



Liver Health and Obesity

Key Facts:



Obesity is the leading cause of fatty liver disease



Early detection can prevent liver damage



30% of obese people develop serious liver disease

Take Control Today:



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

Improve Your Liver Health:

- Aim to loose 10% of your body weight
- Follow a healthy diet with fruits, vegetables and grains
- Increase your daily activity levels
- Lower your alcohol consumption
- Set yourself a weekly goal



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 Action Now!

Book here:

