

You are Not Alone

2025 Impact Report





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1 in 3 Australians has Liver Disease



With early detection, timely interventions, and the right support, much liver damage can not only be prevented but even reversed.



Our Year in Review

One in three Australians has chronic liver disease. Most of them have no idea. Liver disease is a major health issue in Australia. If untreated, it progresses to cirrhosis and liver cancer – one of the fastest increasing cancers, with a devastatingly low 5-year survival rate of 24%.

Yet there is hope. More than 60% of liver cancers are preventable. Small, steady improvements in early detection and care could save millions of lives over the next 25 years.

As Australia's peak body for all liver diseases and primary liver cancer, Liver Foundation is making an impact on liver disease through support, clear information, advocacy, education and connection.

In 2025, we provided more ways for people to access support when they needed it most. We formally launched Australia's first Nurse-Led Support Line for people with primary liver cancer and advanced liver disease, and released a new suite of practical resources designed for patients, families, carers and healthcare professionals. We provided training to thousands of primary healthcare professionals and released evidence-based tools to support doctors and nurses at the point of care.

Your generosity has made this possible. You help ensure that no one feels they have to navigate liver disease or liver cancer on their own. Thanks to your support, Liver Foundation was recognised for Outstanding Achievement at the Australian Charity Awards 2025. More importantly, we directly supported over 1 million Australians and touched countless more people in their hour of need through our awareness-raising campaigns and clinical education activities.

Thank you for standing with us.



David Smith
Board Chair



Sally Castle
Chief Executive Officer



Priorities

Guided by the needs of patients, carers, clinicians and communities, we provide evidence-based information, practical support, clinician education and system-wide advocacy.

1. Empowering Patients and Carers

We create evidence-based, clinically reviewed resources that patients and carers can trust. We provide caring support for people with liver disease, no matter where they live.



2. Education for GPs and Nurses

We equip primary care providers with the skills and confidence needed to detect and manage liver disease earlier and more effectively.



3. Driving Systemic Change

We work with Federal and State Governments, health agencies and sector partners to ensure liver disease remains a national health priority.



4. Research and Research Translation

We share knowledge and create evidence-based tools, turning research findings into meaningful impact for patients and communities.





Activity Highlights - Patient and Carer Support

People living with liver disease and their families are at the centre of everything we do. In 2025 we extended our reach to many thousands of people with liver disease. We provided clear, accessible information that helped our community better understand their condition, recognise risk earlier, and feel supported throughout their liver health journey.

This year we . . .

- Extended support for people with primary liver cancer and advanced liver disease through formal launch of Australia's first Nurse-Led Support Line, staffed by expert liver specialist nurses.



100% of callers rated the support line as 'excellent' and said they felt safe, heard and understood when speaking with the nurse.

- Increased patient agency to manage their liver health through new tools including the Liver Health Self-Screener and Fatty Liver Diet resource.



915,260 site visits to www.liver.org.au – up 117% on the previous year.

- Improved knowledge of liver disease through new evidence-based resources including an expanded Easy Read library, updated digital content and new publications.



Over 4,000 patient resources distributed to healthcare centres for distribution to patients, including **1,800 copies of our new booklet**, Understanding Liver Cirrhosis.

- Delivered workshops for people living with primary biliary cholangitis (PBC), in partnership with the PBC Foundation, to deliver practical, easy-to-understand information and create connections.



"The whole thing was a very emotional experience for me, especially meeting other people with PBC. There were so much kindness and empathy. I felt less alone and more informed for the first time since my diagnosis." – Patient

New Services Launched in 2025



Understanding Liver Cirrhosis guide for patients and carers



An evidence-based lifestyle program for people living with MAFLD



An online, self-assessment tool for checking risk of liver disease



Easy read guide for Aboriginal and Torres Strait Islander People



Easy read guide for culturally and linguistically diverse Australians



Expanded Nurse-led Support Line



25 new web pages translating the latest clinical and research evidence into actionable resources for members of the community



6 new videos sharing patient stories and clinical insights from leading hepatologists

“I would like to commend the Liver Foundation on their wonderful resources. I truly hope that their services will continue to be available to the many who will follow after me.” – Patient



Activity Highlights - Education for GPs and Nurses

We contributed to earlier detection and better management of liver disease and liver cancer by strengthening our support for GPs and nurses.

In 2025 we ...

- Supported increased assessment of fibrosis through the creation of a new FIB-4 calculator, aligned with the Gastroenterological Society of Australia's MAFLD consensus statement, giving clinicians a simple, evidence-based tool for use at the point of care.



