

BRITISH
LIVER
TRUST

Introduction to the British Liver Trust & Liver Health Awareness

with

healthwatch
Northumberland

Louise Parker

Outreach development officer

What we do

We are the leading UK charity for all adults affected by liver disease.

Our mission is to transform liver health through increased awareness, prevention, improved care and support.



We provide **information and support** to everyone affected by liver disease, including liver cancer.



We work to increase awareness of **liver disease and liver cancer** to a wider audience.



We campaign for **earlier detection and better treatment** of all types of liver disease.



We work in partnership with healthcare professionals and others to **drive up standards of care** and encourage more **research**.

The liver



Largest solid organ in the body

- A healthy liver is soft and squishy
- Only internal organ with the ability to regenerate



Like an elastic band...

- It can only stretch so far before it breaks.
- It won't let you know it is struggling in the early stages.

The Liver



How many functions does a liver perform?

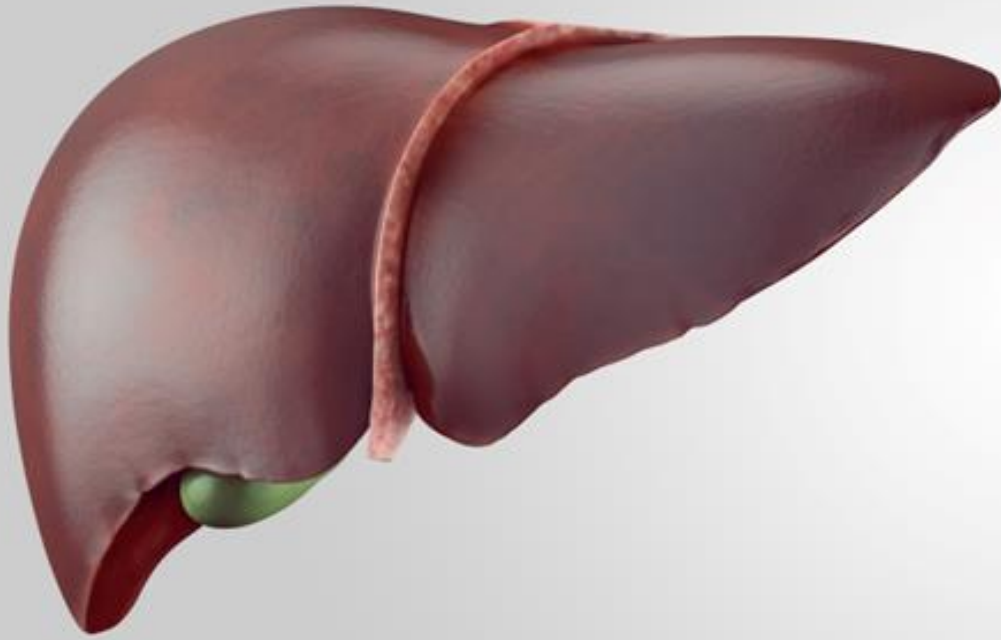


Functions of the liver

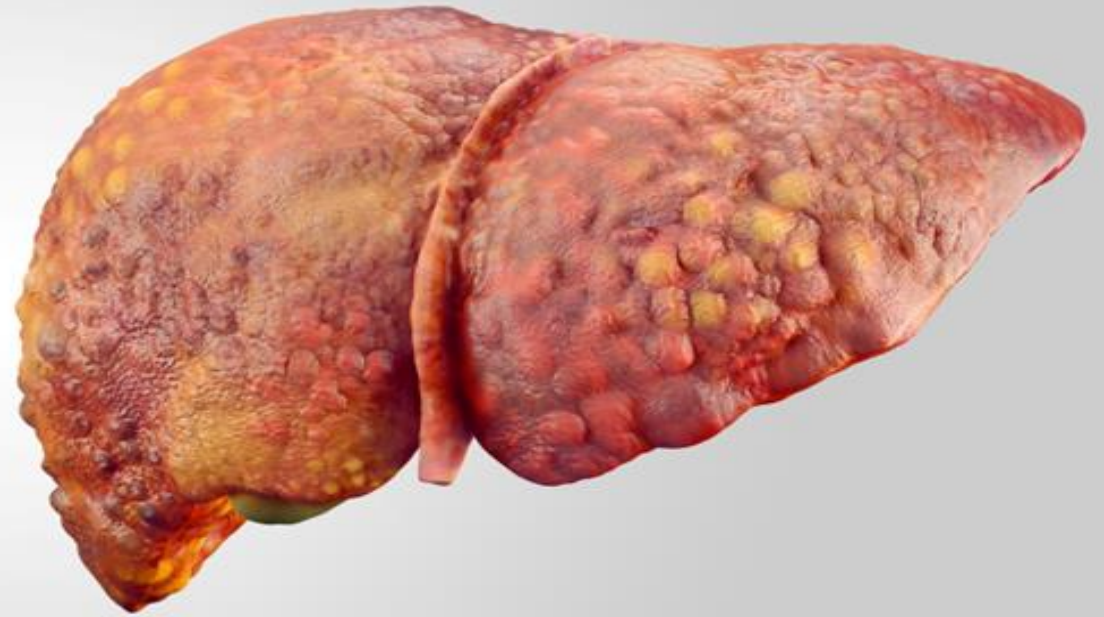
- Fighting infections and illness
- Filtering and removing chemicals
- Helping the blood to clot
- Releasing bile
- Breaking down food



