Liver cancer is the 8th most common cause of cancer death in the UK. There are around 7,000 cases of liver cancer in the UK each year. Liver cancer is more common in men than in women. Sadly, deaths from liver cancer have more than tripled since 1970.

RISK FACTORS

- Being overweight
- Being obese
- Drinking alcohol
- Cirrhosis
- Smoking

All increase your risk of liver cancer.

WAYS TO REDUCE YOUR RISK

- Stay a healthy weight
- Don’t drink alcohol
- Don’t smoke

Doing these things will reduce your risk of liver and other types of cancers.

For more info on what can affect your liver cancer risk visit: wcrf-uk.org/liver