

**FIVE WAYS
YOU CAN HELP ME
HELP YOU**

Limit drugs and alcohol that can harm my liver cells.

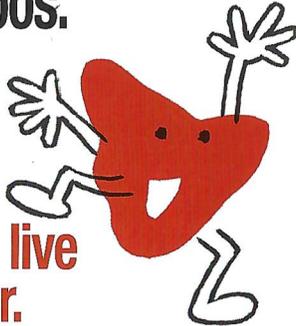
If you see other peoples' blood, don't touch it.

Vaccinate against Hepatitis A & B

Eat healthy, control portions, cut out junk food and exercise daily.

Reduce exposure to germs — avoid needle sticks, body piercings & tattoos.

Protect me so I can protect you. Get tested! Together we can live happily ever after.



**You
Can't
Live
Without
Me!**

 **LIVER HEALTH
INITIATIVE**

504 Blick Drive
Silver Spring, MD 20904
www.liver-health.org

**Get
To
Know
Me ...**

A cartoon illustration of a red liver character wearing a black graduation cap and gown. It has its arms outstretched in a celebratory gesture.

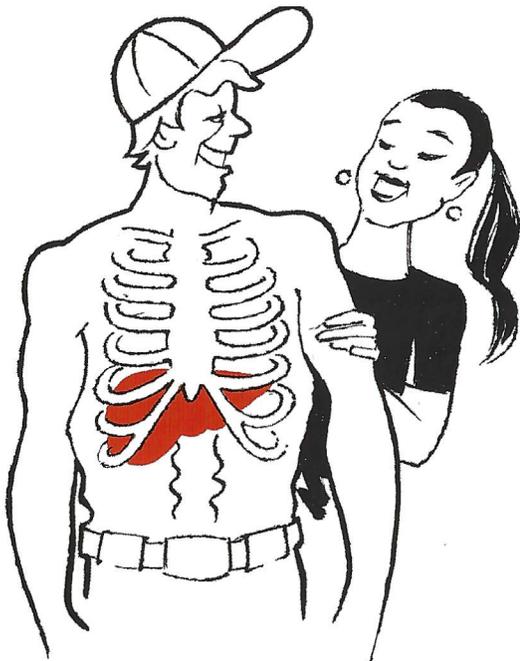
I serve as the command post in your body. . .

I'm your guardian and defender. . .

Your energy source and life preserver.

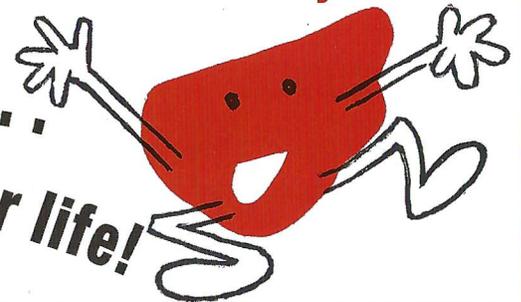
I'm your miraculous liver.

I process all you eat, breathe, and absorb through your skin.



- I make energy to keep you going 24 hours each day.
- **Without me you'd be like a puppet without strings.**
- I make bile to help absorb vitamins and minerals.
- **Without me you wouldn't have strong bones and muscles.**
- My bile rids the body of toxins in alcohol, drugs and pollutants. ● **Too much, too many and too often can hurt me and you.**
- I make immune factors to protect you from germs and viruses ● **I help you get well when you're sick.**
- I produce clotting factors that stop cuts from bleeding. ● **Without me you could bleed all day from a simple cut.**

I'm your everloving liver . . .
your partner for life!



How you take care of me today, will help me give you a bright and healthy tomorrow.