

October

# Know Your Liver

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## Preventing Liver Disease

**Vaccinations** are available for protection against hepatitis A and B.

**Get tested** for Hepatitis C Virus (HCV) if you are in an at risk population (e.g. baby boomers, veterans, healthcare/emergency medical workers exposed to blood) and seek treatment if necessary.

**Maintain** a healthy diet and regular exercise regimen.

**Moderate** alcohol intake and use medications as prescribed.

**Avoid** contact with other people's blood and body fluids.

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### Doctor's Tip

Vaccination, screening, and awareness of ways to prevent liver disease are pivotal modalities we as healthcare providers need to stress to patients and the healthcare community.

- Dr. Zohair Ahmed, University of Illinois at Chicago



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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