



Liver Cancer Awareness Month

October 2023

#LiverCancerAwarenessMonth

 EASL™ The Home of Hepatology

Every October, we stand united for #LiverCancerAwarenessMonth, and EASL is proud to support this vital campaign. This month is a significant opportunity to raise awareness, educate, and advocate for liver health on a global scale. It serves as a reminder that by working together, we can make a profound impact in the fight against liver cancer. We are committed to advancing knowledge, improving prevention and early detection, and enhancing treatment options to improve the lives of those affected by this challenging disease. Join us in spreading the message of hope, knowledge, and action throughout October and beyond. Together, we can create a brighter future in the battle against liver cancer.



The Global Impact

In 2020, 905,700 individuals were diagnosed with liver cancer, and 830,200 lost their lives to this devastating disease. Shockingly, liver cancer ranked among the top three causes of cancer-related deaths in 46 countries. Without action, cases could rise by 55% from 2020 to 2040. ¹

We are here to spread the word!



Understanding Liver Cancers

Liver cancers originate in different liver cells, and understanding them is crucial for early detection and treatment.

- Hepatocellular Carcinoma (HCC): The most common type in adults, starting in hepatocytes, the primary liver cells.
- Cholangiocarcinoma: The second most common, originating in cholangiocytes, lining the bile ducts.
- Angiosarcoma & Hemangiosarcoma: Rare cancers from blood vessels within the liver, less common but equally important.
- Hepatoblastoma: A rare liver cancer affecting children under 4 years old, requiring special attention and care. ^{2,3}

Knowledge is power for early diagnosis and better outcomes.



Treatment Options

The approach depends on the stage:

- Early Stages: Surgical or percutaneous therapies aim to remove or destroy the tumor while preserving healthy liver tissue.
- Intermediate Stages: Intra-arterial therapies deliver treatment directly to the tumor via blood vessels, targeting cancer cells precisely.
- Advanced Stages: Systemic therapies tackle cancer throughout the body. Ablation, embolisation therapy, targeted therapies, and even transplantation can be part of a personalised treatment plan. ⁴

Early detection and personalisation make a world of difference.



Recent progress in molecular characterisation and targeted therapy has prompted the development of evidence-based guidelines by international experts to aid physicians in diagnosis and management of intrahepatic cholangiocarcinoma: <https://easl.eu/publication/easl-ilca-clinical-practice-guidelines-icca/>



Understanding the risk factors

1. Chronic Viral Infections: Hepatitis B and C are major contributors. Regular screenings and vaccinations offer protection.
2. Environmental Factors: Excessive alcohol use and a sedentary lifestyle increase the risk. Moderation and physical activity are vital.
3. Dietary Habits: A balanced diet can reduce the risk.
4. Metabolic Disorders: Obesity and diabetes are linked to liver cancer. Maintaining a healthy weight and managing these conditions can make a difference.

Understanding the risk factors of liver cancer is essential for early detection and prevention.



Prevention is key

Prevention is the best protection:

1. Early Detection: Regular check-ups can catch liver issues early.
2. Fighting Chronic Liver Diseases: Manage conditions like hepatitis and cirrhosis to reduce the risk.
3. HBV Vaccination: Protect yourself and your loved ones with the hepatitis B vaccine.
4. Treating HCV: Seek treatment if you have hepatitis C, a crucial step towards liver health.
5. Moderate Alcohol: Limit alcohol consumption to reduce liver strain.
6. Get Moving: Physical activity promotes a healthy liver.
7. Balanced Diet: Opt for a diet rich in fruits, vegetables, and whole grains for liver wellness.

Preventing liver cancer is within our reach. Share these tips and join the fight for a healthier tomorrow!

Explore EASL educational resources on liver tumours



EASL CAMPUS

1800+ educational resources are available on EASL Campus to help further your knowledge on liver tumours.

easlcampus.eu

EASL STUDIO

Watch interviews and debates on liver tumours, with experts who share their perspectives on the latest science in clinical practice, prevention, and patient care.

easl.eu/easl-studio/

EASL Policy Dialogues

EASL Studio Policy Dialogues episodes showcase the policy stakes at the European & global level for liver health. Discover the policy dialogues about liver tumours.

easlcampus.eu/policy-dialogues



"This October, during Liver Cancer Awareness Month, I stand with all organisations uniting Europe in the call to save lives by providing accessible cancer surveillance and screening programmes in all Member States"

- MEP Cyrus Engerer, Co-Chair of the MEP Friends of the Liver Group

Liver Cancer: a disease with links

MASLD

The journey from simple fatty liver to liver cancer is one we must understand. As we progress through stages like early MASH, fibrotic MASH, MASH cirrhosis, and eventually liver failure, the risk of cancer mortality increases.

Viral Hepatitis

A recent study by WHA found 42% of people globally are not aware that one of the leading causes of liver cancer is viral hepatitis. Chronic viral hepatitis can lead to hepatocellular carcinoma (HCC), which accounts for 80% of all liver cancer cases and is the third most common cause of cancer deaths worldwide.

Together, we can break the cycle and reduce the risk of liver cancer.

Read up on viral hepatitis in our Journal of Hepatology and JHEP Reports!



[Identification and experimental validation of druggable epigenetic targets in hepatoblastoma, Clavería-Cabello, Alex et al. Journal of Hepatology, Volume 79, Issue 4, 989 - 1005](#)

[HILPDA promotes NASH-driven HCC development by restraining intracellular fatty acid flux in hypoxia, Povero, Davide et al., Journal of Hepatology, Volume 79, Issue 2, 378 - 393](#)

[Combination immunotherapy for hepatocellular carcinoma, Rimassa, Lorenza et al. Journal of Hepatology, Volume 79, Issue 2, 506 - 515](#)

[Role of immune responses in the development of NAFLD-associated liver cancer and prospects for therapeutic modulation, Yahoo, Neda et al. Journal of Hepatology, Volume 79, Issue 2, 538 - 551](#)

[Immunobiology of cholangiocarcinoma, Tomlinson, Jennifer L. et al. Journal of Hepatology, Volume 79, Issue 3, 867 - 875](#)

[Landscape of alcohol-related hepatocellular carcinoma in the last 15 years highlights the need to expand surveillance programs, Reggiori, NicolaBiselli, Maurizio et al. JHEP Reports, Volume 5, Issue 8, 100784](#)

[Non-alcoholic fatty liver disease and diabetes mellitus as growing aetiologies of hepatocellular carcinoma, Talamantes, Stephanie et al., JHEP Reports, Volume 5, Issue 9, 100811](#)

References



- 1 Rungay H., Global burden of primary liver cancer in 2020 and predictions to 2040. J Hepatol. 2022 Aug 27:S0168-8278(22)03022-7
- 2 <https://ilca-online.org/education/information-for-patients/>
- 3 Li, X. et al. The immunological and metabolic landscape in primary and metastatic liver cancer. Nat Rev Cancer 21, 541–557 (2021)
- 4 Sangro, B et al. Advances in immunotherapy for hepatocellular carcinoma. Nat Rev Gastroenterol Hepatol 18, 525–543 (2021)



"Liver cancer is among the very few cancers that still have rising mortality rates. Late diagnosis is a major problem and lives could easily be saved. This October for Liver Cancer Awareness Month, let's talk about it."

- MEP Pietro Fiocchi, Co-Chair of the MEP Friends of the Liver Group