Facts At A Glance

Your liver is a vital organ that performs many essential functions. It filters out harmful substances from your blood, makes bile to digest food, stores energy and nutrients, and manufactures hormones, proteins, and enzymes your body uses to function and ward off disease.1

Hepatitis C, chronic alcoholism and non-alcoholic fatty liver disease (NAFLD) are the most common causes of chronic liver disease or cirrhosis (severe liver damage) in the United States.2

Between 30 and 40 percent of adults in the United States have non-alcoholic fatty liver disease (NAFLD). About 3 to 12 percent of adults in the United States have non-alcoholic steatohepatitis (NASH), a more severe form of the disease.3

Approximately 6.1 million Americans may be living with hepatitis B or C; most do not know that they are infected.4

In 2013, of the 72,559 liver disease deaths among individuals aged 12 and older, 45.8 percent involved alcohol. Among males, 48.5 percent of the 46,568 liver disease deaths involved alcohol. Among females, 41.8 percent of the 25,991 liver disease deaths involved alcohol.5

The Centers for Disease Control and Prevention (CDC) recommends that everyone born between 1945 and 1965 be tested for hepatitis C.6

While there is no vaccination for hepatitis C, hepatitis A and B can be prevented through vaccination.7,8

2 https://www.niddk.nih.gov/health-information/liver-disease/cirrhosis
7 https://www.cdc.gov/vaccines/vpd/hepa/index.html
8 https://www.cdc.gov/vaccines/vpd/hepb/index.html

Who We Are

Printing of this brochure was made possible through the support of Salix.
Programs
Education
ALF offers several Community Education Programs on liver health and liver disease that are interactive and age appropriate. These popular programs include:

- Love Your Liver
- Liver Wellness: What Everybody Needs to Know
- Viral Hepatitis
- Teens to Twenties: Liver Wellness Guide

A variety of disease-specific brochures are available in multiple languages. Our “1-2-3” initiatives, online education and support programs targeting specific diseases, offer information about risk factors, symptoms, testing and diagnosis, prevention and treatment options.

Support / National HelpLine
1-800-GO-LIVER (1-800-465-4837)
Information specialists are available to answer questions about liver disease and liver wellness, including risk factors, prevention, symptoms, early detection, diagnosis and treatment options. ALF can direct callers to local services in their area, help them learn about clinical trials and help them find a physician. Interpretation services are available for non-English speakers. We also host a vibrant online community across numerous social media platforms (see the back of this brochure for a complete list).

Research
Since 1979, our Research Awards Program has awarded nearly $26 million for research. Over 850 scientists and physicians have broadened the understanding of the liver, discovered new ways to treat patients, published nearly 30,000 scientific journal articles and secured over 200 prestigious National Institutes of Health grants to further advance the scientific study of liver health and liver disease.

Advocacy
ALF participates in federal, state and local advocacy efforts to address the needs of people affected by liver disease and that focus on larger healthcare issues to improve liver health and increase research funding.

Signature Events
Join thousands of supporters from coast to coast as we pound the pavement to put an end to liver disease.

Liver Life Walk
Run, bike or climb to support the fight against liver disease. Your athletic effort will not only raise funds for Americans living with liver disease, but you will learn how to challenge yourself by living a healthier lifestyle.

Liver Life Challenge
Unleash your inner foodie at ALF’s signature event as you experience a unique evening with exquisite foods prepared by talented local chefs.

Make a Difference
Fundraising
Make a Difference today by fundraising your way for the American Liver Foundation. Host a bake sale, bowling night, tag/garage sale, or participate in a local race. Whatever idea you have, ALF will provide you with the tools needed to fundraise and make a difference in the fight against liver disease.

Visit our website at LiverFoundation.org to connect with the ALF Division near you.