https://www.youtube.com/watch?v=zoMeLS_OBKE



healthy liver



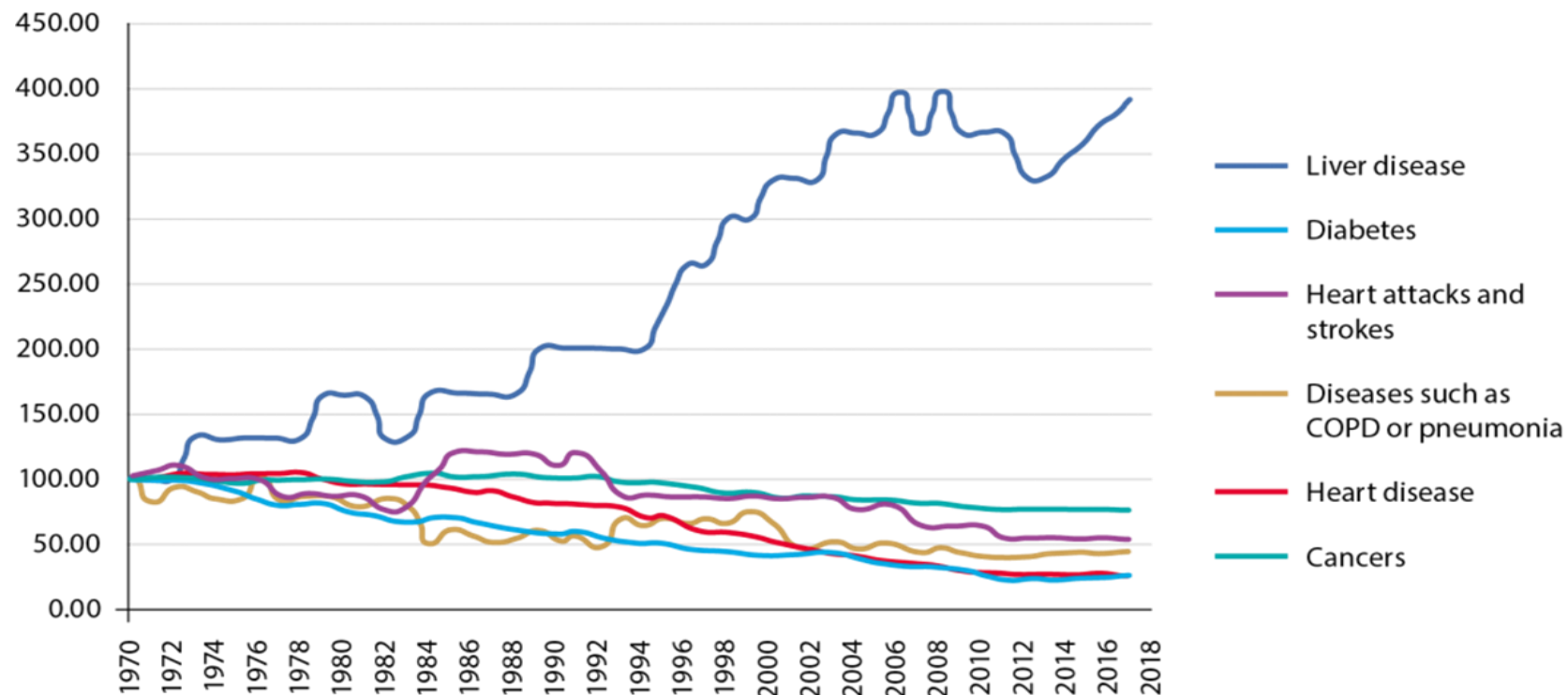
cirrhosis

Stages of damage include:

- inflammation (hepatitis)
- fatty deposits (steatosis)
- increased stiffness and mild-scarring of your liver (fibrosis)

Cirrhosis is sometimes called end-stage liver disease which simply means it comes after the other stages .

The rise in deaths from liver disease compared with other major diseases



Standardised UK Mortality Rate Data – All Ages

More than 600,000 people in the UK have a serious liver condition

180 people are diagnosed with liver disease in hospital every day.

