Introduction

This booklet is about how to prevent liver disease.

Let’s look at what can cause liver disease:

Everything we eat, drink or take into our body is processed by the liver. Too many harmful substances can damage the liver such as drinking too much alcohol, eating high fat foods or becoming overweight.

The liver can also be damaged by viruses such as hepatitis B and C. These can be spread through certain risky behaviours such as unsterile tattooing, injecting drugs or unprotected sex with an infected person.

The following pages show ways you may be at risk of liver disease.
A high alcohol intake, a high fat diet and being overweight can cause liver disease such as:

**Fatty liver disease:**
- This is caused by a build up of fat in the liver cells
- It can lead to increased risk of a heart attack, stroke and serious liver disease
- Weight loss and exercise will help prevent fatty liver disease

**Alcoholic liver disease:**
- Too much alcohol can make the liver inflamed and prevent it functioning properly
- Drinking alcohol within the guidelines will help prevent alcoholic liver disease
Tattooing, body piercing, snorting drugs, sharing needles, sharing razors or clippers

Sharing equipment for the above activities may risk blood-to-blood transfer. This is how hepatitis B and C may be spread:

**Hepatitis B**

- Is a virus found in the blood or bodily fluids
- Vaccinations (injections) are available to STOP YOU GETTING INFECTED
- You can have these injections whilst in prison

**Hepatitis C**

- Is a virus found in the blood spread through blood to blood contact
- Left untreated hepatitis C may cause serious liver damage including cancer
- Treatment is available and can be started whilst in prison
Do you think you may have been at risk?
If so, take action...

1. If you think you have been at risk of hepatitis B or C...
you can get tested whilst in prison, through a simple blood test.

2. If you have been drinking heavily...
you can get further advice from the CARAT team.

3. If you are overweight...
you can get diet advice (and have your weight checked) by the healthcare staff.

4. Regular exercise is recommended...
get involved with the prison gym.

Don’t forget, you can get vaccinated against hepatitis B whilst in prison. Ask the healthcare team to start your vaccinations.
The good news is liver disease is preventable...

To keep your liver safe:

- Do not drink more alcohol than the recommended daily amount.
- Take regular exercise.
- Eat healthily and maintain a healthy body weight.
- Do not share needles or drug equipment for any type of drug use including steroids.
- Ensure tattooing or body piercing equipment is sterile.
- Do not share razors, toothbrushes or nail clippers.
- Always use a condom.
- Get vaccinated for hepatitis B whilst in prison.
AND treatment is available in prison!

If you think you may have been at risk from hepatitis B or C, think about getting tested whilst in prison:

- It can relieve the anxiety of not knowing.
- Liver disease is treatable - you can access treatment whilst in prison.
- If you have hepatitis you can learn how to protect your partner, friends and family from getting infected.
- If you have a healthy liver you can learn how to keep it healthy and pass this information onto friends and family in the future.
The sooner you know your diagnosis the more you can do to stay well!
Remember, there ARE people who can help and answer your questions...

Just ask!
If you would like to get tested or to get more advice complete this fold-out page, detach it from the main booklet and hand it to the healthcare staff.
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Do you drink more than the daily recommended amount of alcohol?</td>
<td></td>
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<td>(men: one and a half pints daily, women: one glass of wine daily)</td>
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<tr>
<td>Do you take part in regular exercise?</td>
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<tr>
<td>Do you eat a healthy diet?</td>
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<tr>
<td>Have you ever had a tattoo or body piercing?</td>
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<tr>
<td>Have you ever injected drugs (including steroids)?</td>
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<tr>
<td>Have you ever shared injecting drug equipment?</td>
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<tr>
<td>Have you ever shared snorting straws when snorting drugs?</td>
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<td>Have you shared a toothbrush, razor or any other item that may have had</td>
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<td>blood on it (visible or not)?</td>
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<td>Have you ever had medical treatment abroad where infection control</td>
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<td>may be poor?</td>
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**Please tick if you would like:**

- To be referred to CARATS (drug and alcohol advice).
- To get diet advice from the healthcare team?
- To be tested for hepatitis B, C or HIV.
- To have your hepatitis B vaccination.
Did you know...

- sharing snorting straws can spread viruses which affect your liver?
- sharing razors or clippers can also spread infection?

Read this booklet and get advice on keeping your liver safe whilst in prison