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Dr. Joe Galati's 5 TIPS for a Healthy Liver

1. **Know your ALT.** Alanine aminotransferase (ALT) is an enzyme found primarily in the liver, one of the liver tests measured on your blood tests. Elevation of ALT indicates inflammation of the liver. There are numerous causes of elevated ALT, including fatty liver, hepatitis B and C, autoimmune disease, and several other metabolic and genetic disorders. Elevated ALT needs a detailed evaluation by your physician.
2. **Don't ignore a fatty liver.** Fatty liver is a leading cause of chronic liver disease, which in certain individuals, can lead to cirrhosis and liver cancer. Fatty liver is due to obesity, pre-diabetes or type-2 diabetes, elevated cholesterol and triglycerides, and high blood pressure. Fatty liver may have NO symptoms, and you feel well. It can be reversed with weight loss. New research studies are being conducted. Contact our office for details.
3. **Limit alcohol use.** Men should consume no more than two alcohol beverages per day, and women one.
4. **Limit your intake of acetaminophen (TYLENOL).** Historically, the maximum daily adult dose of acetaminophen is 4,000 mg, with a recommended dosage of 352-650 mg every 4-6 hours or 1,000 mg every 6 hours. In 2012, the FDA suggested, but did not mandate, a maximum daily dose for adults of 3,000 mg, with no more than 650 mg every 6 hours, as needed. Acetaminophen is toxic to the liver and can cause acute liver failure and death. Acetaminophen is more toxic when taken with alcohol.
5. **Get vaccinated.** Currently, there are safe and effective vaccines for hepatitis A and hepatitis B. Note there is NO vaccine for hepatitis C. Vaccination can safely prevent these two viruses that can cause serious liver injury, and even death.

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