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October is National Liver Awareness and Liver Cancer Month, Do You Know Your Liver Health?



(PRNewfoto/American Liver Foundation)

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Take ALF's liver health quiz, try a liver healthy recipe, advocate for liver health, and participate in free educational and community events all month long!

FAIRFIELD, N.J., Oct. 1, 2025 /PRNewswire/ -- [American Liver Foundation \(ALF\)](#) celebrates both National Liver Awareness Month and Liver Cancer Awareness Month in October by offering a multitude of initiatives and programs that help the estimated 100 million Americans living with some form of liver disease. ALF encourages everyone to take our quick quiz to determine their risk for liver disease, liver cancer or both, try a recipe from our 30-day liver healthy meal plan, advocate on Capitol Hill (virtually) for liver health initiatives, and participate in free educational and community events held all month long.

"Once your liver stops working properly your body cannot filter out toxins and this could lead to a whole host of health issues," said Lorraine Stiehl, Chief Executive Officer, American Liver Foundation. "Many liver diseases are reversible if caught early. Don't wait until it's too late! Find out if you're at risk and take the necessary steps to take charge of your liver health."

Take the Quiz!

- Through a simple [liver health quiz](#), available in English at thinkliverthinklife.org/quiz and in Spanish at thinkliverthinklife.org/prueba anyone can find out if they're at risk for liver disease and new this year, liver cancer. [Hepatocellular Carcinoma \(liver cancer\)](#) is one of the most rapidly growing causes of cancer-related deaths in the U.S. with incidence rates that have more than tripled since 1980 and death rates doubled during that same time. Learn more at thinkliverthinklife.org.

Try the Recipes!

- Through a [30-day liver healthy meal plan](#), anyone can learn what to eat to help take care of their liver. The recipes are easy to make, simple to understand, and do not require complex ingredients. Get started at: liverfoundation.org/recipes. [Or download your 30-day meal plan here.](#)

Advocate with Us!

- Join ALF's [Lend Your Voice Campaign](#). ALF advocates will meet virtually with Senate offices in October and House offices in November to discuss ALF's legislative priorities. Share your liver journey with lawmakers and join us as we advocate for liver disease.
- October 28 from 12 to 1PM ET - ALF will host a Congressional Briefing on Liver Cancer: Prevalence, Risk Factors and Strategies for Prevention and Treatment. Speakers will include leading medical experts and patient advocates who will highlight evidence-based strategies for prevention and treatment, as well as legislative solutions aimed at improving access to care for patients.

Participate All Month Long!

- Help Change the Face of Liver Disease Research by joining the [American Liver Foundation Patient Registry](#). The first-ever patient registry for all types of liver disease will help provide researchers with a better understanding of liver diseases, the impact of current treatments, and how liver disease affects patients. Sign up at liverpatientregistry.org.
- October 1 – Watch our on-demand webinar, [Empower Yourself: Get Relief from the Itch of Primary Biliary Cholangitis \(PBC\)](#). This program is designed to provide the guidance and resources you need to better understand and manage PBC.
- October 6 – Stay tuned to liverfoundation.org for the launch of our new [ALF Living Donor Network](#), the first-ever non-directed living donor database specifically created to connect individuals who wish to donate part of their liver with transplant centers nationwide to patients in need!

- October 14 – Watch our on-demand webinar on ALF's social media channels, [Ask the Experts: Understanding HRS-AKI: Practical Tools and Support for Patients and Caregivers](#), which focuses on [Hepatorenal Syndrome \(HRS\)](#) with a closer look at HRS-Acute Kidney Injury (HRS-AKI), and offers practical information for patients, caregivers, and families. Check out a new companion resource, [Navigating Hepatorenal Syndrome \(HRS\): A journal for Patients and Caregivers](#), designed to help patients track symptoms such as urine output, appetite and mood.
- October 21 at 12:30PM ET- [Liver Health for Veterans: Understanding the Risks and Complications of Liver Disease](#). This one-hour webinar, presented in collaboration with the U.S. Department of Veterans Affairs (VA) and Veterans Health Administration (VHA), will focus on the most common liver conditions affecting veterans, including metabolic dysfunction-associated steatotic liver disease (MASLD), cirrhosis, and hepatocellular carcinoma (HCC).
- October 22 at 7 to 8PM ET - [How liver disease can affect your quality of life](#). This one-hour webinar, presented in collaboration with Liver Canada & ALF delves into liver disease and mental health. People with chronic liver disease often face increased anxiety, depression, and other challenges due to physical symptoms, lifestyle changes, emotional strain, and stigma.
- October 29 at 6:50PM ET - Join us at ALF's [National Legacy Gala](#) held at Gotham Hall in New York City as we celebrate the achievements of distinguished leaders and visionaries who have made significant contributions in the liver community. To purchase tickets, [click here](#) and to participate in our silent auction, [click here](#). If you'd like to view ALF's FREE live stream, please [click here](#) to register.
- Join one of our American Liver Foundation online support groups for caregivers, patients and transplant recipients! [Sharing the Journey, an ALF support network for caregivers](#); [Sharing the Journey, an ALF support network for patients](#); or [Sharing the Journey, an ALF support network for liver transplant recipients](#).
- Join [Liver Life Walk, Your Way](#) and walk any day, anywhere, your way! Register today at liverlifewalk.org/virtualwalk.