Three quarters of people with cirrhosis are diagnosed in a hospital setting

27 + deaths a day

Liver Disease

Liver disease is one of the leading causes of death in 35-49 year olds

More than one in five of us are at risk of developing liver disease

Most people don't have any symptoms until their disease is at an advanced stage

94% of adults associate alcohol with liver disease

Only 5% of adults said they would have 'great concern' if they discovered a liver problem (72% for heart)

Some of the info on this slides was taken form Liver Talk- Let's about liver disease by *Talks* was created by [Vocal](#), patients and members of the [Vocal Liver Network](#) and the University of Manchester as part of the [ID LIVER project](#). The [British Liver Trust](#) is part of the ID LIVER project and has provided guidance and support

Liver Conditions

~ 10% of cases caused by
Autoimmune or genetic
conditions



Early diagnosis for some, could
mean liver disease is able to be
reversed or prevented from
worsening

9 in 10 cases could be
preventable

The 3 main preventable causes

- **Alcohol**
- **Being overweight**
- **Viral hepatitis**

The risk of damage to the liver from alcohol and obesity combined is what is known as ‘**super-additive**’- far greater than simply doubling the effect of either one of the other.

Alcohol



Alcohol related liver disease

- 1 in 4 people drink alcohol in a way that could harm their health
- Alcohol is the biggest cause of liver disease & deaths in the UK



Risk Factors

- Quantity > recommended limits
- A weight in the overweight or obese range
- Having diabetes (mainly type 2)
- Being female
- Having a pre-existing liver condition
- Genetics



- Maximum of 14 units of alcohol per week with 2-3 alcohol free days a week
- Don't save up several days 'allowance' and drink it all at once

Metabolic dysfunction-associated steatotic liver disease (MASLD)

LOVE
LIVER
YOUR

**Non alcohol
related**

- 1 in 5 people in the UK
- Rates are increasing with rising levels of obesity



- A weight in the overweight or obese range
 - A high waist measurement
 - Type 2 diabetes
 - Too many unhealthy foods and drinks
-
- Sedentary lifestyle
 - High blood lipids
 - High BP
 - Other conditions linked to insulin resistance

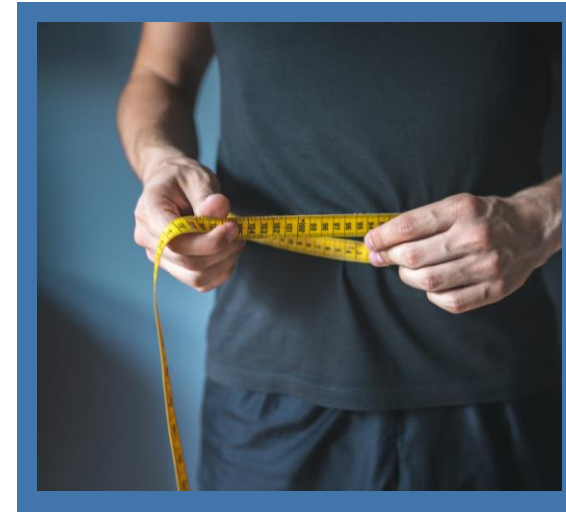
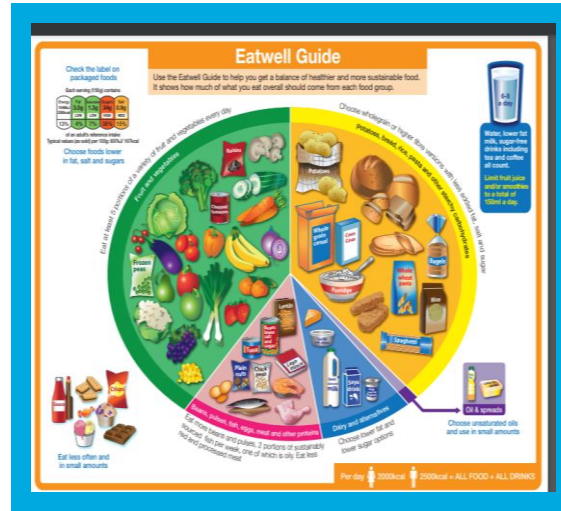
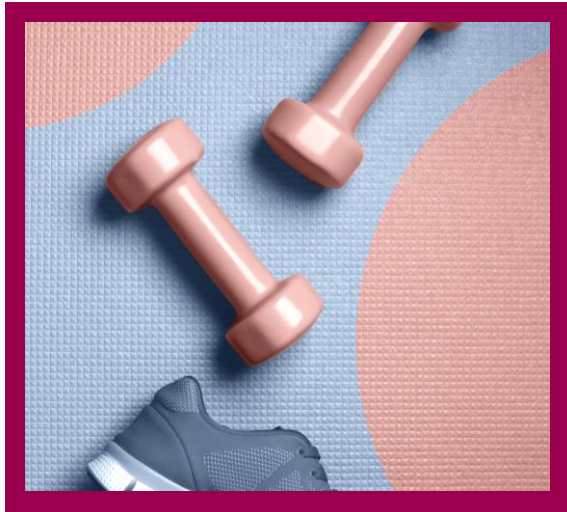


