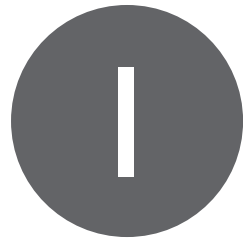


10 Things You Probably Don't Know About Liver Disease

Just because you can't see liver disease, doesn't mean it's not there. *1 in 4 Canadians may be affected by liver disease.* Could it be you or someone you know?

March is Liver Health Month and we want to take this opportunity to present a few facts that you might not know about liver disease.





You can be born with liver disease, contract it from a virus, develop it from what you eat and drink, develop it after exposure to various toxins or suffer from it for unknown reasons.



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2

Liver disease can affect anyone at any age from infants to seniors.



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3

You can have liver disease and not know it because there may be no symptoms.

If you have symptoms, they could take the form of fatigue, nausea, dark urine or jaundice (when your skin or the whites of your eyes turn yellow).



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4

Cirrhosis is the term used for scarring of the liver which can happen when any form of liver disease reaches an advanced stage.

It is not only related to alcoholic liver disease.

5

Liver cancer can be the end result of many forms of liver disease.

It is currently one of the fastest rising cancers in Canada.



6

When your liver starts to fail, toxins can back up into your brain causing a condition similar to dementia.



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7

The leading cause of liver transplants in Canada is hepatitis C but may soon be replaced by non-alcoholic fatty liver disease which is closely linked to obesity and diabetes.

8

There are vaccines that can prevent hepatitis A and B but no vaccine for hepatitis C – yet.



9

A person with serious liver disease may bleed or bruise easily since a failing liver produces fewer proteins that help clot the blood.



10

A liver transplant is not a cure for liver disease.

Some liver diseases will attack a newly transplanted liver.



There are many different risk factors for liver disease. To see if you may be at risk, try our online [What's Your Risk Quiz](#).

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To learn more about liver health [subscribe](#) to our newsletter



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