

EASY C FACTS

The Liver

The liver is the largest organ in your body. It is reddish brown, about the size of a football, and weighs about 3 pounds. The really amazing thing about the liver is that if they took away half of the liver—it would grow back in a few weeks!

The liver is a very important organ because it filters everything you drink, eat and breathe—even things that you get

on your skin. The problem is that things such as alcohol, street drugs, cigarette smoke, toxic fumes, some herbs and even some medicines people buy without a doctor's prescription can damage the liver.

For some people, hepatitis C (HCV for short) can cause the liver to become scarred. Over time (usually 10 to 40 years) the liver can become so damaged that it just can't function very well.

Remember.....

- ◆ Keep the liver healthy by stopping or reducing alcohol and street drugs. If you can't stop get some help.
- ◆ Try to eat a healthy well balanced diet that includes lots of fruits, vegetables and lean meats.
- ◆ Talk with your doctor and nurse about ways to stay healthy and about the medications that can rid the body of hepatitis C, and if they can help you.

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