

# EASY C FACTS

The liver is the largest organ in your body. It is reddish brown, about the size of a football, and weighs about 3 pounds. The really amazing thing about the liver is that if they took away a portion of the liver—it would grow back in a few weeks!

## The Liver

The liver is a very important organ because it filters everything you drink, eat and breathe—even things that you get on your skin. The problem is that things such as alcohol, street drugs, cigarette smoke, toxic fumes, some herbs and even some medicines people buy without a doctor's prescription can damage the liver.

For some people, hepatitis C (HCV for short) can cause the liver to become scarred. Over time the liver can become so damaged that it just can't function very well.

### REMEMBER

- Keep the liver healthy by stopping or reducing alcohol and street drugs. If you can't stop get some help.
- Try to eat a healthy well balanced diet that includes lots of fruits, vegetables and lean meats.
- Talk with your doctor and nurse about hepatitis C treatment that can cure up to 100% people who are treated.

**Get Tested. Get Treated. Get Cured.**

[www.hcvadvocate.org](http://www.hcvadvocate.org)



by Alan Franciscus

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