

Easy B Facts

The Liver

The liver is the largest organ in your body. It is reddish-brown and is about the size of a football. The really amazing thing about the liver is that if someone took away half of the liver – it would grow back in a few weeks!

The liver is a very important organ because it filters everything you eat and breathe – even things that get on your skin. The problem is that things

such as alcohol, street drugs, cigarette smoke, toxic fumes, some herbs and even some regular medicines you buy without a doctor's prescription can hurt your liver.

In some people with chronic HBV, the liver can become so damaged that it just can't function very well. Hepatitis B can also lead to liver tumors and cancer.

Keeping the Liver Healthy:

- Try to stay away from toxic fumes or liquids.
- Try to stop drinking or cut down on alcohol and taking street drugs. If you can't stop – talk with your doctor or counselor to get help.
- Make sure you're vaccinated against hepatitis A, so you can protect your liver from that infection. Also be sure to stay away from raw or undercooked shellfish.
- Tell your doctor about all medicines or herbs you are taking, even if it's an over-the-counter pain reliever. Some of those painkillers can be hard on your liver.
- Eat a healthy and well-balanced diet and drink lots of water.



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**Hepatitis C
Support Project**

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