

Talk to a nurse about liver cancer **Call: 1800 841 118**

Information for Aboriginal and Torres
Strait Islander people affected by liver
cancer or advanced liver disease.



Introduction



We are the Liver Foundation.

We are here for people who have liver problems, and their families.



This fact sheet is about your liver and our support line.



You can find out more information on our website: www.liver.org.au



If you need urgent help, call 000 or go to the Emergency Department.

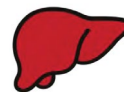


Do you need someone to help you read this fact sheet?

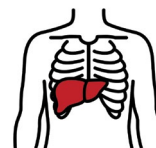
You can ask someone you trust to:

- Read this fact sheet
- Find more information

Your liver



Your liver is the biggest organ inside your body. It weighs about 1.5kgs.



It sits under your ribs on the right-hand side of your belly.



It does over 500 jobs to help keep you healthy!



It helps to process everything that you eat and drink.



It turns food into energy for your body.

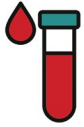


It stores lots of vitamins and minerals that your body needs.



It gets rid of the things that are bad for you like toxins.

You can help look after your liver by



Getting tested for Hepatitis B and Hepatitis C.



Eating healthy, fresh food with lots of fruit, vegetables and whole grains.



Being active.



Getting good sleep.

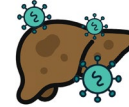


Taking only the medicine your doctor has told you to.



Avoiding things that make your liver work harder like alcohol, fatty food and drugs.

Things that can make your liver sick include



Hepatitis B or Hepatitis C.



Drinking too much alcohol.



Living with overweight and/or not getting enough exercise.



Type 2 Diabetes.



Genetic (inherited) disease.

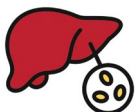
Liver cancer



Your liver can fix itself when it gets sick.



But if it gets sick too much, it will stop working well.



The damage that is done to your liver from any liver disease increases the risk of liver cancer.



If your liver is sick, you may need a cancer check every 6 months.



A cancer check is an ultrasound. It is called “surveillance”.

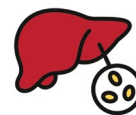


Your doctor will tell you if you need to do this.



You need the check, even if you feel well.

Liver Foundation Nurse-Led Support Line



The support line is for anyone with liver cancer or advanced liver disease.



You can talk to a friendly nurse who understands your illness.



Call 1800 841 118.



It is free to call the support line.



Everything you say is private.

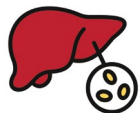


You do not have to give your name.



Friends and family can call too.

You can call the support line if you



Have liver cancer or advanced liver disease.



Care for someone with liver cancer or advanced liver disease.



Are a healthcare provider for someone with liver cancer or advanced liver disease.



Have worries or concerns about liver cancer or advanced liver disease.

How our nurses can help

The Nurses Can:



- Talk about signs and symptoms
- Explain tests and treatments
- Help you understand what the doctor says
- Suggest questions to ask at your next appointment



The Nurses Can't:



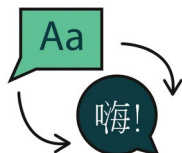
- Give a diagnosis
- Suggest treatment
- Suggest doctors or paid services
- Help with money



Contact



The support line is open Monday to Friday 8:00am – 6:00pm (AEST)
Call 1800 841 118 – this call is free.



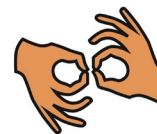
Need help in another language?
Call TIS National on 131 450.

Ask to speak to the Liver Foundation Support Line on 1800 841 118.

An interpreter will help you speak with the nurse.

You can also email us for help arranging an interpreter.

This service is free.



Do you use Auslan? We can organise a free Auslan interpreter.

You can ask for an interpreter by emailing support@liver.org.au

This service is free.



You can ask for a nurse to call you
Fill in the form on our website.
Visit www.liver.org.au/livingwell/support-line

Or email support@liver.org.au



Contact Us

Call: 1800 841 118



Email: support@liver.org.au



Visit: www.liver.org.au

The artwork in this guide was made by Elizabeth Close, an Anangu woman from the Pitjantjatjara and Yankunytjatjara Language Groups.

Her artwork shows why liver health is important for everyone, especially Aboriginal and Torres Strait Islander people. It reminds us that good health comes when we work together with Elders, families, Ngankaris (traditional healers), doctors, nurses, and the whole community.

The Liver Foundation support line is funded by the Australian Government through the Australian Cancer, Nursing and Navigation Program.