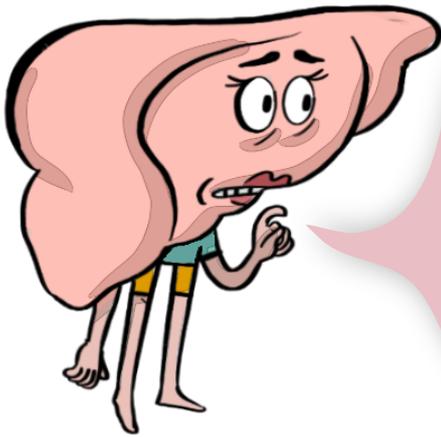


Rethink Liver Cancer: Are you at risk?

Knowing the risk factors associated with liver cancer and taking action could help protect your liver health



THE FACTS:

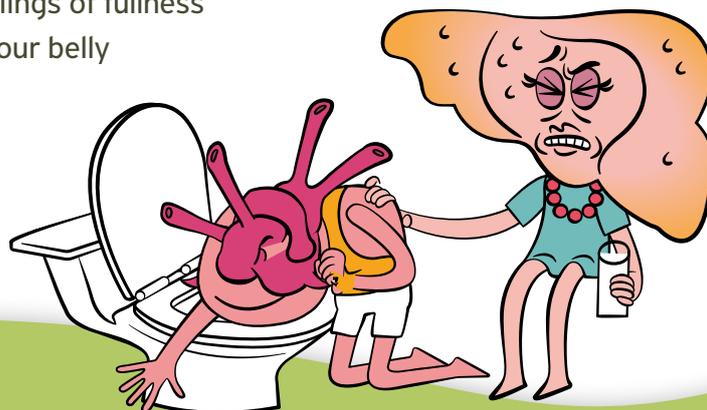
Liver cancer is a global, growing health challenge. By 2025, it is estimated that **1 million people** will be affected by liver cancer every year.¹ Around 90% of cases of liver cancer develop due to advanced underlying liver disease.²

Liver cancer is often referred to as a 'silent disease' as it can advance quickly without exhibiting any major symptoms. Early diagnosis and medical intervention can make all the difference, helping to increase the 5-year survival rate from **2-3%**, to **over 32%**.³

WHAT ARE SOME OF THE WARNING SIGNS OF LIVER CANCER?⁴

Most people don't have signs and symptoms in the early stages of liver disease or liver cancer. When signs and symptoms of liver cancer do appear, they may include:

- Pain in the upper right part of your abdomen, right shoulder blade, or back
- A lump or feeling of heaviness under ribs on the right side of your body
- Pale, chalky bowel movements and dark urine
- Loss of appetite and feelings of fullness
- Bloating or swelling in your belly
- Weight loss
- Weakness or fatigue
- Nausea and vomiting
- Yellow skin and eyes
- Fever



Make an appointment with your doctor if you experience any signs or symptoms that worry you.

WHAT CAN I DO TO REDUCE MY RISK OF DEVELOPING LIVER CANCER?

The simple act of recognizing the risk factors for liver cancer and being proactive in seeking medical advice, could help you access screenings, support earlier diagnosis, and ultimately reduce the likelihood of developing advanced disease.⁵

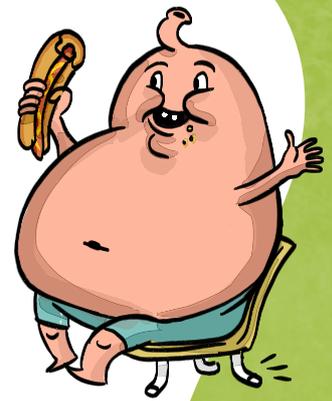
The next page is a **quick and easy checklist** you can use to learn, track, and report your risk factors, so that you and your family can stay on top of your liver health.

LIVER HEALTH RISK FACTOR CHECKLIST

Having a risk factor, or multiple risk factors, does not mean you will definitely be at risk of liver cancer, but recognizing them and reporting them to your doctor will help you to take a proactive role in managing your liver health.

Factors that can increase your risk of liver cancer include:⁶

- Chronic viral hepatitis** – the most common risk factor of liver cancer is long-term infection with hepatitis B (HBV) or hepatitis C (HCV)
- Cirrhosis** – scarring of the liver due to long-term damage. Most (but not all) people who develop liver cancer will have cirrhosis. Typical symptoms to be aware of include:
 - o tiredness and weakness
 - o feeling sick (nausea) and loss of appetite resulting in weight loss
- Family history of liver cancer** – Particularly important to be aware of, especially in the absence of other risk factors
- Non-alcoholic fatty liver disease (NAFLD)/ non-alcoholic steatohepatitis (NASH)**
- Heavy use of alcohol and alcohol-related liver disease**
- Smoking**
- Obesity and/or Type 2 diabetes**
- Certain rare diseases** – such as tyrosinemia and alpha 1 -antitrypsin deficiency
- Certain inherited liver diseases** – including hemochromatosis (build-up of iron in the liver) and Wilson's disease



ASK YOUR DOCTOR ABOUT LIVER CANCER SCREENING

If you have, or think you have, any of the above risk factors, take this checklist to a healthcare professional to get more information and any support you may need. Together you can decide whether regular screening, which typically involves a blood test or ultrasound, is right for you.⁵



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