

Alcohol & Liver Disease

Know the facts

June 2021

Alcohol abuse is one of the leading causes of preventable death in Australia and has been linked to more than 60 medical conditions, with a suggested estimate of 3,430 deaths per year.

Your Liver Is Important

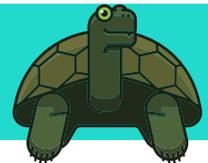
The liver is an important organ, we can't live without it.



Our liver helps us digest food, store energy and remove harmful chemicals from the body.



Over time, excessive alcohol consumption may cause serious liver damage, known as cirrhosis.



Staying Healthy



Have regular liver check-ups



Avoid alcohol



Keep a healthy diet



Exercise and keep an active lifestyle

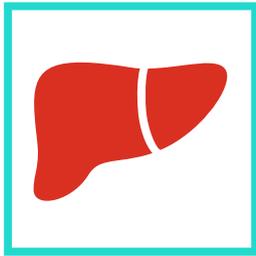
What is Liver disease?



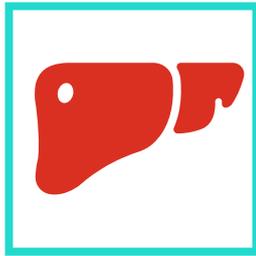
Liver disease is a wide variety of conditions that can vary from mild injury to severe liver fibrosis and cirrhosis which is late stage liver disease.

Cirrhosis usually develops from chronic (life long) liver inflammation (hepatitis).

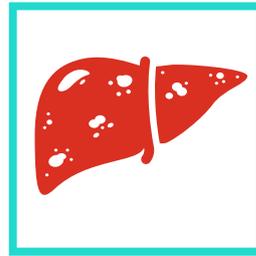
Hepatitis is caused by viruses such as hepatitis B or C, alcohol and fatty liver disease.



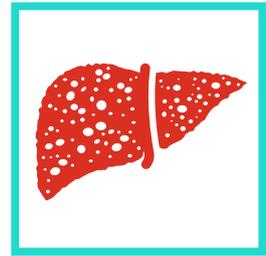
Healthy liver:
no scarring



Moderate liver
damage



Significant liver
damage



Final stage of
liver damage

Inflammation

= Hepatitis

Your liver may become inflamed when you have been consuming an excessive amount of alcohol.

Fibrosis

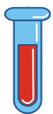
Inflammation causes your liver to form scar tissue. Over time, this scar tissue replaces healthy liver cells. This is called fibrosis.

Cirrhosis

If you continue to consume alcohol, the scarring can continue and take over most of your liver and your liver may no longer heal itself. This is called cirrhosis.

TESTING FOR LIVER DAMAGE

Different for everyone, it can take many years to go through each stage of liver damage. Your doctor may test your liver for damage with one or more of the following tests:



Liver Function Test (LFT) A blood test to see how well your liver is working



FibroScan is a special machine that can detect the level of scarring



APRI score which uses existing blood test results to calculate the probability of liver damage

Contact

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References

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