

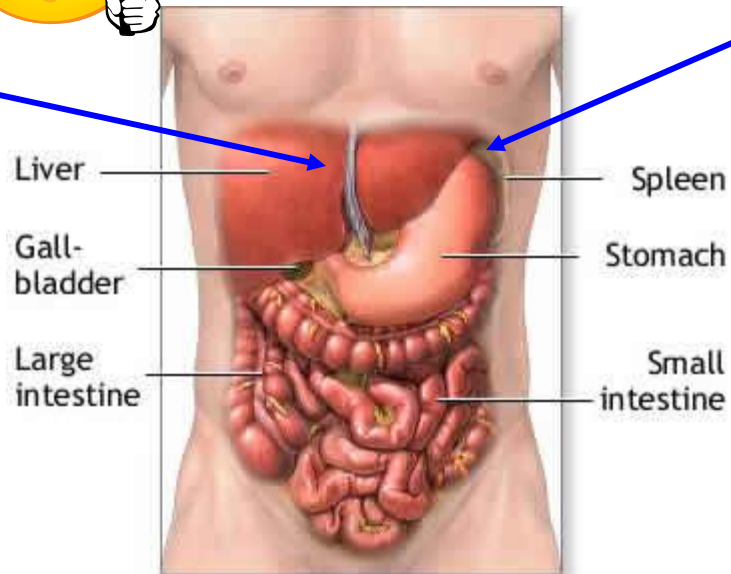


**YOUR BODY
YOUR LIVER**

Where is Your **Liver** Located?



The **LIVER** is located under the ribs, on the right side of your abdomen



The liver's partner organ is the **SPLEEN**, located on the other side of the stomach, on the upper left of the abdomen

How Big is Your Liver?



The Liver is about the size of a football.

- Approximately 3lbs (men)
- 1.5 quarts of blood flow through the liver every minute.



What Does The **Liver** Do?

LIVER FUNCTIONS

The **liver** is a chemical factory with > 500 chemical functions

- Produces Bile
 - Aids in Digestion
 - Produces and eliminates cholesterol
- Stores Vitamins A, D, E, K, B12
- Stores Minerals Copper & Iron
- Stores and regulates sugar
- Regulates Hormones



The **Liver** is a filter factory

It filters substances

- Breathed in the air
- Absorbed through the skin
- Taken in by mouth

Other **Liver** Functions

- Makes proteins to help blood to clot
- Regenerates itself

A Happy **Liver** is a Healthy **Liver**

To have a healthy **liver**



No more than 2 alcoholic drinks daily for men; 1 for women

Don't mix drugs with alcohol



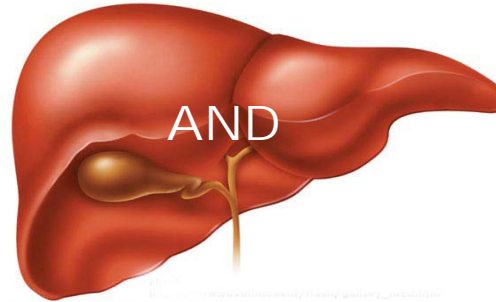
Eat a healthy balanced diet

Get Hepatitis A & B vaccinations



A Sad **Liver** is a Sick **Liver**

HEPA-
means
“liver”



-ITIS
means
“inflammation”



There are over 100 causes of hepatitis and the most common one in the US is ALCOHOL!

If hepatitis is caused by a VIRUS it is given a letter like Hepatitis A, Hepatitis B, or Hepatitis C!



Liver Diseases

Viral Hepatitis – Hepatitis A

A large, bold, blue number '4' is positioned on the left side of the slide, partially overlapping the text area.

Caused by a virus that lives in feces

- Eating raw or undercooked shellfish
- Drinking contaminated water with raw sewerage

- 36,000 infections annually in the US
- 33% of people in the US have been infected with Hepatitis A

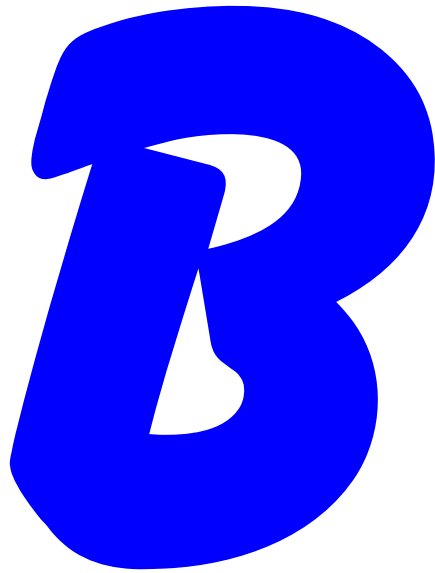
Hepatitis A is prevented by

- Getting Vaccinated
- Washing your hands for at least 15 seconds before preparing food or using the toilet



Liver Diseases

Viral Hepatitis – Hepatitis B



Is a blood borne virus and can live outside the body for at least 7 days

- High Sexual transmission rate (50%)
- Needle sharing/ stick accidents
- Sharing personal items
- Mother to Child transmission

- 46,000 new infections annually in the US
- 1.5M -2M Americans have chronic Hepatitis B
- 5000 annual deaths in the US

