

News release

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For immediate release

Love Your Liver and Live Longer

Learn about your liver and pick up new ways in which you can love it after many of us recover from Christmas and New Year parties.

Staying off alcohol for two to three days at a time, avoiding fatty foods and taking regular exercise are great ways to look after your liver.

The Leicester, Leicestershire and Rutland PCT Cluster are supporting the month long Love Your Liver campaign which runs until the end of January and encourages people to learn how to look after their liver.

Priti Raichura, public health principal, speaking on behalf of Leicester, Leicestershire and Rutland PCT Cluster, said: "Staying off alcohol for two to three days at a time, avoiding fatty foods and taking regular exercise are great ways to boost your liver health.

"A night out is usually followed by a fatty fry up and a day on the sofa. We want people to take notice of three simple steps which help your liver recover after a particularly busy social season."

The liver helps to process fats and proteins from digested foods, removes and processes alcohol, poisons and toxins from the body and processes any medicines like painkillers and antibiotics.

The three simple steps include:

Take two to three days off in a row from alcohol

This will keep your total intake down and gives your liver time to recover. Providing your liver has no lasting damage, it can repair itself very quickly.

Stay active

Exercise regularly. If you are overweight you increase your risk of liver disease by three times if you drink alcohol too.

Eat Well

Ensure your diet includes lots of fresh fruit and vegetables, plenty of water and is well balanced. Cutting down on your daily food indulgences such as crisps and chocolate and not overloading on sugary drinks will all help to optimise your liver function.

For more information about the campaign visit www.leicestercity.nhs.uk/alcohol, www.lcr.nhs.uk/alcohol or www.loveyourliver.org.uk

ENDS

For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or liz.thomas@leicestercity.nhs.uk.

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving on-going transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.