- Aim for 5 portions fruit & veg a day
-
- Drink plenty of water
 - Try cutting down on fatty and sugary foods
 - At least 30 min exercise a day



<https://www.youtube.com/watch?v=-GHpK2Szshg>

Treatment ARLD & MASLD



Losing 5 to 10% bodyweight can stop and sometimes even reverse liver damage

Viral Hepatitis



Hepatitis B

Approximately

200,000

people are living with hepatitis B in the UK.



Risk factors include:

You or your mother were born in a country with higher levels of hepatitis B
e.g. China, India and Nigeria

Sex without a condom or dam



The hepatitis B vaccine is a safe and effective way to protect people



There are treatments available for hepatitis B that can prevent serious liver damage

Hepatitis C

Approximately

81,000

people are living with hepatitis C in the UK.



Risk factors include:

Injecting or snorting drugs

Medical or dental treatment abroad

Unsterilised tattoos or piercing



New treatments cure more than 9 in 10 people



Treatment helps prevent serious liver disease and liver cancer

Viral Hepatitis



Protect yourself:

- Never share razors, nail scissors or toothbrushes
- Cover wounds, especially when you play sport
- Good hygiene
- Drink safe water
- Use a condom during sex
- Only use licensed tattoo and piercing studios and make sure all equipment used has been sterilized
- If you need medical treatment, abroad make sure only sterile equipment is used
- Never share drug equipment, and don't use rolled-up bank notes
- Vaccinations



Around 70,000 people in England don't know they have hepatitis C

Find out if you have hepatitis C with a free test from the new NHS test-at-home service.

Order your free kit today.

Let's talk about liver disease risk



Liver Talks was created by [Vocal](#), patients and members of the [Vocal Liver Network](#) and the University of Manchester as part of the [ID LIVER project](#). The [British Liver Trust](#) is part of the ID LIVER project and has provided guidance and support <https://britishlivertrust.org.uk/talking-about-liver-disease-risk-training-resource>

Improving the lives
and outcomes of
those affected by
liver cancer




Liver cancer in the UK





Liver Cancer: **THE FACTS**

Just **13%** of people survive for **five years or more.**



5 years

 **LIVER CANCER** AWARENESS MONTH



Don't miss out on your regular liver scans



People with long-term liver disease have a higher chance of getting liver cancer. When liver cancer's found early, it can often be cured. If you live with a serious liver condition, you may be invited for an ultrasound scan every 6 months.

The scans are quick, they don't hurt, and they can spot early signs of liver cancer. It helps your healthcare team keep an eye on your liver health too.



