

Liver health

Liver diseases

What is the liver and its functions?

The liver is the biggest internal organ of the human body weighting 3 pounds in adults and is about the size of a football. It removes toxins from the body's blood supply, maintains healthy blood sugar levels, regulates blood clotting, and performs hundreds of other vital functions.

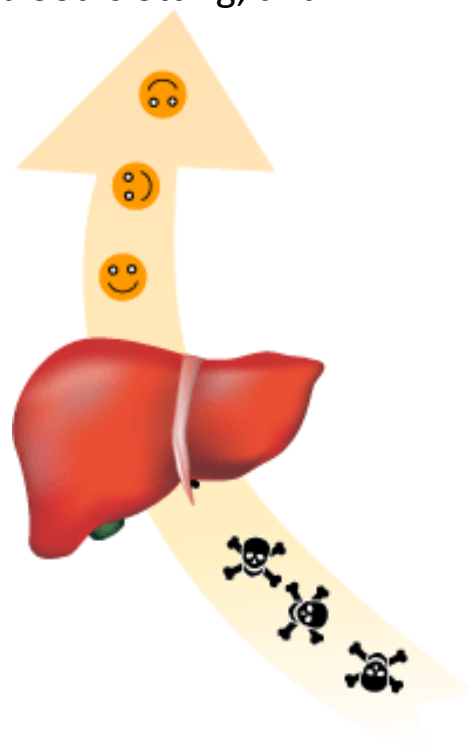
It also breaks down substances such as:

- Prescription or over the counter drugs
- Street drugs
- Alcohol
- Caffeine
- Naturally produced harmful chemicals

Key facts about liver disease in Texas

- Liver disease is very prevalent in the Hispanic people, and it is a leading cause of death.
- In 2018, chronic liver disease ranked 7th as a leading cause of overall mortality in Hispanics and the 4th leading cause of death in Hispanic men ages 55-64
- Children: can also develop fatty liver and it is currently the most common pediatric liver disease.

Source: <https://txliver.com/media/hispanics-and-liver-disease/>



Learn more about your Liver and its functions here:



Most Common Liver Diseases

Acute Liver Failure: Acute liver failure happens when severe liver injury takes place without any signs of preexisting liver disease

Viral Hepatitis: Is caused by the three most common types of hepatitis viruses in the U.S., A, B, and C

Alcohol related liver disease (ARLD): Liver damage caused by excess alcohol consumption

Nonalcoholic fatty liver (NAFLD): A condition in which there is excess fat in your liver

Liver cancer: Is a disease in which cells in the body grow out of control

Liver disease prevention:

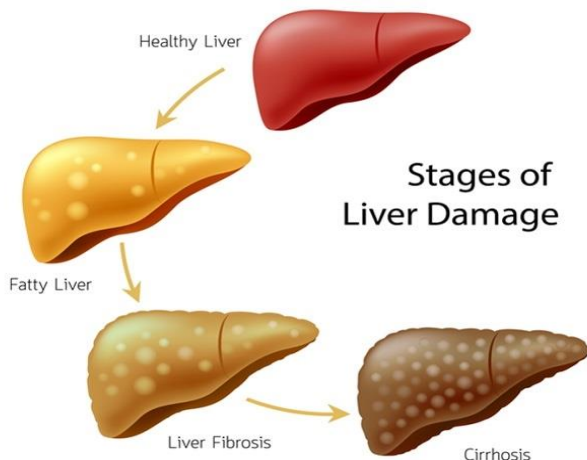
- Maintain a healthy diet
- Do exercise (physical activity)
- Take medication as prescribed
- If you drink, limit and monitor alcohol consumption: men, 2 or less a day and women 1 or less a day
- Getting vaccinated against hepatitis A and B

Get screened for liver disease if you develop any of these symptoms:

- Skin and eyes that appear yellowish
- Abdominal pain and swelling.
- Swelling in the legs and ankles.
- Itchy skin.
- Dark urine color.
- Pale stool color.
- Chronic fatigue.
- Nausea or vomiting

Already have liver disease?

- Maintain a healthy diet
- Look for and stay on medical treatment for liver disease
- Look and do your best to access resources



Follow the QR code to learn more about vaccines and liver health.

