**BORDERLINE ABNORMAL LIVER TEST:**

**You have been asked to read this leaflet because your liver tests are borderline abnormal. This is likely due to lifestyle issues and the good news is there are changes that you can make which will likely correct this.**

**Please read this leaflet for more information about your results and advise on what changes you can make and next steps for follow up.**

**What do my liver tests mean?**

The liver is a large organ in the body that processes blood balancing nutrients, chemicals (including cholesterol), alcohol and drugs. For the liver to remain healthy it is important that you try to maintain a healthy lifestyle. Your tests show some borderline changes to your liver which may be related to lifestyle choices or other health conditions you may have. This may be a warning sign for a condition called FATTY LIVER DISEASE. If you do not make changes having fatty liver disease can increase your risk in the future of further liver disease and increase your risk of heart, stroke, and kidney disease. **The good news is there are things you can do to reduce this risk.**

**What can I do?**

We encourage you to make positive changes in your lifestyle and ensure your risk factors are controlled as much as possible. This may reverse your abnormal liver tests. Please see a list of the important areas we can work on to try and reverse these changes:

**- Alcohol:**

It is important if you consume alcohol to ensure this is within safe limits as it can have significant effects on your liver health (in addition to heart/ stroke and cancer risk). The NHS recommends men and women should not to drink more than 14 units a week, spreading your drinking over 3 or more days having several drink-free days each week. See link for more advise:

[Alcohol units - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/)

If you are worried about your alcohol use or concerned you are unable to reduce this yourself please contact the surgery or Turning Point for further support

[Wakefield Inspiring Recovery (turning-point.co.uk)](https://www.turning-point.co.uk/services/wakefield)

**- Weight**

Being overweight increases your risk of liver disease and having a fatty liver. Having a healthy weight helps reduce this risk among other health benefits. Please ensure you have had a weight recorded in the past 3 months and if not you can check this in the surgery reception and pass your reading on to the reception staff.

Managing your weight - NHS (www.nhs.uk)

**- Cholesterol**

Cholesterol is a natural fat that is essential for our bodies to work properly. There are “good” and “bad” types of cholesterol. When you have high levels of “bad” cholesterol, they start to clog up your arteries (blood vessels) and over time they become blocked. This leads to circulation and kidney problems and is also how heart attacks and strokes happen.

[How to eat less saturated fat - NHS - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eat-less-saturated-fat/)

**- High blood pressure**

Blood pressure is the force at which your heart pumps blood around your body. If this is high it increases your heart disease risk. This can be managed with lifestyle changes (exercise, weight loss, low salt diet) and if needed medications. Please ensure you have had a blood pressure check in the past 3 months and if not you can check this in the surgery reception and pass your reading on our staff to review.

[High blood pressure (hypertension) - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/high-blood-pressure-hypertension/)

**-Exercise**

Regular exercise is good for the body and mental health and can help improve many of the above risk factors. Please see the attached link for more information about activity levels to aim for- but starting with any movement is great.

[Exercise guidelines - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/exercise/exercise-guidelines/)

**- Smoking**

Smoking has a significant impact on our risk factors for poor future health and stopping can significantly minimise this. There is support available on the NHS and lots of evidence to say that stopping with support makes it easier

[NHS stop smoking services help you quit - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/)

**But I feel fine, do I really need to do anything?**

Most people with borderline liver tests do not feel unwell, but it could be silently increasing your risk of future liver disease and heart, stroke and kidney disease. If we do nothing your risk is likely to increase. We want you to enjoy a happy and healthy future and this is an opportunity to make changes that increase the chance of this!

**What do I do now?**

Please look at your lifestyle and over the next 3 months make some changes, as needed, as highlighted above. Please make an appointment with the surgery for a REPEAT BLOOD TEST in 3-month time to see if any of these changes have improved your blood results (the request form will be on the system). If the results are still abnormal, then further tests will be organised to assess your liver in more detail. If you feel you need any help with managing the above risk factors, please call the surgery for a nurse appointment to discuss. We look forward to supporting you as needed to ensure a healthy future.