October Is National Liver Awareness Month

Take the American Liver Foundation’s online quiz to assess your risk for liver disease.

October 7, 2024

For National Liver Awareness Month, the American Liver Foundation (ALF) encourages individuals to learn about their risk for liver disease, try liver-healthy diets and participate in free educational opportunities.

“Taking care of your liver is essential to your life,” said ALF CEO Lorraine Stiehl, in a news release. “Many liver diseases can be reversed through a healthy lifestyle, diet and exercise. Don’t wait until it’s too late, find out if you’re at risk and take the necessary steps to take charge of your liver health.”

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More than 100 million people in the United States have some form of liver disease. If left untreated, liver disease can lead to liver failure, liver cancer, cirrhosis and more.

Metabolic dysfunction-associated steatotic liver disease (MASLD, formerly known as non-alcoholic fatty liver disease, or NAFLD) affects about 80 to 100 million Americans, yet many are unaware that they have it, according to ALF.

Often referred to as “silent diseases,” MASLD and metabolic dysfunction-associated steatohepatitis (MASH, formerly known as non-alcoholic steatohepatitis, or NASH) are responsible for a growing proportion of advanced liver disease, mirroring a global rise in obesity.

MASLD can lead to liver fibrosis, cirrhosis and even liver cancer. With no effective approved medical therapies, management depends on lifestyle changes such as weight loss and exercise.

To encourage people to follow a healthy diet, ALF created a 30-day liver healthy meal plan consisting of simple meals, including acai bowls, wraps, quesadillas, soups, smoothies and more.

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Additionally, ALF developed a simple online quiz, available in English and Spanish, to help people understand their risk for liver disease. ALF's website offers a variety of important questions to ask your health care provider—including "What kinds of lifestyle changes and diet can I make to give my liver a chance to heal?" and "What kinds of physical activities would be okay for me to do?"—and directs visitors to various liver resources.

Click here to learn about upcoming ALF events, such as a 45-minute online program (October 10) aimed at people living with liver cancer. The program will provide information about latest treatments, research and how to participate in clinical trials.

To read more, click #Liver Disease. There, you'll find headlines such as "American Liver Foundation Announces Fatty Liver Disease Education Program," "Global Fatty Liver Day Promotes Liver Disease Screening [VIDEO]" and "Seladelpar Gets Accelerated Approval for Autoimmune Liver Disease."

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