Body Part 411>> The Liver

What it is: A large, wedge-shaped organ in your upper-right abdomen, behind your ribs.

July 1, 2005 By Staff

>>What it is: A large, wedge-shaped organ in your upper-right abdomen, behind your ribs.
>>What it does: Filters out harmful chemicals, builds digestive fluid and stores vitamins and minerals.
>>Why you need to know about it: Alcoholism and hepatitis (a viral infection through blood, sex or unsanitary conditions) can damage it. Hepatitis B (one of six forms) hits African Americans four times more than whites, and blacks have the highest rates of chronic hepatitis C.
>>How to keep it healthy: Get vaccinated against hep A and hep B (there is no vaccination yet for hep C). Practice safer sex. Limit your alcohol intake. Don’t mix medications without your doctor’s OK. If you inject drugs, never share needles.

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