



# HIV AND THE LIVER

**2.3**  
MILLION   
Europeans have HIV

**29**  
MILLION   
Europeans affected by  
Liver disease

Liver disease accounts for 14%-18% of all HIV deaths

**1,386**

deaths in Western  
and Central Europe

**12,600**

deaths in Eastern  
Europe and Asia



The **largest** internal organ in the body, a healthy **liver** is especially important for people with HIV



The **liver** plays a vital part in **processing medicines** used to treat HIV and other conditions

**30%**  
IN THE US

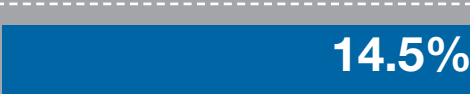
**30%**  
IN EUROPE

**10%**  
WORLDWIDE

- People living with HIV and hepatitis B or C progress to end stage liver disease faster than people living with just hepatitis B or C
- Approximately 30% of people living with HIV in the United States and Europe are co-infected with hepatitis C
- 10% of people living with HIV worldwide are chronically infected with hepatitis B

**Liver disease** is the **second** leading cause of death after AIDS for people with HIV

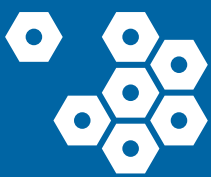
AIDS  **31.1%**

Liver Disease  **14.5%**

Cardiovascular Disease  **11%**

Non-AIDS Malignant Disease  **9.4%**

 **6.5x**  
**HIGHER**



Incidence of liver dysfunction is 6.5 times higher in people living with HIV compared to the rest of the population

## CAUSES

of liver disease in people living with HIV

- Alcoholic hepatitis
- Alcoholic cirrhosis
- Chronic hepatitis B
- Chronic hepatitis C
- Non-alcoholic fatty liver disease
- Drug-induced hepatotoxicity



**x2**

Rates of heavy drinking among people with HIV are almost twice those found in the general population



**Heavy drinking causes liver disease**



## PREVENTION



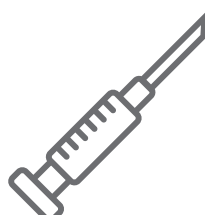
- Limit alcohol intake



- Eat a healthy diet



- Exercise regularly



- Vaccinate against hepatitis A and hepatitis B

- Never share needles and always use condoms to prevent spread of hepatitis

**WANT TO KNOW MORE?**

Visit [www.easl.eu](http://www.easl.eu)  
or [www.aidsmap.com](http://www.aidsmap.com)