Symptoms



Early stage

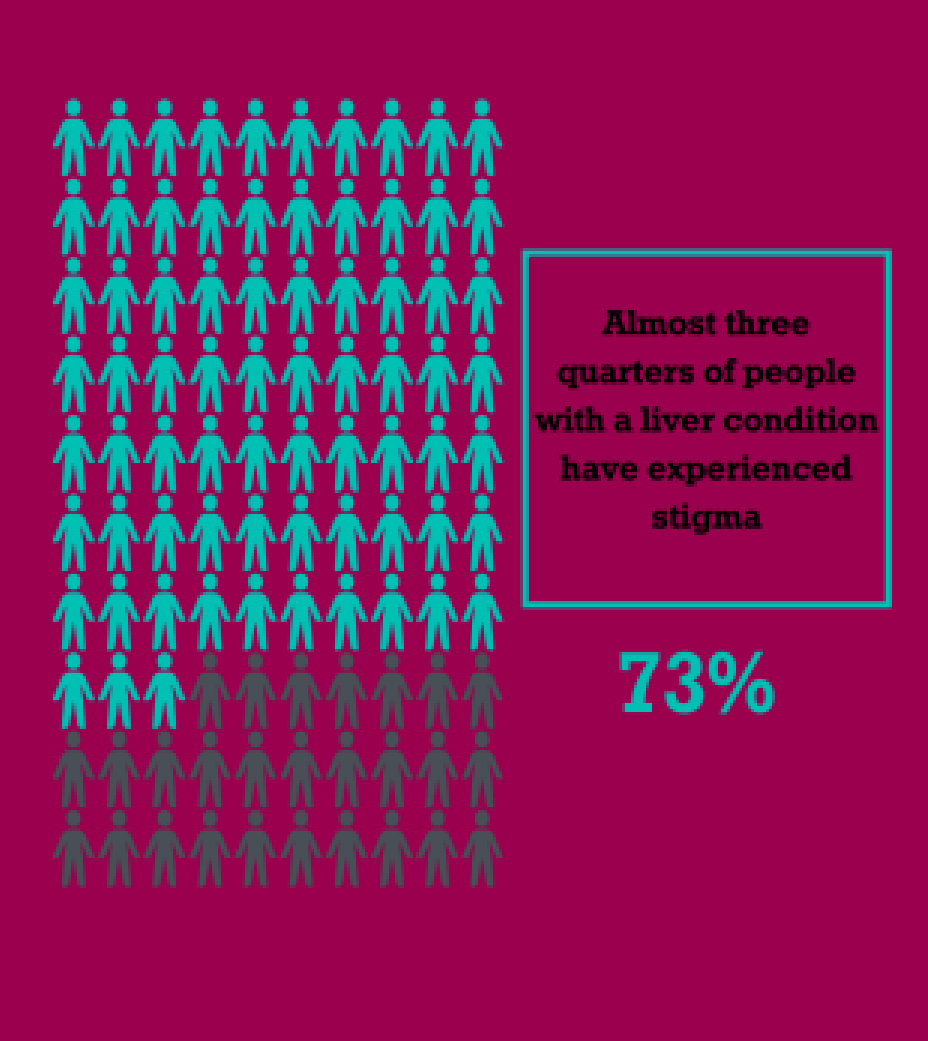
- Generally feeling unwell and tired all the time, disturbed sleep patterns
- Loss of appetite, loss of weight and muscle wasting
- Feeling sick (nausea) and vomiting
- Tenderness/pain in the liver area
- Spider-like small blood capillaries on the skin above waist level (spider angiomas)
- Blotchy red palms



Late stage

- Swelling of the abdomen (ascites)
- Bruising easily
- Yellowing of the whites of the eyes and the skin (jaundice)
- Intensely itchy skin
- Forgetfulness, memory loss, confusion and drowsiness
- Vomiting blood
- Dark black tarry poo and/or dark urine

Stigma



1134 with liver disease answered our survey

Looking after your liver health

Wine (all types). Sparkling wine tends to be less strong.



13% ABV
750ml bottle
10 units



13% ABV
175ml glass
2.5 units



12% ABV
125ml glass
1.5 units

Did you know
1 unit is
2 teaspoons of
pure alcohol?

Beer, ale, lager and cider. Watch out for high strength drinks, try a smaller serving - some pubs offer one- and two-third servings as well as pints and halves.



4% ABV
1 pint
2.5 units



5% ABV
1 pint
3 units



7% ABV
0.5 pint - 2 units
1 pint - 4 units

Spirits - with or without a mixer. In England and Wales, a single is always 25ml. But in Scotland and Northern Ireland it can be 25ml or 35ml.



40% ABV
25ml measure
1 unit



40% ABV
35ml measure
1.5 units

Alcopops, ready-to-drink and pre-mixed drinks.



4% ABV
250ml bottle or can
1 unit



- Eating plenty of fruit and vegetables is important: aim for 5 portions a day
- Drink plenty of water
- Try cutting down on fatty and sugary foods

- At least half an hour's exercise a day leaving you warm and slightly out of breath



- Protect yourself from viral hepatitis



How can we help?



- Adults
- Anyone affected by liver disease

- Virtual support groups
- Health Unlocked
- Website & social media



- Online liver health screener
- Love your Liver roadshow

- Free informative resources for patients
- Liver Cancer UK website
- Liver health awareness talks & events



Helpline

We don't take referrals



- Adults
- Nurse-led helpline



0800 652 7330

helpline@britishlivertrust.org.uk

Available Monday to Friday 9-3pm
(excluding bank holidays)

- Specialist helpline provides information, help and support to anyone affected by a liver condition
- Nurse-led service
- Does not offer medical advice



Virtual Support



Virtual Support Groups

- Liver Cancer
- NAFLD
- Hepatitis B
- Genetic & Autoimmune
- ARLD
- General UK drop in
- Young Adults (under 40)UK
- Pre & post transplant
- Hepatic Encephalopathy
- Carers
- Live Well sessions

British Liver Trust Support Groups and Volunteering

Liver health screener

Over 300,000 people have used our liver health screener to assess their risk

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Love Your Liver

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Find out if you are at risk

To find out if you're at risk, take our health quiz. Scan the code or visit

www.loveyourliver.org.uk/screener



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Love Your Liver



- Roadshows raise awareness of the importance of **early detection and risk factors**
- Online screener & Fibroscan
- Campaigning tool for improving early detection in the local community and mainstream healthcare
- 1 in 10 roadshow attendees show a reading indicating risk of liver damage
- 45-50 roadshows around the UK each year
- **Cost privately**



