

# Public urged to take online screener as preventable causes of liver disease are on the rise

*To mark Love Your Liver Week (18 to 24 June), the UK public are being urged by the British Liver Trust to take an online liver health screening tool.*

BOURNEMOUTH, SURREY, UK, June 21, 2018 /EINPresswire.com/ -- To mark Love Your Liver Week (18 to 24 June), the UK public are being urged by the British Liver Trust to take an online screening tool so that they can find out if they are at risk of liver disease. Deaths from liver disease have increased by 400% since the 1970s and it is one of the leading causes of premature death in the UK.

**“** Liver disease affects millions of people in the UK – and the numbers diagnosed have been increasing at an alarming rate.”

*Judi Rhys, Chief Executive at British Liver Trust*

Liver disease develops silently with no obvious symptoms in the early stages yet it is almost entirely preventable with the major risk factors: alcohol, obesity and viral hepatitis, accounting for up to 90% of cases.

The Love Your Liver awareness campaign, promoted by the British Liver Trust, aims to reach the one in five people in the UK who may have the early stages of liver disease, but are unaware of it. The screener assesses the potential for liver damage against the three main risk factors of the disease.

Liver disease is one of the leading causes of premature death in England and is responsible for more than 1 in 10 deaths of people in their 40s.

Judi Rhys, Chief Executive, British Liver Trust said, “Liver disease affects millions of people in the UK – and the numbers diagnosed have been increasing at an alarming rate. It is a silent killer and people often don’t realise they have a problem until it is too late. Although the liver is remarkably resilient, if left too late the damage is often irreversible.

“Helping people understand how to reduce their risk of liver damage is vital to address the increase in deaths from liver disease,” continues Judi. “I would urge everyone to take our online screener on our website to see if they are at risk.”

The British Liver Trust’s Love Your Liver campaign focuses on three simple steps to Love Your Liver back to health:

- Drink within recommended limits and have three consecutive alcohol-free days every week
- Cut down on sugar, carbohydrates and fat and take more exercise
- Know the risk factors for viral hepatitis and get tested or vaccinated if at risk

Finding out your risk of liver disease only takes a few minutes. It could be the most important thing you do today. Take the British Liver Trust’s screener here: <https://www.britishlivertrust.org.uk/our-work/love-your-liver/love-liver-health-screener/>

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