



Where does liver health really begin?

You might not realize it but every day you make decisions that affect your liver health. Your choices of household products, food items and daily activities can have positive or negative effects on your liver.

The Canadian Liver Foundation invites you to take a tour of your home using our **Liver Healthy Home Checklist** to see how you can make your home and your daily routines liver healthy.

Liver Healthy Home Checklist

Kitchen

- ✍ **Fill your cupboards and refrigerator with low fat, high fibre foods and keep salty and sugary snacks to a minimum.** A healthy, well balanced diet can help keep your liver functioning at peak levels and you, in turn, will feel better and have more energy. On the other hand, an unhealthy diet can lead to obesity – a leading cause of fatty liver disease.

Living room

- ✍ **If you drink alcohol, do it in moderation.** No more than one to two drinks at a time and never on a daily basis. Women process alcohol slower than men and therefore tend to be more susceptible to alcohol-related liver damage.
- ✍ **If planning a trip, be sure to get immunized against hepatitis A and B.** Hepatitis A can be contracted through contaminated food and water. Hepatitis B is spread through direct contact with blood or body fluids. You can be at risk of contracting these serious liver diseases both in Canada and abroad.

Bathroom

- ✍ **Store medications and vitamins out of reach of children or in child-proof containers.** Adult medications and supplements can do serious harm to a child's liver if they are accidentally swallowed or are used inappropriately to treat an illness.

- ✍ **Do not mix medications and/or herbal supplements without talking to your doctor or pharmacist.** Prescription and non-prescription medications and herbal supplements can do damage to the liver if not taken as directed. Never mix medication with alcohol. Combining alcohol and acetaminophen, for instance, can lead to acute liver failure.
- ✍ **Always wash your hands after going to the bathroom.** Hepatitis A is a liver disease that can be spread when someone does not wash their hands properly after going to the bathroom and then touches something you eat.

Laundry Room/Garage

- ✍ **When cleaning or painting, ensure the room is well-ventilated and/or wear a mask.** Since the liver has to de-toxify everything you breathe in, exposure to airborne chemicals can damage your liver.

Backyard

- ✍ **Take precautions to avoid exposure when using weed control chemicals or spraying for bugs.** Another option is to investigate more organic methods for maintaining your lawn and gardens.
- ✍ **Take every opportunity to get outside and enjoy some exercise.** Exercise helps keep your body – and especially your liver – strong and better able to defend itself against viruses, disease and pollutants.

