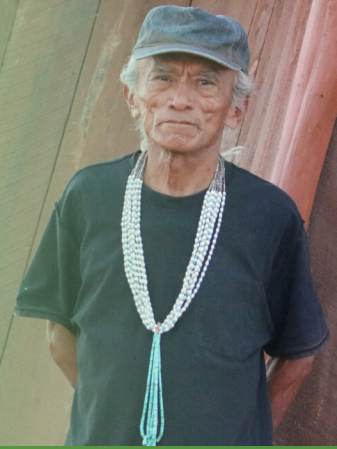




# WHAT IS LIVER CANCER?



- Cancer that starts in the liver.
- It starts when cells in the body begin to grow out of control.

## Who gets liver cancer?

- The average age of diagnosis for liver cancer is 63 years old.
- Twice as many men get liver cancer than women.

## What are the symptoms?

- Sometimes there are no symptoms in the early stage.
- Later stage symptoms include weight loss, stomach pain, nausea and vomiting, and yellowing of the skin and eyes.
- Stomach swelling and bloating.
- Pain on the right side of the stomach or shoulder blade.
- Swelling of liver and spleen.
- Feeling tired and weak most of the time.

## Can it be found early?

- Sometimes it is hard to find liver cancer early because signs and symptoms may not appear until it is in its later stages.
- At this time, there are no early tests for people who are at average risk.

## What to do if you are at increased risk for liver cancer.

- Those with chronic hepatitis B or C infections should get them treated.
- Any patient who has a family history of liver cancer and/or has been diagnosed with cirrhosis, regardless of age, should be regularly tested for conditions that may lead to liver cancer.
- Liver disease may progress more rapidly in people who are co-infected with HIV and/or hepatitis B, C or D, and they are also at greater risk for developing liver cancer, so regular screening is essential.

## What can I do to reduce my risk?

- Avoid use of commercial tobacco.
- Get to and maintain a healthy weight.
- Get hepatitis B vaccine to lower one's risk for liver cancer.
- Get tested for hepatitis C, and get it treated if you have it.
- Avoid drinking too much alcohol.

## What tests are available?

Talk to your doctor about which test are right for you.

- Blood tests may show an abnormal liver function.
- Imaging tests (x-ray, ultra sound) take pictures of the inside of your body.

If you are 18-79 years old, talk to your health care provider or call your local IHS, tribal or urban Indian health clinic to schedule a test for Hepatitis C.