LOVE YOUR
LIVER

<https://www.youtube.com/watch?v=7Nm1rpYWd0s>



Raisi



Information

Information & Support

- Liver health >
- Liver conditions >
- Liver transplant >
- Liver cancer >
- Living with a liver condition >
- Love Your Liver >
- Events >
- Publications >
- Diagnosis and care >
- Support for you >
- Patient stories

- Leaflets and factsheets on a wide range of liver conditions
- **Practical support**
- Publications are written or reviewed by medical experts and checked by lay reviewers (patients and family members)
- Social media, newsletters and mailings
- Liver health awareness talks & wellbeing events



britishlivertrust.org.uk



Raising awareness, transforming lives



Pioneering Liver Health

What if someone is worried they are at risk of liver disease?

Find out if you are at risk

To find out if you're at risk, take our health quiz. Scan the code or visit www.loveyourliver.org.uk/screener



Questions to ask your GP if you're worried you might be at risk of liver disease

Don't be afraid to ask more questions if you don't understand any points the doctor makes. Take someone along with you for support if that will be helpful.

I'm worried I might be at risk of liver disease – can I have a blood test to check my liver?

How and when will I get the results of the test? Who can I contact if I don't get them?





Liver disease: What you should expect from your care

A Patient Charter



My Passport

Name:

Date of birth:

This passport has been developed to help you keep track of important information related to your condition – Hepatic Encephalopathy (HE). You can use this passport to record important details such as the medications you are taking and instructions you have been given from your healthcare team.

Having this information to hand will help your healthcare team to understand what you are going through. It is recommended that you take this passport to all of your appointments.

Love your liver

Liver disease is one of the largest causes of premature death in the UK. But the good news is most forms can be prevented or even reversed.

Your liver is fundamental to life. It does hundreds of essential jobs including processing food, storing nutrients and removing poisons and other toxic substances.

Most people don't know they are developing liver disease. There are no symptoms in the early stages and many people are diagnosed when it's too late.

Did you know 9 in 10 cases of liver disease could be prevented.

Love your liver

- Eat healthily, be physically active and keep a healthy weight
- Drink no more than 14 units of alcohol a week and have 3 days in a row without alcohol
- Protect yourself from viral hepatitis and take up testing and treatment when offered

Prevention is better than cure, but finding liver disease at any stage can make a big difference. In many cases liver damage can be reversed or at least prevented from getting worse.

Find out if you are at risk

To find out if you're at risk, take our health quiz. Scan the code or visit www.loveyourliver.org.uk/screener



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Where to find more information

If you are worried speak to your GP, Practice Nurse or Pharmacist.

Call our nurse-led helpline: 0800 652 7330

Contact details:

Email us: Info@britishlivertrust.org.uk

Call our office: 01425 481 320

Visit our websites: www.britishlivertrust.org.uk
www.loveyourliver.org.uk

Facebook.com/britishlivertrust

@livertrust

healthunlocked.com/britishlivertrust

This leaflet is for information only. Professional, medical and other advice should be obtained before acting on anything contained in the leaflet. As no responsibility can be accepted by the British Liver Trust as a result of action taken or not taken because of the contents.

Registered Charity England and Wales 298858, Scotland SC042140

LVL 04 01



Are you at risk of liver disease?

Up to 1 in 3 adults in the UK are at risk of liver disease.

There are no obvious symptoms in the early stages.

Finding out early is vital and can save your life.



Love Your Liver is a British Liver Trust campaign

Alcohol

Around 1 in 5 adults drink more than the weekly guideline limit.

What are the risks?

Your liver breaks down alcohol to naturally detoxify your body. It can only cope with a certain amount though. Regularly drinking more than recommended low-risk limits will put your liver at risk of damage.

How to love your liver

- Men and women should not drink more than 14 units a week
 - Spread the units over several days
 - Every week, aim for 3 non-drinking days in a row
- Having some alcohol free days each week gives your liver a chance to rejuvenate and repair itself.
- Avoid alcohol if you are pregnant or trying to conceive.

The amount of alcohol in your drink depends on how big it is and how strong it is.



Fatty liver disease

Up to 1 in 5 people are affected by non-alcohol related fatty liver disease.

What are the risks?

A healthy liver has little or no fat. But in some people fat can start to build up in the liver and cause inflammation and scarring. This is more likely to happen in people who are overweight, have an unhealthy diet, or live with type 2 diabetes.