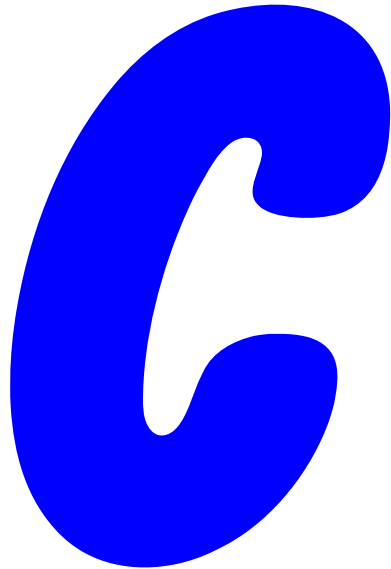
Hepatitis B is prevented by

- Getting Vaccinated
- Not sharing personal items / needles
- Practicing safe sex



Liver Diseases

Viral Hepatitis – Hepatitis C



Is a blood borne virus and can live outside the body for at least 16 hours and no more than 4 days. Transmission includes

- Needle sharing/ stick accidents
- Tattoos & Piercings
- Sharing personal hygiene items
- Mother to Child transmission (4% to 5%)
- Healthcare workers (~2%)
- Sexual Transmission (0%-3%)
- 10% of routes cannot be identified

- 4M infections in the US
- 170M cases worldwide
- 5x as many cases of Hepatitis C as HIV in the US
- Nearly 2 out of every 100 people are exposed



Liver Diseases

Viral Hepatitis – Hepatitis C

Hepatitis C is prevented by

- Not sharing personal items
 - Razors
 - Toothbrushes
- Not sharing needles
- Being cognizant of the sterilization practices of salons and tattoo parlors
- Covering wounds/ open cuts
- Practicing safe sex

Things not to worry about

- Hugging / Kissing
- Plates, cups, eating and cooking utensils
- Casual contact



Will I Know???

- **HEPATITIS A** will cause
 - Fatigue
 - Vomiting
 - Fever and dark urine



- **HEPATITIS B** symptoms are similar to Hepatitis A and may include pain, jaundice and body itching
- (50% of the people infected with Hepatitis B may have no symptoms)

- **HEPATITIS C** symptoms –most common is fatigue.
- Other symptoms include muscle and joint aches, fever, nausea and vomiting, loss of appetite or stomach pains
- **A LOT OF PEOPLE DON'T HAVE ANY**

Hepatitis C Can Be Sneaky!!

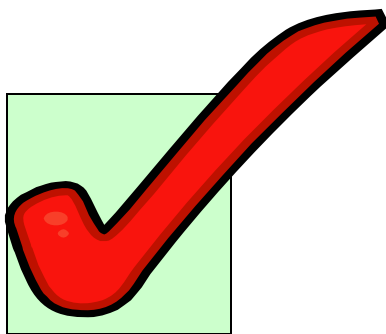


I feel fine!
So my
liver's OK??

I'M
Sneaky!!



Some people develop cirrhosis
from hepatitis C before they have
any symptoms



**Why Risk It
GET CHECKED!!**



How Can I Get Checked?



- ALT – Most commonly used test for Hepatitis C; 30% with Hepatitis C indicate normal ALT
- AST, AP, GGT, Billirubin, Platelet, Prothrombin Time (PT)
- Other tests medical providers use to measure liver function

Can Hepatitis C be Cured?



WE THINK SO!!

Treatment enables half the people to go into remission.

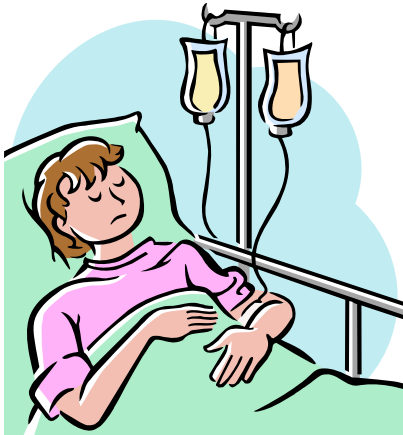
Most don't have the virus 10 years later.

It seems if you clear the virus it may never return.

Is it hiding? **MAYBE**



What is Cirrhosis?

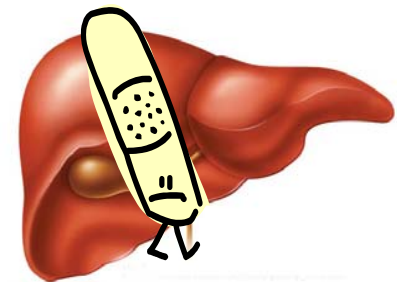


Cirrhosis is the medical word for a lot of scarring of the liver. A liver with **cirrhosis** is firm, yellowish and bumpy and it can feel like rubber.

If you have cirrhosis there is less healthy liver tissue to do its work and that is why people with **cirrhosis** become very ill.

If you have some scar tissue but not a lot it's called **Fibrosis**.

If you catch it early your liver damage can be reversed.



Liver Disease Can Lead to Liver Cancer

- 3% - 5% of the people with chronic Hepatitis C develop liver cancer after cirrhosis.
- Liver transplant may be possible.



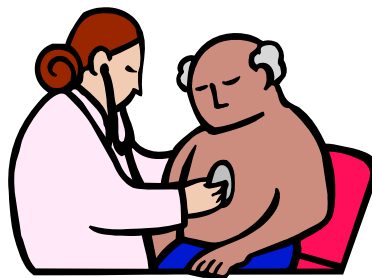
Take Care of Yourself!!



Avoid Alcohol



Avoid Cigarettes



Get Regular Medical Attention

Resources

- www.njlivercare.org
- www.hcvadvocate.org
- www.hepb.org
- www.hephelpalliance.org

