Your liver is your body’s engine. It needs to be well maintained in order to keep your body running smoothly. When your engine begins to break down due to poor maintenance habits, your body does too!

It is estimated that 20% of Canadians have non-alcoholic fatty liver disease (NAFLD). NAFLD often has no symptoms and may be living silently in your body until it reaches an advance stage (Non-Alcoholic Steatohepatitis NASH), where cirrhosis, liver cancer and liver failure can be developed.

*Take this short quiz to find out if you are at risk.*

If you answered ‘YES’ to one or more of the questions above, visit liver.ca/CheckYourEngine to learn more about NAFLD and for tips to improve your lifestyle and reduce your risk of liver disease.

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