How to love your liver

- Keep to a healthy weight. Whether that means losing weight or staying at your current healthy weight, a balanced diet and being more active will help.
- Eat a healthy diet with plenty of vegetables, fruit and fibre.
- Be physically active every day. Anything that gets you warm and a little out of breath counts, from walking to five-a-side football.

Changes like this might feel big and overwhelming, but you can break them down into small steps. Make a little change, like going for a 15 minute walk after lunch or adding a piece of fruit to your breakfast, and make it a habit. Then use it as a stepping stone for another little change. Small changes add up to a big difference.



Viral hepatitis

There is now an effective cure for hepatitis C and there are treatments for hepatitis B that can keep the virus under control. It's important to get tested if you have ever been at risk.

What are the risks?

Hepatitis viruses can damage your liver. There are several types of hepatitis virus which spread in different ways.

Hepatitis A and E are uncommon in the UK. They spread through unclean water and food.

Hepatitis B and C are more common. They can be spread through the blood of someone with the virus.

In the UK, many people living with hepatitis B picked it up when growing up in another country where it is more common. You can only get hepatitis D if you already have hepatitis B.

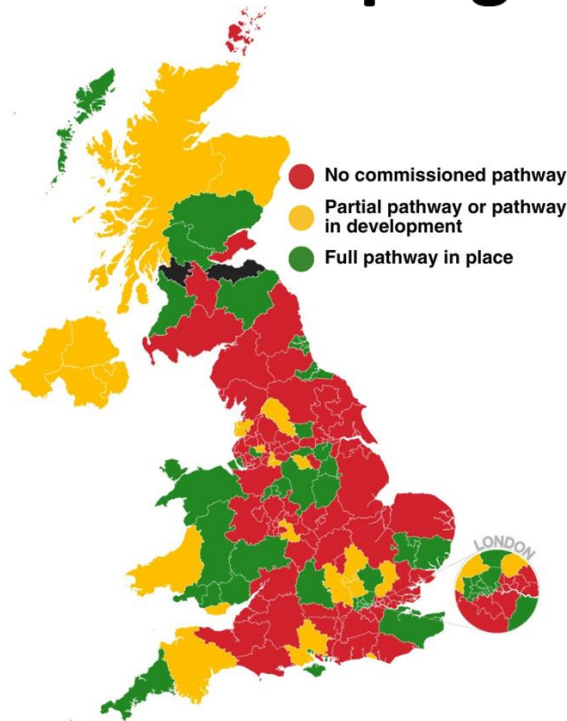
How to love your liver

- Vaccines are available for hepatitis A and B. Speak to your GP if you could be at risk.
- Never share personal items such as razors, nail scissors, tweezers or toothbrushes.
- Only use licensed tattoo and piercing parlours.
- Never share things for using drugs such as needles, syringes, filters, spoons, water, bank notes, tourniquets and cups.

Take our health quiz to see if you are at risk: www.loveyourliver.org.uk/screener

Putting liver disease on the agenda

Make Early diagnosis routine campaign



Write to your MP

The Government have scrapped its commitment to rollout non-invasive liver scans to 100 Community Diagnostic Centres in England.

We need your support to contact to your local MP calling on them to help us change this.

[WRITE TO YOUR MP >](#)



[SIGN THE PETITION >](#)

Supporting GPs



Supporting research

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Putting liver disease on the agenda



britishlivertrust.org.uk

LIVER PATIENT SUPPORT

Information Leaflets Available:

1. Liver Patient Support
2. Accommodation for patients & families
3. Autoimmune Hepatitis
4. Alcohol and Liver Disease
5. Looking After Your Liver
6. Primary Biliary Cholangitis (PBC)
7. Coping With Stress
8. Primary Liver Cancer
9. You and Your Consultant
10. Primary Sclerosing Cholangitis (PSC)
11. NAFLD Lifestyle Guide
12. Liver Disease
13. Skin Care for Liver Patients
14. Diet and Liver Disease
- 14a. Nutrition Support in Liver Disease
15. Hepatitis C
16. Travel Insurance for Liver Patients
17. Hepatitis E
18. Fatigue in Liver Patients/A Patient's Journey
19. Scanning. A Short Guide
20. Liver Cirrhosis Self Management Toolkit*
21. Exercise & Osteoporosis in Liver Patients
22. Hepatic Encephalopathy
23. Our Livers, Our Lives (reflections of liver disease)**
25. Allowances (DLA & PIP)
30. Wellness Walks (various)***