Over 26,701 uses of Liver Foundation's FIB-4 Calculator since its launch in March 2025.

- Strengthened nurses' expertise in liver care through a new Nursing Community of Practice, a dedicated national forum to share knowledge and access expert support.



80 nurses joined the community in the first month.

- Upskilled GPs through continued CPD education programs



11,000 GPs (1 in 3 Australian GPs) have now enrolled in our GP education and consistently rated it highly for relevance and clinical usefulness.

- Developed and distributed targeted resources for clinicians nationwide, including hepatologists, gastroenterologists and Aboriginal Community Controlled Health Organisations, supported by in-service education and patient materials.

"I am so pleased that the Liver Foundation exists. I am sure our patients will benefit from your support" - Healthcare Worker



Activity Highlights - Driving Systemic Change

Systemic change requires collaboration. In 2025 we continued to work closely with governments, health agencies, clinicians, researchers and community partners to ensure liver health remained a national priority.

In 2025 we ...

Strengthened liver health's profile through sustained engagement across:

- **10 engagements with Federal health and parliamentary bodies**, including the Department of Health and Aged Care, NHMRC consultations, national cancer governance groups, and the Office of the Federal Minister for Health
- **6 contributions to state and national cancer policy processes**, including the NSW Cancer Summit, NSW Cancer Plan consultation and liver cancer screening discussions
- **10 collaborations with peak clinical and professional bodies** across gastroenterology, hepatology, nursing, cancer and palliative care
- **13 partnerships with disease-specific, consumer and community organisations**, including liver, hepatitis, rare cancer, disability and multicultural health groups
- **4 research and clinical trial collaborations**, including national steering committees and Centres of Research Excellence

Engaged in Two-Way Learning

Increased community engagement through two-way learning workshops with health and community workers, Aboriginal and Torres Strait Islander community members, and people from multicultural and refugee backgrounds in Southeast Queensland and Townsville.

The week highlighted the central importance of making and maintaining relationships. Informal interactions over food, laughter, storytelling, and two-way learning often carried as much weight as structured workshops. – Researcher





Activity Highlights - Research and Research Translation

We played an active role in ensuring liver health research is shared, understood and applied in the real world. In 2025, we continued to translate emerging evidence into practical tools for patients, carers and healthcare professionals.

In 2025 we ...

☛ Drove conversation around liver disease through presented abstracts, posters, and practical insights at 12 major public health, cancer and hepatology forums including:

- Public Health Association of Australia Screening Conference
- NSW Cancer Summit
- World Congress of Gastroenterology
- Australasian Hepatology Association Conference
- ASTRA Conference
- ESSENCE Clinical Trial Investigator Meeting
- ACNNP Specialist Support Services Working Group
- Novo Nordisk Cardiometabolic Summit



☛ Supported health and medical research through support for grant applications, sitting on steering committees for clinical trials and by translating research findings into patient resources and advocacy activities.

☛ Supported collaboration through the Liver Foundation West Coast Liver Meeting, Australia's only multidisciplinary liver health meeting.





A Community of Support

Everything we achieve is made possible by the people who stand alongside us. Our community of supporters, donors, fundraisers, volunteers, and partners play a vital role in advancing liver health, supporting those affected by liver disease, and strengthening our work across Australia. Through generosity, advocacy, and shared purpose, this community helps turn compassion into action.

The stories that follow reflect the many ways people support Liver Foundation: through fundraising events, philanthropy, volunteering, and personal commitment shaped by lived experience. Each contribution helps ensure patients, families, and healthcare professionals have access to the information, care, and support they need.

Nicla – Community Fundraiser

Nicla's connection to Liver Foundation is deeply personal. When she was just 14, her mum was diagnosed with liver cancer. Despite showing extraordinary strength and determination, Nicla's mum passed away in October 2012, surrounded by her family. Since then, Nicla has found meaningful ways to honour her mum's memory. Each year in October, Liver Cancer Awareness Month, she chooses to give back by raising funds to support liver cancer awareness, prevention, and care.



For Nicla, fundraising is a way to help ensure that fewer families experience the loss her own family endured. On the 12th anniversary of her mum's passing, Nicla shaved her head to raise funds for Liver Foundation and donated her hair to Variety, the children's charity, to help create wigs. Her generosity reflects a powerful commitment to turning personal loss into positive change for others affected by liver cancer.



Renee – Volunteer, Medical Intern

Renee is a Medical Intern at South Metropolitan Health Service based in Perth. Her decision to study medicine was shaped by the loss of a close relative to a preventable illness, sparking a strong interest in health literacy, disease prevention, and the role clinicians play in supporting patients and communities.

