

# “I FEEL FINE. SHOULD I STILL CHECK MY LIVER?”

Understanding why liver disease can develop silently and why early testing matters.



## Liver Disease Often Has No Symptoms

- Many liver conditions develop slowly
- Early liver damage rarely causes noticeable symptoms
- People often feel completely normal in early stages



## Why Problems Go Undetected

- The liver can continue functioning even when damaged
- Symptoms often appear only after significant injury
- Many people discover liver problems during routine blood tests



## Who Should Pay Attention

- People who drink alcohol regularly
- Those with fatty liver risk factors such as obesity or diabetes
- Individuals with viral hepatitis risk
- Anyone with abnormal liver blood tests



## Why Early Testing Matters

- Early detection allows lifestyle changes that may reverse damage
- Doctors can identify risk factors before disease progresses
- Monitoring helps protect long term liver health



**Early testing can help detect liver problems before symptoms appear.**



Educational resource. Not medical advice. Speak with a qualified healthcare professional if you have concerns.



**Sources:**

National Institute of Diabetes and Digestive and Kidney Diseases, American Association for the Study of Liver Diseases, Health Canada