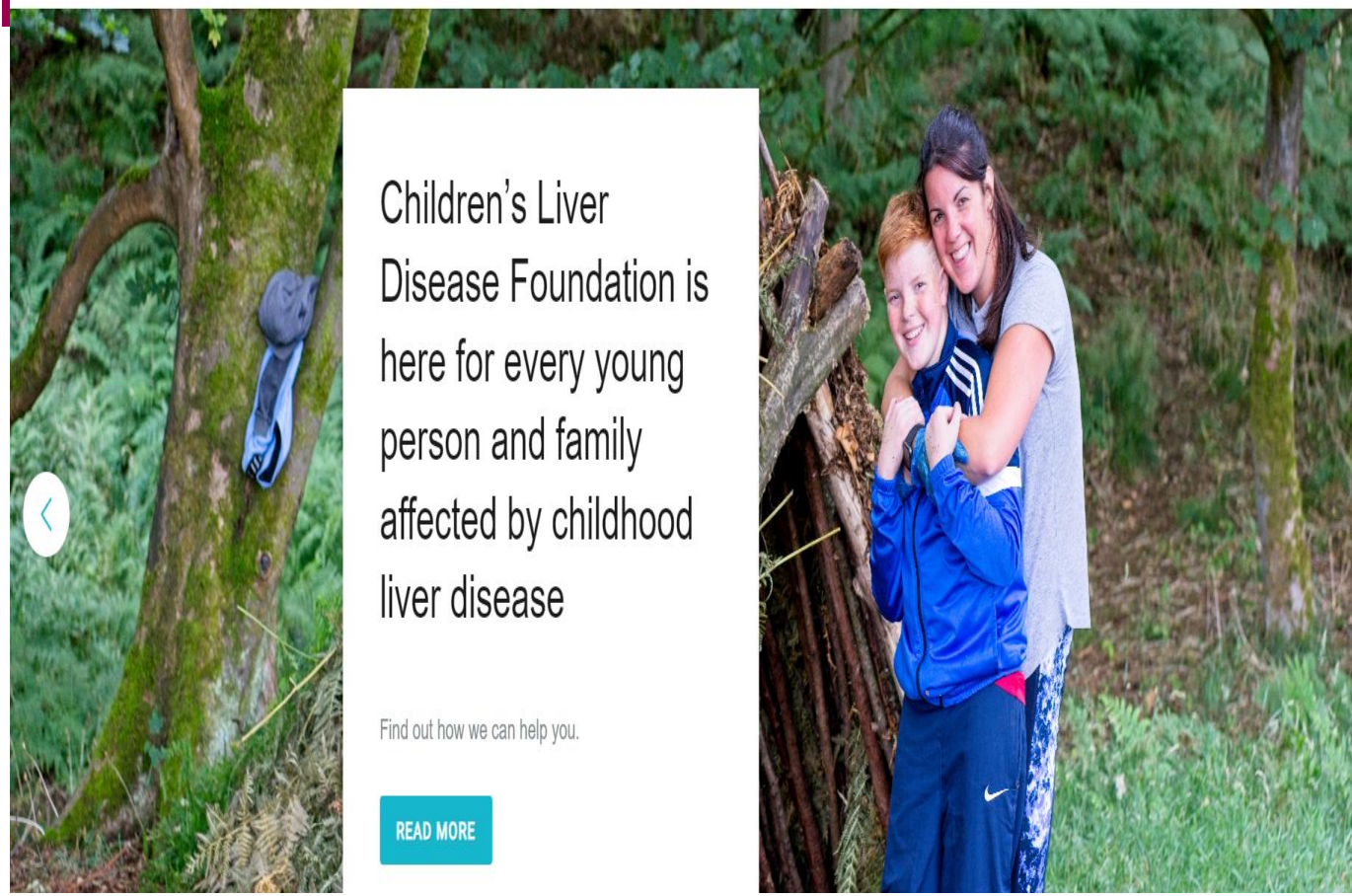
Scan the QR code below to view all leaflets online



* only from your healthcare professional - email for more information
 ** Patient & Carer art - online only via ISSUU or website (details below)
 *** View via ISSUU or our website. Printed copies on request.

ALSO AVAILABLE FROM:

1. ISSUU: <https://issuu.com/livernorth>
2. Website: <http://www.livernorth.org.uk/pages/factsheet.htm>
3. Email: info@livernorth.org.uk
4. Phone: 0191 3702961
5. By post, write to: **Freepost LIVERNORTH**



Children's Liver Disease Foundation is here for every young person and family affected by childhood liver disease

Find out how we can help you.

READ MORE

Thank you!

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Find out if you are at risk

To find out if you're at risk, take our health quiz. Scan the code or visit

[www.loveyourliver.org.uk/
screener](http://www.loveyourliver.org.uk/screener)



Questions?

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Social media:



- Twitter: [@livertrust](https://twitter.com/livertrust)
- Instagram: [british_liver_trust](https://www.instagram.com/british_liver_trust)
- Facebook: British Liver Trust

britishlivertrust.org.uk

[British Liver Trust website](http://www.britishlivertrust.org.uk)

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