

Mobile liver screening unit will be at The Mound on Tuesday

Mobile liver screening unit will visit Edinburgh to boost early diagnosis of liver disease

Edinburgh residents are being urged by the British Liver Trust to 'get on board' the Love Your Liver mobile screening unit to help prevent them joining the growing number of liver disease cases in Scotland. Most liver disease is preventable and the charity will be at Mound Precinct, Edinburgh providing free liver checks. The latest data from Public Health Scotland shows that 95 people died from liver disease in the Edinburgh region last year and the British Liver Trust estimates that over 90% of these deaths could have been prevented.

This comes after recent research reveals that as many as one in eight people over the age of forty in Britain are unaware that they suffer from non-alcoholic steatohepatitis (NASH), the more serious form of fatty liver disease which is potentially life-threatening



The four-day Love Your Liver roadshow in Scotland, supported by a grant from National Lottery Scotland, aims to reach the

one in five people in the country who may have the early stages of liver disease.

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 until there are signs the damage is often irreversible. I would urge everyone to take the online screener on our website to see if they are at risk and if you are in the area please pop down to our mobile screening unit. Thank you so much the players of the national lottery who have made this event possible."

Tom Bird, Honorary Consultant Hepatologist, at the Royal Infirmary in Edinburgh said, "As a liver specialist, many of my patients have developed liver disease as a result of lifestyle choices such as poor diet, weight gain or excess alcohol. These problems are becoming increasingly common across the country and are causing more and more liver disease including cirrhosis and liver cancer. I am proud to support the Love Your Liver campaign in Edinburgh and am delighted to try to help people understand how minor changes to their lifestyle can both make them feel better but also prevent and reverse long term liver disease."

Liver disease is largely preventable. More than 90% is due to three main risk factors: obesity, alcohol and viral hepatitis. 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 days off alcohol 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

The roadshow comprises a mobile unit where people can take a free online screening test and find out if they are at risk. Free liver health scanning will also be available using a non-invasive device. There will be expert guidance on how to keep your liver healthy from healthcare professionals who will be on hand to provide advice on diet, exercise and healthy living.

The Trust provides support and detailed information for anyone with, or affected by a liver condition. For more information, details of all the screening events or to take the online 'Love Your Liver' health screener, visit www.britishlivertrust.org.uk//love-your-liver.

The British Liver Trust's Love Your Liver mobile screening unit will be at The Mound Precinct, Edinburgh, EH2 2EL on Tuesday 24th April. Anyone wishing to take advantage of this free event should attend between 10am and 4pm. If you wish to be scanned please arrive early as places are limited. If you would like to check your liver health online please visit the British Liver Trust's screening tool: www.britishlivertrust.org.uk/screener