ALF also offers free education for healthcare professionals!

- October 1 (virtual CME program) - [Primary Biliary Cholangitis: Improving Itch and Markers of Liver Function with New and Emerging Agents](#). In part 1 of a 2-part series, you'll learn diagnostic and management approaches for PBC as well as efficacy and safety data for new and emerging therapies.
- October 6 (virtual CME program) - [Breaking down Metabolic Liver Disease: A Primary Care Approach to MASLD and MASH](#). In this session, you'll learn to identify, risk stratify and manage metabolic dysfunction-associated steatotic liver disease (MASLD) and metabolic dysfunction-associated steatohepatitis (MASH) using noninvasive tools and guideline-based strategies to improve outcomes in patients with cardiometabolic risk.
- October 6 (virtual CME program) - [A Patient's Experience Living with MASH and the Role Primary Care Physicians can Play in Optimizing Care](#). You'll hear directly from a patient living with MASH as he shares his compelling journey from diagnosis to treatment, shedding light on how this often-missed condition can be better recognized and managed in primary care.
- October 7 from 12 to 1PM ET - [Addressing the unique challenges of MASLD in Marginalized Communities and different demographics](#). The Liver Health ECHO program is a virtual community of practice developed

to equip healthcare providers with the necessary skills to treat and prevent MASLD among their patients, including structured support in treating MASLD in marginalized communities.

- October 16 from 12:30 to 1:30PM ET - [Liver Disease Care: Empowering Primary Providers & Communities for Early Detection](#). This one-hour program will empower primary care providers to strengthen early detection and in-office management of liver diseases, particularly for patients who face barriers to specialty care.
- October 28 (virtual CME program) - [Challenging PBC Cases: How do your treatment decisions Match with Expert Suggestions](#). In part 2 of a 2-part series, you'll learn about gaps in current treatments options and the promise of emerging therapies for PBC.
- October 28 at 12PM ET - [Pharmacists and Providers: A Unified Approach to MASH Treatment](#). Experts will explore the power of collaboration in managing MASH treatment and share insight into the role specialty pharmacists play in patient care.

American Liver Foundation gratefully acknowledges our Think Liver Think Life® Premier Sponsor, Astra Zeneca, for their continued leadership and support in helping us reach those most in need in underserved communities. Additional sponsorship for the Think Liver Think Life campaign is included on our website, thinkliverthinklife.org. ALF also expresses gratitude to the following companies which support our impactful educational and awareness resources that help patients, families and healthcare professionals nationwide: Mallinckrodt, Merck, Mid-America Transplant, My Fitness Pal, Walgreens, and 89Bio.

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For more information about ALF, please visit www.liverfoundation.org. If you have any questions or concerns regarding liver disease, please call our FREE helpline at 1-800-GO-LIVER (800-465-4837) Monday through Friday from 9 a.m. to 5 p.m. ET.

About the American Liver Foundation

American Liver Foundation (ALF) is a national community of patients, caregivers and medical professionals dedicated to helping people improve their liver health. Providing guidance and life-saving resources, we are a beacon for the 100 million Americans affected by liver disease. We advocate for patients and families, fund medical research and educate the public about liver wellness and disease prevention. We bring people together through our educational programs and events and create a network of support that lasts a lifetime. ALF is the largest organization focused on all liver diseases and the trusted voice for patients and families living with liver disease. For more information visit www.liverfoundation.org or call: 1 800 GO LIVER (800-465-4837).

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