



Liver Health and Diabetes

Key Facts:



70% of Type 2 diabetics are estimated to have fatty liver disease



Excess fat in the liver makes it harder to control your fasting glucose levels



90% of liver disease is reversible if caught early

Stay Informed, Stay Healthy:



- Regular screening allows for early detection
- Simple lifestyle interventions make a big difference
- An exam with FirboScan[®] is non-invasive
- Results are instant & can be tracked over time

Prevention is Better than Cure:

- Maintain a healthy weight
- Follow a balanced diet
- Exercise regularly
- Avoid excessive alcohol consumption
- Monitor blood sugar and liver health



Symptoms:



Generally none in the early stages but you can have:

- Pain in the right side of the ribs
- Tiredness
- Weight loss
- Bruising easily
- Itchy Skin

Take Control Today!

Book here:

