looks like a computer screen.
- 2) You lie down on the hospital bed.
- 3) You pull up your top to show your tummy.
- 4) The nurse holds a plastic wand against your tummy or side.
- 5) The wand is connected to the machine. It sends signals that do the test. It might feel like a flick on your skin.
- 6) The nurse reads the result off the screen.



The nurse will talk to you about your result and what will happen next.

The nurse will give you another leaflet to take with you that tells you about your result.

What to do if you have questions or need to talk to someone

To get in touch with the liver nurse about your liver health check contact:
01273 664541

**To ask general questions or to talk about how you feel call the
British Liver Trust.**



Call our nurse-led helpline 0800 652 7330



**Read information or join one of our support groups
britishlivertrust.org.uk**

