



Founded in 1976, the American Liver Foundation (ALF) is the nation's largest patient advocacy organization for people with liver disease. ALF reaches more than three million individuals each year with health information, education and support services via its national office and an active online presence.

## Mission

ALF's mission is to promote education, advocacy, support services and research for the prevention, treatment and cure of liver disease.



ALF makes a measurable difference in the fight against liver disease by providing financial support for medical research; educating patients, families, caregivers and healthcare professionals; advocating for patients and their families; and creating public awareness campaigns about liver wellness and disease prevention. The American Liver Foundation is a trusted voice for all patients and their families living with liver disease.

## Programs

ALF offers several community education programs on liver health and liver disease that are interactive and age appropriate. These popular programs include:

- Love Your Liver
- Teens to Twenties Liver Wellness Guide
- Liver Wellness: What Everybody Needs to Know
- Viral Hepatitis
- Alcohol and Your Liver

Our online education and support programs target specific diseases and provide information about risk factors; symptoms; testing and diagnosis; disease prevention; and treatment options. Additional online resources include a variety of disease-specific brochures and fact sheets in multiple languages.

### Support / National HelpLine

1-800-GO-LIVER (1-800-465-4837)

Information specialists are available to answer questions about liver disease and liver wellness, including risk factors; prevention; symptoms; early detection; diagnosis; and treatment options. ALF can direct callers to local services in their area, help them learn about clinical trials and help them find physicians. Interpretation services are available for non-English speakers. We also host a vibrant online community across numerous social media platforms (see the back of this brochure for a complete list).

### Research

Since 1979, our Research Awards Program has awarded nearly \$27 million for research. Over 870 scientists and physicians have broadened the understanding of the liver, discovered new ways to treat patients, published nearly 30,000 scientific journal articles and secured over 200 prestigious National Institutes of Health grants to further advance the scientific study of liver health and liver disease. For more information, please visit [liverfoundation.org/research](http://liverfoundation.org/research).

### Advocacy

ALF participates in federal, state and local advocacy efforts to address the needs of people affected by liver disease. Our focus is on larger healthcare issues to improve liver health and increase research funding. Learn more about our legislative priorities at [liverfoundation.org/advocacy](http://liverfoundation.org/advocacy).

## Signature Events



Join thousands of supporters from coast to coast as we pound the pavement to put an end to liver disease.

[liverlifewalk.org](http://liverlifewalk.org)



Run, bike, hike or swim to support the fight against liver disease. Your athletic effort will bring awareness to liver disease and provide financial support for our educational programs and patient services offered to the millions of Americans affected by liver disease.

[liverlifechallenge.org](http://liverlifechallenge.org)



Unleash your inner "foodie" at ALF's culinary signature events as you experience a unique evening with exquisite foods prepared by talented top chefs from across the country.

[alfflavors.org](http://alfflavors.org)



Make a Difference today by fundraising your way for the American Liver Foundation. Host a bake sale, bowling night, tag/garage sale or participate in a local race. Whatever idea you have, ALF will provide you with the tools needed to fundraise and make a difference in the fight against liver disease.

[alfmad.org](http://alfmad.org)



Are you up for a healthy challenge? Join the American Liver Foundation as we Go Dry in January. By going alcohol-free for 30 days, you will help raise funds and awareness for those living with liver disease.

[alfgodry.org](http://alfgodry.org)

## Facts-At-A-Glance

- ❖ The liver is a vital organ that performs many essential functions. It filters out harmful substances from the blood; makes bile to digest food; stores energy and nutrients; and manufactures hormones, proteins and enzymes that the body uses to function and ward off disease.<sup>1</sup>
- ❖ Hepatitis C, alcoholism and Nonalcoholic Fatty Liver Disease (NAFLD) are the most common causes of chronic liver disease or cirrhosis (severe liver damage) in the United States.<sup>2</sup>
- ❖ It is estimated that NAFLD may affect over 100 million people in the United States.<sup>3</sup> About 6.5 to 16.3 million adults in the United States have Nonalcoholic Steatohepatitis (NASH), a more severe form of the disease.<sup>4</sup>
- ❖ Approximately 6.1 million Americans may be living with hepatitis B or C. Most do not know they are infected.<sup>5</sup>
- ❖ In 2017, 41,743 Americans died of chronic liver disease and cirrhosis. Of that number, 22,123 people died of alcohol-related liver disease. Alcohol-related liver disease was responsible for the deaths of 15,342 men and 6,729 women in that year.<sup>6</sup>
- ❖ The Centers for Disease Control and Prevention (CDC) recommends that all adults age 18 and over be tested for hepatitis C.<sup>7</sup>
- ❖ While there is no vaccine for hepatitis C, hepatitis A and B can be prevented through vaccination.<sup>8,9</sup>

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072577/>

<sup>2</sup> <https://www.niddk.nih.gov/health-information/liver-disease/cirrhosis>

<sup>3</sup> <https://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/symptoms-causes/syc-20354567>

<sup>4</sup> <https://www.niddk.nih.gov/-/media/00F92108F7104341B3F03ABFA132C5A8.ashx>

<sup>5</sup> <https://www.cdc.gov/hepatitis/statistics/index.htm>

<sup>6</sup> [https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68\\_09-508.pdf](https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_09-508.pdf)

<sup>7</sup> <https://www.cdc.gov/hepatitis/hcv/index.htm>

<sup>8</sup> <https://www.cdc.gov/vaccines/vpd/hepa/index.html>

<sup>9</sup> <https://www.cdc.gov/vaccines/vpd/hepb/index.html>



Your Liver. Your Life.

[LiverFoundation.org](http://LiverFoundation.org)

**National HelpLine**

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Visit our online community at:

**Inspire /American Liver Foundation**  
together we're better™

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## Who We Are

