

Prevention is critical

The good news is that there is much you can do to preserve your liver health. It is important to note that up to 80 percent of liver cancer cases are linked to cirrhosis of the liver, which is a disease that can be prevented or managed. And, according to the World Health Organization, more than 40 percent of cancers can be prevented.¹ If you have one or more of the risk factors for liver cancer you should see your physician to establish a prevention plan.

This plan may include:

- Screening for hepatitis
- Screening for liver cancer
- Vaccination for hepatitis if at risk for exposure
- Reduce alcohol use
- Reduce cigarette smoking
- Exercise
- Maintain a healthy weight
- Reduce fat in your diet
- Eat a plant-based diet

You and your physician are the best people to make decisions about your health. This brochure is intended for informational purposes only and is not intended to advise you about which treatment option is best for you. Please speak with your healthcare professional about the options available to you.

Physician contact information

Doctor name:

Phone number:

Address:

City/State/Zip:

**For more information,
visit www.mylivercanceroptions.com**

References

1. World Health Organization. *The World Health Organization's Fight Against Cancer: Strategies That Prevent, Cure and Care*. Geneva, Switzerland: World Health Organization; 2007.
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4. Yamakado K, Nakatsuka A, Takaki H, et al. Early-stage hepatocellular carcinoma: radiofrequency ablation combined with chemoembolization versus hepatectomy. *Radiology*. 2008;247:260-266.
5. Wang YB, Chen MH, Yan K, et al. Quality of life after radiofrequency ablation combined with transcatheter arterial chemoembolization for hepatocellular carcinoma: comparison with transcatheter arterial chemoembolization alone. *Qual Life Res*. 2007;16:389-397.
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LIVER
CANCER



QUESTIONS
AND ANSWERS

You have risk factors for liver cancer.

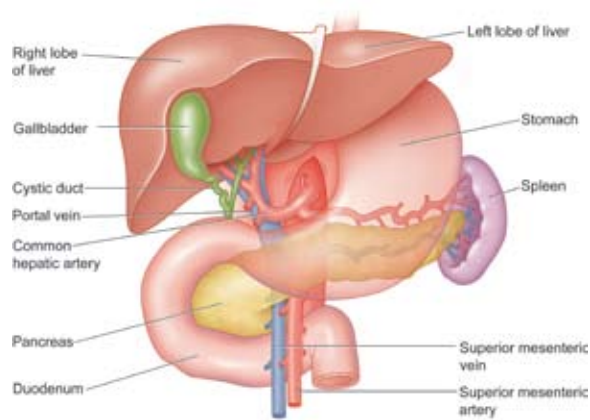
Now what?

Liver cancer is one of the most common cancers worldwide and is one of the few cancers on the rise. This is because of the increase in certain diseases and lifestyle habits that are risk factors for liver cancer. Some of these risk factors include:

- Cirrhosis, or scarring, of the liver
- Infection with hepatitis B or C
- Smoking
- Alcohol abuse that leads to cirrhosis
- Obesity and poor diet

What does the liver do?

The liver is part of the biliary system, which also includes the gallbladder, pancreas, stomach and spleen. The liver is the second largest organ of the body. It filters the blood of fats, drugs, alcohol, chemicals and environmental toxins. The liver also produces and secretes bile, which is important in the process of absorbing important vitamins, such as vitamins A and D. The liver is susceptible to metastatic cancers that can be spread via the blood stream because it filters up to 1,440 liters of blood a day.



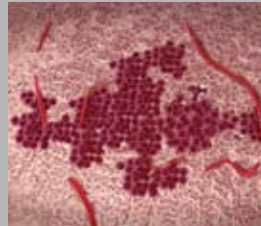
Cancer cells multiply and invade healthy cells. These cancerous cells need blood to thrive so blood vessels increase near tumors. Metastatic cancer develops when cancer cells split off into the bloodstream and spread through the body.

What is liver cancer?

Liver cancer is the fifth most common cancer worldwide in men and eighth in women, and is one of the few cancers still on the rise. The American Cancer Society reported that 711,000 people worldwide were diagnosed with liver cancer in 2007.²

The two most common types of primary liver cancer are hepatocellular carcinoma (HCC) and cholangiocarcinoma, a primary cancer of bile duct cells. HCC accounts for 70 percent to 85 percent of liver cancer cases.²

Other primary cancers often spread to the liver. Colorectal cancer is the most common cancer to metastasize to the liver. It is the fourth most common cancer worldwide in men and the third most common in women. According to the American Cancer Society, more than 1.1 million people worldwide are estimated to have been diagnosed with colorectal cancer in 2007.² Reports show that colorectal cancer will spread to the liver in up to 75 percent of these people.³



What are the symptoms of liver cancer?

Often there are no signs of liver cancer until later stages of the disease. This makes early detection difficult. When symptoms do appear, they may include weight loss, lack of appetite, a sense of fullness after a small meal, a mass or pain near the liver, ongoing stomach pain or a yellow color to the skin and eyes.

What are my treatment options?

Transplant is the only option that is considered curative. There is often a long waiting list for a donor organ, so this is not an option for many patients.

Surgical resection is the gold standard for treating liver tumors.^{3,6} During this procedure a surgeon removes the portion of the liver where the tumor is located. To be considered a good candidate for surgery, the cancer must be found at an early stage. The liver also should be relatively healthy and the patient must not have other health conditions, such as chronic obstructive pulmonary disease (COPD), that could make surgery difficult. Ultimately, only eight percent to 27 percent of patients are candidates for surgery.^{3,6}

Other options are available and most work best as part of a care plan that includes a number of treatment options. These options may include:

- Radiofrequency ablation
- Microwave ablation
- Cryoablation
- Chemotherapy
- Radiation therapy
- Chemoembolization

Radiofrequency ablation studies have shown successful results with the combined use of chemoembolization and radiofrequency ablation, including improved quality of life when compared with chemoembolization alone.^{4,5} Improved outcomes also have been found when radiofrequency ablation is used in conjunction with chemotherapy.³