As a volunteer with Liver Foundation, Renee combined her clinical knowledge, creativity, and passion for public health to help develop the FIB-4 calculator and Online Liver Health Checker. Working closely with clinical experts, she helped translate complex medical concepts into clear, accessible tools that make it easier for people to understand their liver health and seek support earlier.

Renee describes seeing these tools come to life as a highlight of her volunteering experience and a reminder of the impact thoughtful, community-focused prevention can have.



Neralee – Fundraising in Memory

An avid Ferrari driver, John Moretti was diagnosed with liver cancer in 2023. John lived life at full throttle, even after being diagnosed with stage 4 cholangiocarcinoma. Refusing to be defined by illness, he continued racing, travelling, and building projects at home, holding onto his trademark optimism.



When John became palliative in 2025, his partner Neralee cared for him at home and helped fulfil his final wish: one last track day at Lakeside. On the day of his funeral, his Ferrari family honoured him with a moving farewell, two final laps led by the hearse, followed by roaring engines and love. In his memory, his partner Neralee chose to support Liver Foundation through an in-memory donation, helping ensure others affected by liver disease and liver cancer can access care, information, and support.



Hepatic Heroes – Lake Argyle Swim

This year, the Hepatic Heroes took on the Lake Argyle Swim to raise funds for Liver Foundation, raising \$6,770 to support liver health across Australia. The Lake Argyle Swim is a renowned open-water event held in the East Kimberley, bringing together swimmers of all ages and abilities in a unique setting.

Represented by the Sir Charles Gairdner Liver Transplant Service, the Hepatic Heroes team swam to raise awareness of liver disease and to support people affected by liver conditions nationwide. Their participation reflects a strong sense of community, teamwork, and shared commitment to improving liver health outcomes.



Together We Make This Work Possible

Everything we achieve is made possible by the people who stand alongside us. Through generosity, time, and shared commitment, our supporters help ensure that people affected by liver disease and liver cancer across Australia can access trusted information, practical support, and care when they need it most.

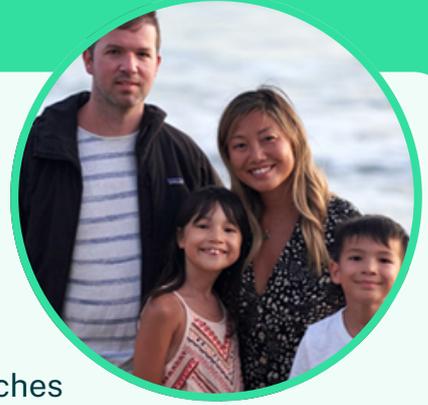
We cannot do this without you.

If you would like to get involved, whether through donating, fundraising, volunteering, or partnering with us, find out more at liver.org.au/support-us.

***“Thank you Liver Foundation,
for being there in my time of need.” - Patient***



Looking Ahead



In the year ahead, we will continue to ensure that no Australian faces liver disease or liver cancer alone. As the burden of liver disease grows, our focus is on turning knowledge into action and ensuring support reaches everyone who needs it. We will continue to listen closely to our community and respond with practical tools, clear information and services that support people to navigate liver disease and liver cancer.

In 2026, we will grow our Nurse-led Support Line, expanding nursing capacity and strengthening pathways that connect people to timely, expert guidance. We will develop more programs to help people understand their liver health, navigate diagnosis, and manage their condition over time.



We will continue to bring the latest evidence to our community, translating research and clinical evidence into videos, digital tools, and easy-to-understand resources. A key priority will be ensuring information is accessible across languages and cultures, with resources translated into multiple languages and designed in partnership with communities to support equitable access to liver health information.

Strengthening GP and nursing education remains central to our work. We will continue delivering accredited education, embedding practical clinical tools into training, and supporting collaborative learning through communities of practice. This will help accelerate early detection of liver disease and improve care in primary and community settings.

We will continue to participate in advocacy activities to ensure the voices of all people with liver disease and liver cancer are centred when decisions that impact them are made.

Through prevention, early detection, education and collaboration, we remain committed to reducing the burden of liver disease and eliminating preventable liver deaths. Together with our supporters, partners, and healthcare professionals, we look ahead with purpose and resolve.





Acknowledgements

Liver Foundation is run by a highly respected Board of Directors and CEO.

Board of Directors

David Smith - Chair of the Board and Chair, Business, Risk & Governance Committee

Prof Simone Strasser - Chair, Clinical and Scientific Committee

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**Together,
we make
a real
difference**

