

LET'S TALK ABOUT

LIVER CANCER

— signs to look for —

1, 2, 3

Unexplained weight loss



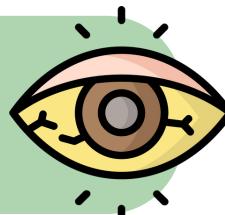
Abdominal discomfort or swelling

Nausea, vomiting, loss of appetite



Persistent itching

Yellowing of the whites of the eyes and skin



Visit a doctor right away if you notice these signs.

4, 5, 6, 7, 8

— risk factors and prevention —

These factors can increase your risk of liver cancer:

- Hepatitis B or C infection
- Excessive alcohol use
- Type 2 diabetes
- Obesity
- Exposure to certain toxins

A **healthy lifestyle** reduces the risk of developing liver cancer

You may take these measures to lower your risk of liver cancer:

- Get vaccinated for hepatitis B, or seek regular check-ups if you already have hepatitis
- See your doctor if you have been exposed to hepatitis C
- Reduce alcohol consumption and maintain a healthy weight

LIVER CANCER SCREENING

frequently asked questions

8, 9, 10, 11, 12, 13

What does “screening for liver cancer” mean?

- A screening is when your doctor checks you for disease before you have symptoms
- Liver cancer screenings can detect cancer before it has spread, when it is at an early, treatable stage
- Screenings do not prevent cancer



How does one get screened for liver cancer?

- Talk to your doctor and ask to be screened
- Ask your doctor how often you should be screened

What should I expect when I get screened?

Depending on your liver cancer risk factors, your doctor may recommend different tests. The most common screening tests are:

- **Ultrasound:** Your doctor may recommend imaging to determine the health of your liver. Ultrasounds are simple and non-invasive. Those with a high risk of developing liver cancer may have regular ultrasounds to monitor potential liver changes.
- **Alpha-fetoprotein (AFP) blood tests:** A blood test can measure the amount of certain proteins in a patient's blood. High levels of AFP may indicate liver cancer.

