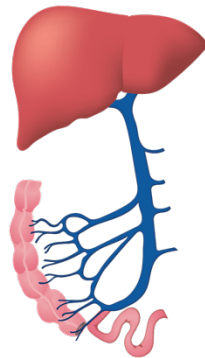


## LIVER HEALTH

The liver is an organ that weighs about 3 lbs. and is located on the right side of the body underneath the ribcage. It is part of the digestive system and has many functions such as:

- Filtering blood
- Producing bile (a digestive liquid)
- Storing energy (in form of glycogen) for the body
- Breaking down chemicals and medications
- Making protein for blood clotting

Failure to keep your liver healthy can result in various liver diseases, such as inflammation of the liver (hepatitis), fatty liver disease, or scarring (cirrhosis) of the liver.



### Ways to Protect Your Liver

1. Lead a healthy lifestyle.  
Exercise regularly and choose a well-balanced diet. Select foods low in fat and sugar to prevent weight gain as excess weight can lead to fatty liver disease.
2. Limit alcohol.  
Too much alcohol can damage liver cells, leading to swelling/scarring of the liver or fat build-up in the liver. Men should have no more than 2 drinks a day, and women one drink a day. One drink = 12 oz. beer or 5 oz. wine or 1.5 oz. hard liquor
3. Be careful with medications and health supplements.  
Taking too many pills, the wrong kind or mixing different medications can harm the liver. Be careful with Chinese herbal

medicines, as well as over the counter drugs and health supplements such as vitamins or herbs as they can also affect the health of the liver. Tell your health care provider about medications and supplements that you take regularly.

4. Stop smoking  
Chemicals in cigarettes can affect liver health.
5. Avoid toxic substances  
Breathing in or touching Insecticides, cleaning and aerosol products for prolonged periods can have harmful effects on the liver. Wear protective gloves and mask to reduce contact with these products.
6. Get vaccinated  
Vaccines are available to protect against hepatitis A and B. Ask your health care provider to see if you need to get tested and vaccinated.
7. Don't share personal items  
Razors, toothbrushes, needles, scissors, or nail files may carry blood or bodily fluids infected with different bacteria or viruses which can be passed on into your body.
8. Practice safe sex  
Always wear a condom during sexual contact to protect yourself and your partner against sexually transmitted diseases including hepatitis.

Reference:

<https://liverfoundation.org/13-ways-to-a-healthy-liver/>