

LiverWELL Celebrates World Liver Day: The Body's Unsung Hero in Disease Prevention

[LiverWELL](#), Australia's leading organisation for liver health, is proud to join the global community in celebrating World Liver Day on 19th April, a day dedicated to recognising the remarkable role of the liver in maintaining our overall health.

The liver, often unsung but undeniably vital, is the second largest organ in our bodies. It performs over 500 crucial functions including filtering toxins, aiding digestion, and regulating metabolism. What sets the liver apart from other organs is its remarkable ability to regenerate and replenish lost tissue.

However, the increased prevalence of metabolic risk factors like diabetes and high blood pressure is contributing to significant increases in liver disease and liver cancer. Metabolic dysfunction-associated steatotic liver disease (MASLD), also known as fatty liver disease, affects at least 1 in 4 people in Australia, which makes liver cancer risk much higher.

Liver cancer is the seventh most common cause of cancer-related death in Australia and rates are increasing. The condition is poorly understood, prevention and treatment are poorly funded, and with few symptoms many people are not diagnosed until it's too late. There is also lack of awareness and under-recognition of chronic liver disease in the community.

The good news is that if diagnosed early, liver disease is treatable, and liver cancer can be prevented. Dr. Paul Gow, a leading gastroenterologist based in Melbourne, emphasises the connection between liver health and overall well-being. He explains, "Elevated insulin levels contribute to various diseases, including heart disease, dementia, stroke and diabetes. Fatty liver is a clinical sign of elevated insulin. Prioritising liver health can lead to a life free of the diseases that so often cause premature death in the western world".

Elaine Montegriffo, LiverWELL's CEO, emphasised the organisation's dedication to liver health awareness. "LiverWELL provides education, support, and resources to prioritise liver health. We aim for all Australians to feel informed and empowered, making healthy lifestyle choices to improve overall health. By adopting a Mediterranean diet, exercising, and managing weight, individuals can take control of liver health and live their best lives," affirmed Montegriffo.

Bella Simon, a liver transplant recipient and LiverWELL Lived Experience Speaker, states "As someone who has experienced liver disease and a transplant at age 20, I understand the vital importance of having a community that can support you. LiverWELL's focus on building awareness and support around liver disease will have a significant impact on affected individuals and families".

Donate to LiverWELL to provide Australians with the information, support, tools, and resources to keep their livers healthy: shoutforgood.com/charities/LiverWELL

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Interviews can be arranged upon request. For media inquiries, please contact:

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