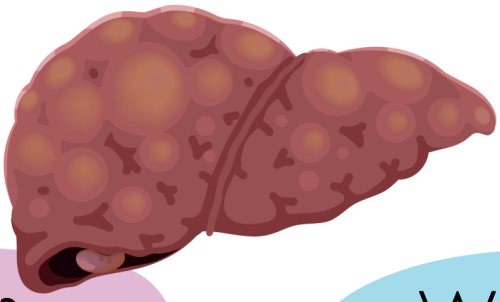
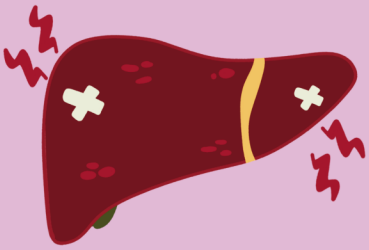
KNOW YOUR STATUS

Alcohol & Liver Health



What Is It?

Alcohol can injure the liver over time and may cause fatty liver, inflammation, scarring, cirrhosis, and liver cancer.



Why It Matters

Alcohol can worsen liver damage from hepatitis B, hepatitis C, or fatty liver disease.

Liver injury can happen before a person looks sick or feels very ill.

The safest amount of alcohol may be zero if you already have liver disease.

MYTHS

"If I feel healthy, I do not need hepatitis testing."

FACTS

Hepatitis B and C often have no symptoms. Testing is the only way to know.

Take Action Today

Talk honestly with your doctor about how much you drink.

Ask about liver tests if you drink regularly.

Get help early - treatment and support work.

If you already have liver disease, avoiding alcohol is safest.

Support, treatment, and early action can protect the liver.

This table provides education only and does not replace medical care. Ask your doctor which tests are right for you.