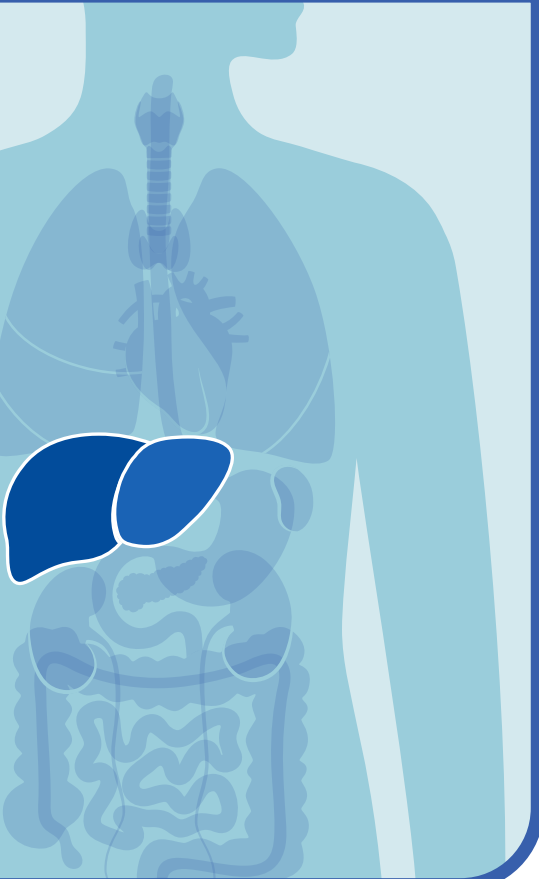


ONE **LIVER** TO LOVE

One Liver to Love is a program created in collaboration with Blue Faery, the Global Liver Institute (GLI), and Eisai Inc. to help raise awareness about liver cancer and the importance of adopting and maintaining healthy lifestyle choices to support liver health. Our goal is to help provide information, educational resources, advocacy support services and a sense of community for anyone impacted by liver cancer.



Quick Facts

- **The liver is a major player in your digestive system.** It is responsible for over 500 vital functions, and it breaks down food nutrients to fuel the rest of the body.
- **Liver cancer is complex.** It can be thought of as a disease within a disease, because some people may already have liver conditions before their diagnosis of liver cancer, such as cirrhosis and viral hepatitis.
- **You are not alone.** In 2024, it is estimated that 41,630 new cases of liver cancer will be diagnosed in the US. Hepatocellular carcinoma (or HCC) is the most common form of liver cancer, and it makes up about 85%-90% of primary liver cancers.

Your liver is an organ about the size of a football. It sits in the upper right portion of your abdomen, beneath your diaphragm and above your stomach.

A Caring Community that Supports Everyone

Liver cancer isn't something you have to face on your own. Friends, family, health care teams, patients, caregivers and liver cancer organizations — there's an entire community ready to lean in and support you on your journey.

Whether you are living with a diagnosis of liver cancer or care for someone living with liver cancer, we can all rally together and start a new era of understanding and support. Maintaining a healthy daily routine and reaching out to your community are two ways you can make healthy choices.



Tips for Liver Health

What's good for you may also be good for your liver. Here are some ways to maintain a healthy daily routine that may help support liver health.

Be sure to talk to your doctor about diet, exercise and healthy lifestyle choices that are right for you.

Nutrition

It's important to have a balanced diet and fuel up with food that can help the liver perform as best as it can. Try adding fish, vegetables, whole grains, poultry, low-fat dairy products, certain nuts and soy into your daily diet. When you're at the grocery store, one easy thing to remember is "shop the perimeter." The areas around the outer edges of most grocery stores are where you'll find foods that are less processed, and therefore generally healthier.



Sleep

Good sleep is vital to your health. Here's some helpful sleep techniques to try if you have trouble falling and staying asleep: sleep in a quiet, cool and comfortable area; use background noise like a fan to mask unwanted sounds; nap during the day to restore energy.



Exercise

Experts suggest that people living with cancer or with chronic liver disease engage in moderate activity for at least 150 minutes each week. This breaks down to about 5 days a week for 30 minutes each day. Try low-impact activities like walking, swimming or gentle yoga.



Mental Health

Mental well-being is an essential part of a healthy life. Learning from and leaning on your friends, family, doctors and a support network can help you adjust and feel more in control. Connect with a mental health professional. Talk openly about how you're feeling.



Visit [OneLiverToLove.com](https://www.onelivertolove.com) to learn more about navigating liver cancer, types of care teams, and to read more tips and resources on living with liver cancer. Join the conversation online by using #OneLiverToLove on social media.

One Liver To Love
is brought to you by:

Blue Faery
The Adrienne Wilson Liver Cancer Association

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