



LOVE YOUR LIVER

Liver disease usually has no symptoms in the early stages and around three quarters of people are currently diagnosed with advanced liver disease when it is too late for effective treatment or intervention.

90% of liver disease is preventable.

Know your risks - Find out if you're at risk of liver disease by doing our simple [Love Your Liver screener](#) - it only takes a few minutes.

Healthy eating - British Heart Foundation has a quick [quiz](#) to help you find out if you have a healthy diet.

Be drink aware - The [Drinking Check](#) is a free, confidential tool which requires you to answer up to 10 short questions on your drinking habits and behaviour to understand your level of risk from drinking alcohol.

