

## My Action Plan

- I will talk to my doctor about my risks for liver cancer.
- I will get the Hepatitis B vaccine.
- I will get tested for Hepatitis C if I was born between 1945 and 1965.
- I will look at my lifestyle and make changes to improve my health, like drinking less alcohol, not smoking and keeping a healthy weight.

## What can I do to protect myself from Liver Cancer?

- Get the Hepatitis B vaccine.
- Get treated for chronic Hepatitis B infection.
- Reduce your exposure to aflatoxin B1.
- Do not drink too much alcohol.
- Get tested for Hepatitis C and get treated if you have it.
- Treat diseases that raise your liver cancer risk, such as diabetes, high blood pressure, high cholesterol and obesity (known as metabolic syndrome).
- Quit smoking and/or limit tobacco use.
- Get to and stay at a healthy weight.
- Do not share needles for drug use or tattoo designs.



Liver Cancer

## Where can I get more information?

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**To schedule an appointment today**  
1-888-369-2427 (888-FOX-CHASE)



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 **Know the Facts...**



## Am I at risk for Liver Cancer?

There is no way to know for sure if you are going to get liver cancer. Certain things raise your chances of getting it.

Check your risk factors for liver cancer below:

- I am Asian American, Pacific Islander, or American Indian/Alaska Native (certain groups have a higher risk).
- I am Hispanic/Latino or African American (certain groups have a higher risk).
- I have chronic viral Hepatitis B or C.
- I have cirrhosis (scarring of the liver).
- I drink large amounts of alcohol (6+ drinks a day) or I am an alcoholic.
- I have a type of non-alcoholic fatty liver disease called non-alcoholic steatohepatitis (NASH).
- I have injected street (illegal) drugs, even just once or a long time ago.
- I have been exposed to aflatoxin B1 (a fungus that can grow on foods, like grains and nuts, that are not stored the right way).
- I am a smoker.
- I have metabolic syndrome, a set of health problems that happen together and include extra fat around the belly, high blood sugar (diabetes), high blood pressure, high levels of triglycerides and low levels of high-density lipoproteins (good cholesterol) in the blood.

If you have *checked any* of these risk factors, you may be at risk for liver cancer.

## What are the symptoms of Liver Cancer?

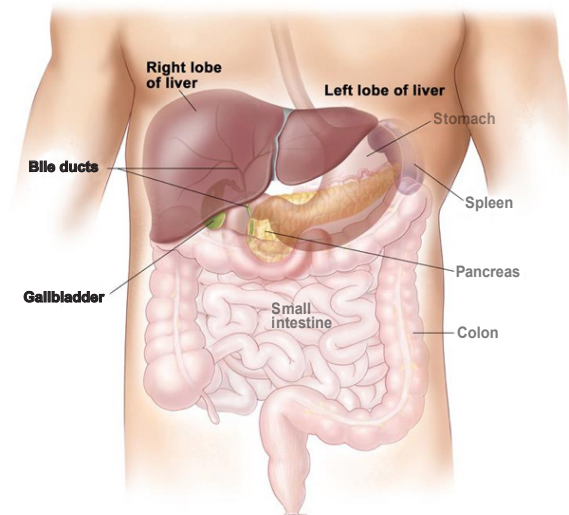
The following symptoms may be caused by liver cancer or by other conditions. Check with your doctor if you have any of these symptoms:

- A hard lump on the right side, just below the rib cage
- Pain in the upper belly on the right side
- A swollen belly
- Pain near the right shoulder blade or in the back
- Jaundice (yellowing of the skin and whites of the eyes)
- Easy bruising or bleeding
- Feeling very tired or weak
- Nausea and vomiting
- Loss of appetite or feelings of fullness after eating a small meal
- Weight loss for no known reason
- Pale, chalky bowel movements and dark urine
- Fever



## Are there screening tests for Liver Cancer?

- History and physical exam
- Blood test to check for serum tumor marker
- Liver function tests
- CT scan (CAT scan)
- MRI (magnetic resonance imaging)
- Ultrasound scan
- Biopsy



Anatomy of the liver