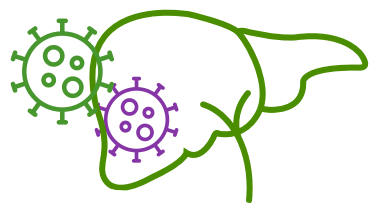


LIVER CANCER



The liver is the **largest** and one of the most important **internal organs** in the body. Liver cancer can occur when changes to liver cells happen in the body of the liver or in the bile ducts of the liver

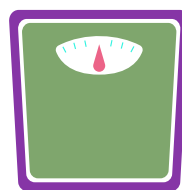
What are some of the **risk factors** for developing liver cancer?



Chronic viral **hepatitis** or liver **cirrhosis**



Consuming **three or more** alcoholic drinks in a day

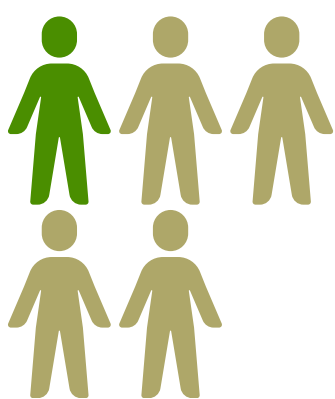


Living with **excess weight** or **obesity**



Consuming grains or legumes contaminated by certain moulds called **aflatoxins**

Some important **things** to know about liver cancer



On average, about **1 in 5** people with liver cancer will **survive for at least 5 years**



While the incidence rate of liver cancer is now dropping in Canada, the **mortality rate is on the rise**

Did you know?

- **Smoking** interacts with liver cancer risk factors, acting as a **catalyst** in the development of the disease
- For **help to stop** using **tobacco**, CALL 811 (The Tobacco Free Nova Scotia Quit Line)

Liver cancer in Nova Scotia

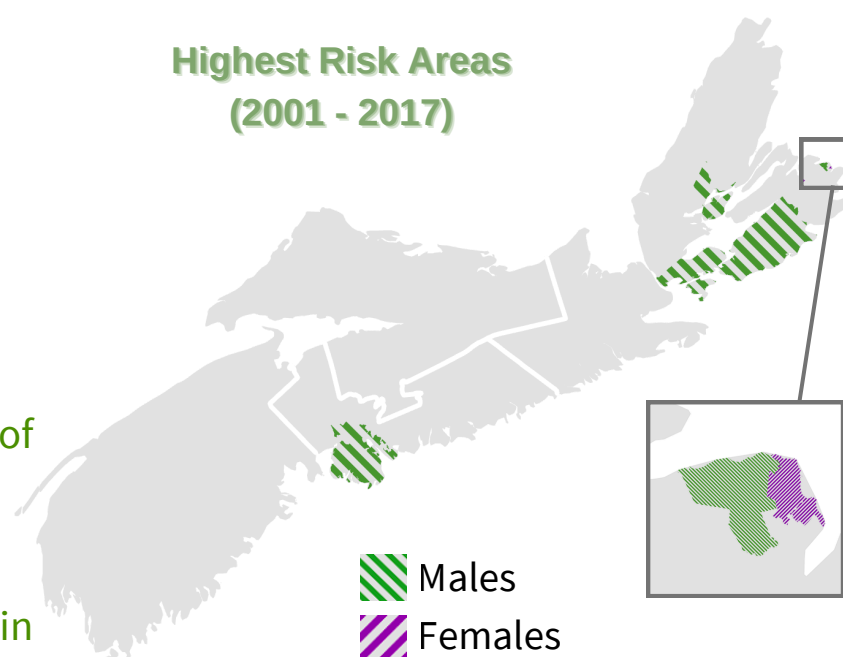


In Nova Scotia, liver cancer incidence rates have been stable in females, but continues to **increase 3.6% each year in males**

Liver cancer occurs throughout Nova Scotia. However, a persistently higher rate has been observed in **females in the Glace Bay area**, and in **males** in Richmond county and in parts of Cape Breton, Victoria, and Halifax counties over the period of 2001-2017

About **1,500** cases of liver cancer are expected to be diagnosed in Nova Scotia in the next 10 years.

Highest Risk Areas (2001 - 2017)



Males
 Females



Take **STEPS** to **reduce** your risk of liver cancer



Avoid drinking **alcohol**



Vaccinate against **Hepatitis B**



Limit **Sedentary time**



Add **aerobic activities** to your day



Limit **junk food** consumption



Eat foods rich in **dietary fibre**



Do not **smoke**