

# LIVERFAST™

1 blood draw ▶ 3 tests



## FULL LIVER EVALUATION

Stages fibrosis, activity, and steatosis of the liver

Know Your **LIVER** today

## Fibrosis • Activity • Steatosis

LIVERFAST™ is a blood based diagnostic test that combines 10 biomarkers and algorithm technology to determine the fibrosis, activity, and steatosis stages of the liver.

For more information about the test contact:



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### REFERENCES

1. "Liver Cancer Risk Factors." American Cancer Society, <https://www.cancer.org/cancer/liver-cancer/causes-risks-prevention/risk-factors.html>
2. Basaranoglu, M., et al. "Carbohydrate intake and nonalcoholic fatty liver disease: fructose as a weapon of mass destruction." *Hepatobiliary Surg Nutr.* 2015 Apr; 4(2):109-116.
3. "Obesity and Cancer." National Cancer Institute, [www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet](http://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet)
4. Basaranoglu, M., et al. "Carbohydrate intake and nonalcoholic fatty liver disease: fructose as a weapon of mass destruction." *Hepatobiliary Surg Nutr.* 2015 Apr; 4(2): 109-116
5. Qiu, S., et al. "Association between physical activity and risk of nonalcoholic fatty liver disease: a meta-analysis." *Therap Adv Gastroenterol.* 2017 Sep; 10(9): 701-713.
6. Rehm, J., et al. "Global burden of alcoholic liver diseases." *Journal of Hepatology.* 2013; 59(1):160-168.
7. "The Progression of Liver Disease." American Liver Foundation, [www.liverfoundation.org/for-patients/about-the-liver/the-progression-of-liver-disease/](http://www.liverfoundation.org/for-patients/about-the-liver/the-progression-of-liver-disease/)
8. "13 Ways to a Healthy Liver." American Liver Foundation, <https://liverfoundation.org/13-ways-to-a-healthy-liver/>

# know your LIVER



**EARLY DETECTION  
IS KEY**

Talk to your doctor today



# RISK FACTORS of liver disease



## CHRONIC VIRAL HEPATITIS

The most common risk factor worldwide is chronic infection with hepatitis B or hepatitis C virus.<sup>1</sup>



## DIET

Overconsumption of sugar and carbohydrates is linked to obesity and fatty liver disease.<sup>2</sup>

People who are overweight or obese are up to twice as likely as normal-weight people to develop liver cancer.<sup>3</sup>



## DIABETES

Diabetic patients are 50% more likely to develop fatty liver disease.<sup>4</sup>



## SEDENTARY LIFESTYLE

Low physical activity contributes to the prevalence of fatty liver disease.<sup>5</sup>

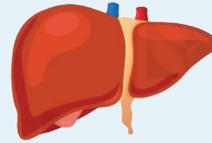


## ALCOHOL

Heavy drinkers with alcoholic liver disease have been estimated to account for 48% of all deaths from cirrhosis.<sup>6</sup>

# STAGES of liver disease<sup>7</sup>

## HEALTHY LIVER

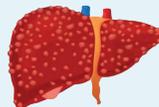


## FATTY LIVER/INFLAMMATION



Liver is enlarged due to deposits of fats and/or inflammation of the liver.

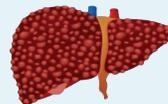
## FIBROSIS



Liver is injured due to scar tissue formation.

If diagnosed and treated successfully at this stage, the liver can heal itself over time.

## CIRRHOSIS



Liver hardens due to scar tissue and is unable to function properly.

This can lead to a number of complications, including liver cancer.

# TIPS to maintaining a healthy liver<sup>8</sup>

## EAT HEALTHY

Consume more high fiber foods such as fruits, vegetables, and whole grains, and less food high in fat, sugar, and salt.



## REGULAR EXERCISE

Reduces stress on the liver and prevents obesity.

## REGULAR CHECKUPS

Can help avoid or slow down the progress of liver damage.



## LIMIT ALCOHOL INTAKE

For women, 1 standard drink a day.  
For men, 2 standard drinks a day.

(A standard drink is: 1 beer,  
1 glass of wine or 1 shot of whiskey)