



Your Liver. Your Life.

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For Immediate Release

National Press Release

**October is *Liver Awareness Month* & the American Liver Foundation
Is now introducing the “*Love Your Liver*” Youth Education Program nationwide to teach children
that it’s never too early to start taking care of your liver!**

New York City, September 17, 2008: Liver disease affects 1 out of every 10, or approximately 30 million Americans- which includes children, of all nationalities, and age groups. Liver disease does not discriminate!

Did you know that more than 6 million children in the United States have a condition called *nonalcoholic fatty liver disease (NAFLD)*?¹ Nonalcoholic fatty liver disease is the build up of fat in the liver cells that can cause inflammation, which could then lead to liver damage and possibly even liver failure. If detected early, NAFLD can be treated in many cases by eating a healthy diet and exercising. It is never too early to start taking care of your liver!

The American Liver Foundation’s “**Love Your Liver**” Youth Education Program is a 30-45 minute interactive education program on liver wellness, for elementary through high school students across America. The program educates students about the liver and the positive actions they can take to improve their liver health and prevent liver disease. Students will learn facts such as:

- The liver is the largest organ in the human body.
- It is located under the ribs on the right-hand side.
- It weighs about 3 pounds and is shaped like a football that is flat on one side.
- The liver can grow back or rejuvenate itself if a part of it is removed!

The liver is a very important organ in the body. It serves many, but some of the most important jobs of the liver are:

- to save up energy
- makes bile to breakdown food
- protects from dangerous pollutions
- prohibits bleeding from cuts for a long time
- kills germs
- removes toxic chemicals from the body
- helps build muscle

In the United States liver disease is estimated to affect 30 million people or 1 in 10. That's more than the combined populations of the 15 largest cities in America, yet public awareness remains low. For that reason, the American Liver Foundation is reaching out to youth across the country to educate our future about ways to prevent liver disease and ways live a healthier lifestyle. The wellness information taught in these sessions will also impact prevention regarding heart disease, cancer, diabetes, and other life threatening conditions.

To learn more about this program and how to make it a part of your schools curriculum, please contact the Executive Director in your local ALF Chapter by visiting www.liverfoundation.org/LAM and searching for the chapter nearest you.

The American Liver Foundation (ALF) is the nation’s leading nonprofit organization promoting liver health and disease prevention. ALF provides research, education and advocacy for those affected by liver-related diseases, including hepatitis. We have many events throughout the year that need people like you to help with fundraising for research and education programs such as the “Love Your Liver” Youth Education Program. Get involved today! Call us to volunteer! Make a donation- so that some day soon, liver disease is something only written about in medical text books! Help us make a difference!

For more information about liver disease or about the American Liver Foundation,
Please visit us at www.liverfoundation.org or call our **National Helpline, 1-(800)-Go-Liver.**

¹ American Heart Association. “Fatty Liver Disease May Raise Heart Disease Risk In Overweight, Obese Kids.” *ScienceDaily* 1 July 2008. 11 July 2008
<http://www.sciencedaily.com/releases/2008/06/080630162414.htm>