

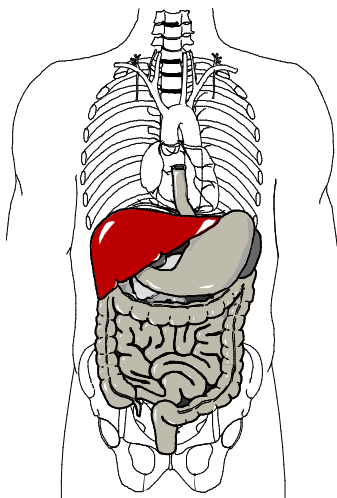
A photograph of a person walking on a dirt path through a field of yellow flowers. The person is wearing a white cap, a dark vest over a light shirt, and dark shorts. The background shows rolling hills and a large tree on the left. A vertical bar on the left side of the page transitions from red at the top to yellow, then green, and finally blue at the bottom.

# Taking Care of Your Liver

....and living a healthy life



# Your LIVER plays a CRITICAL ROLE



## • The role of your liver

The liver is the organ responsible for clearing out the body of toxic products, such as chemicals from drugs or alcohol. It also produces a substance called bile that helps breakdown fat during digestion, and assists in the conversion of insulin and other hormones, as well as regulates the level of cholesterol and triglycerides in the body.

The liver also plays a role in storing certain vital substances such as vitamins, coagulation factors, protein and glucose.

## • What can cause liver damage?

Some viruses as well as certain hereditary conditions can cause liver damage (known medically as hepatitis). Prolonged and excessive alcohol consumption can result in damaging of the liver (known medically as cirrhosis).

High blood pressure, diabetes and obesity can place additional stress on the liver, and these conditions may put some patients at higher risk of liver diseases.

## • What are the symptoms of a damaged liver?

In most cases, patients with liver disease have no symptoms. Yet, if symptoms do occur, they can include: fatigue, weight loss, the appearance of yellowish color in the whites of the eyes or the skin, loss of appetite, dizziness and drowsiness after meals.

## • What are the most common liver diseases?

The most common liver diseases include hepatitis B and C (caused by a virus), hepatic steatosis (or more simply known as 'fatty liver').

Fatty liver can be caused by excessive alcohol consumption, thus called 'alcoholic fatty liver'. Non-alcoholic fatty liver has been diagnosed in patients who are over-weight, have diabetes, high cholesterol or triglycerides, or who have high blood pressure.



# in maintaining your HEALTH

## • How can I check if my liver is healthy or damaged?



A liver biopsy is most commonly performed to confirm a diagnosis of liver disease.

The patient is submitted to hospital, generally as day procedure. The patient receives an anesthetic and the biopsy involves taking a small sample of the liver, as seen in the image above. The sample is then passed over to the pathologist for assessment under a microscope to look for disease. This procedure can sometimes be uncomfortable for the patient, and has been associated with complications in a few cases.

Alternatively, a simple blood test can now be performed. An example of the new generation tests include the 'BioPredictive Tests' (FibroTest-ActiTest and FibroMax) which your physician can prescribe for you and will determine whether you have liver damage, as well as indicate the severity of the damage. This test checks the levels of certain liver enzymes within the body and provide very useful information about the state of your liver. The patient does not need to go to hospital - he simply has a blood sample taken at a biomedical laboratory, and the biologist sends the results back to the physician almost immediately. This new noninvasive procedure is fast and costeffective.

Also, there are several common diagnostic imaging techniques such as ultrasound or CT scans which can be conducted.



## • What can I do to keep my liver healthy?

Maintaining a balanced healthy diet, and plenty of exercise, is perhaps the easiest and often most effective way to keep your liver healthy.

Avoid excessive alcohol consumption and foods high in fat as these will put strain on the liver. Some physicians recommend a Hepatitis B vaccine if appropriate.

Your doctor or health care professional can also offer additional information for you.

Regular check-ups with your physician are recommended.



## • What can I do if I have a damaged liver?

Only your physician can decide what is best for you.

Please check with your doctor about how to best manage your liver condition.



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### **About BioPredictive...**

BioPredictive® is a biotechnology company based in Paris, France.

The aim of BioPredictive® is the discovery and development of new generation of diagnostic tests employing non-invasive techniques designed to facilitate the care and treatment of patients.

For more information please visit  
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