Know Your Liver
Preventing Liver Disease

Vaccinations are available for protection against hepatitis A and B.

Get tested for Hepatitis C Virus (HCV) if you are in an at risk population (e.g. baby boomers, veterans, healthcare/emergency medical workers exposed to blood) and seek treatment if necessary.

Maintain a healthy diet and regular exercise regimen.

Moderate alcohol intake and use medications as prescribed.

Avoid contact with other people’s blood and body fluids.

Doctor’s Tip

Vaccination, screening, and awareness of ways to prevent liver disease are pivotal modalities we as healthcare providers need to stress to patients and the healthcare community.

- Dr. Zehair Ahmed, University of Illinois at Chicago

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes

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