ELPA
European Liver Patients' Association
20 YEARS FOR PATIENTS
2005 - 2025

Together we are stronger!

ELPA MEMBERS' PROJECTS SUPPORT 2025

Contents

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ELPA Members' Projects Support 2025

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Our mission

Founded in 2005, the European Liver Patients' Association (ELPA) was born out of a collective aspiration among liver patient groups across Europe to exchange insights about the varying strategies employed in managing liver disease in different nations. Today, ELPA is a comprehensive network representing 39 member organisations from 29 countries.

ELPA's core mission is to advocate for individuals affected by liver conditions by undertaking several key initiatives. These include raising awareness of the substantial impact of liver diseases, promoting preventive measures, increasing the visibility of liver conditions in health discourse, disseminating knowledge from successful health campaigns, and collaborating with healthcare professionals to standardise the quality of care for liver disease across Europe.

Our vision is a future where all patients with liver diseases are diagnosed promptly, treated with dignity, and have equitable access to the highest standard of medical care, irrespective of their background, lifestyle, or the nature of their liver condition.

ELPA's efforts are focused on three main pillars.

MEMBER EMPOWERMENT

ELPA is an organisation of patients, by patients, and for patients. We are devoted to empowering those we represent through comprehensive training programs, capacity-building initiatives, and fostering a supportive network. Our structure includes ten specialised working groups, each designed to enable expert patients to deepen their expertise in distinct areas of liver disease. These groups are instrumental in bolstering our community's knowledge and advocacy.

POLICY AND ADVOCACY

As a leading umbrella patients' association, ELPA serves as a link among key stakeholders in the liver disease community, including national patient groups, researchers, the medical industry, and policymakers. Our unique position allows us to offer essential insights drawn from direct engagement with patient experiences and best practices observed on both national and regional levels.

ELPA proudly holds membership in several influential bodies, which allows us to amplify the patient voice and contribute to shaping health policy.

In our commitment to excellence and effective communication with our supporters and stakeholders, ELPA achieved the ISO 9001:2015 quality standard in 2021. This certification recognised us as the first European patients' association to implement a quality management system, demonstrating our dedication to high standards and continuous improvement. In 2023, ELPA successfully renewed its ISO certification.

PARTICIPATION IN RESEARCH PROJECTS

ELPA is currently involved in more than 20 groundbreaking projects driving innovation in medical research, education, and patient advocacy. Collaborating with more than 300 researchers, policymakers, and industry leaders, ELPA emphasises the crucial role of patient engagement in shaping effective healthcare solutions.

ELPA VALUES

Equality

Respect for diversity

Patient driven

Commitment

Transparency

The foreword of the President

In 2025, ELPA continued to work closely with its members on initiatives developed at the national level. During the year, ELPA supported projects led by 21 associations across 14 countries.

It is my pleasure to introduce this collection of outstanding practices implemented at the national level. This compendium reflects the shared efforts of liver patient associations throughout Europe and beyond, all united by a common commitment to exchanging knowledge, experiences, and expertise. By sharing effective approaches and best practices, we strive to improve the quality of care and treatment available to liver patients and their families. We recognise that people living with liver disease face a wide range of challenges, often shaped by geographical location, resource availability, and cultural contexts. For this reason, the examples presented in this publication highlight diverse and adaptable practices that can respond to the specific needs of different communities.

Furthermore, this compendium highlights the importance of cooperation between the European Union (EU) and national stakeholders in different countries. The EU plays a key role in shaping healthcare policies and standards across Europe, while individual nations operate within distinct healthcare systems and cultural environments. Through collaboration, we seek to ensure that EU-level policies are translated into actions that are meaningful and effective at the national and local levels. This booklet illustrates how the advocacy and initiatives of national patient associations contribute to this shared

objective. I hope that this publication will serve as a valuable resource for liver patients, their families, healthcare professionals, and policy-makers, encouraging continued collaboration and innovation in addressing liver disease.

The support provided through the ELPA Members Project Support went beyond financial assistance, reflecting a strong commitment from both sides. On one hand, it demonstrated the determination of ELPA members to strengthen their communities through initiatives designed to create tangible change at the grassroots level. On the other hand, it enabled ELPA to further engage in patient-focused activities at the local level, reinforcing its collaboration with members and continuing this joint effort for a fourth consecutive year. Together, we are stronger!

Marko Korenjak

The foreword of the ELPA Board of Directors

As the governing body of ELPA, we are pleased to announce the release of the new 2025 booklet highlighting ELPA members' projects. This important publication showcases practical examples drawn from the real-life experiences of ELPA members within their local communities. Throughout 2025, we were honoured to continue supporting our members, reinforcing this initiative as a permanent mechanism designed to strengthen and assist the work carried out by our associations.

The value of this compendium is considerable. Liver disease affects millions of people worldwide, yet awareness remains limited and many misconceptions still exist. By bringing together the knowledge, insights, and experiences of our members, we aim to help close this gap and provide an essential resource for those who need it most.

Our broader objective is to empower ELPA members by equipping them with the knowledge and practical tools necessary to advocate more effectively for improved liver health at the national level. By

sharing the best practices developed by our members, we hope to inspire and encourage other associations, policymakers, and healthcare stakeholders who are addressing the many challenges related to liver disease.

We would like to express our sincere appreciation to everyone who contributed to this booklet through their dedication and work at the national level. Your commitment has made it possible to create a valuable resource that supports liver patients, motivates other patient organisations, and encourages the development of new ideas and initiatives.

In addition, involvement in these national initiatives offered a valuable opportunity to remain in close contact with ELPA members, allowing for continuous dialogue and regular exchanges about ongoing activities. These interactions also created moments for more personal connections, helping to strengthen the sense of community among members.

It is important to emphasise that this initiative in 2025 was not only a means of supporting the growth of our members but also a way to further strengthen the European Liver Patients' Association itself, reflecting the strong and mutually beneficial relationship it shares with its member organisations. Together, we are stronger!

ELPA Board of Directors

ELPA Members receiving funding in 2025

BOSNIA & HERZEGOVINA

- The Chronic Viral Hepatitis Patients Association - B18

CYPRUS

- Promitheas

FINLAND

- The Finnish Kidney and Liver Association

FRANCE

- SOS Hépatites & Maladie du foies
- TRANSHÉPATE Federation

KAZAKHSTAN

- Anti Hepatitis C Organisation

NORTH MACEDONIA

- Association for health education, prevention, and better treatment - HEPTA
- Hepar Centar - Bitola

ROMANIA

- Patients with Hepatic Impairment Association of Romania - APAH-RO

SERBIA

- Association for helping patients with chronic viral hepatitis - HRONOS

SLOVAKIA

- HEP HELP KLUB
- Šanca pre pečeň
- Slovak Coalition of People with Obesity and Overweight - SKLON

SLOVENIA

- Association - SLOVENIJA HEP

SPAIN

- National Federation of Liver Patients and Transplanted - FNETH
- LAL-D Patient Organization
- Catalan Federation of Rare Diseases – FECAMM

SWEDEN

- Riksföreningen Hepatit C - RHC

TURKEY

- Living with Hepatitis Association - HEPYAŞAM

UNITED KINGDOM

- British Liver Trust
- Liver4Life


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TRANSHÉPATE ÎLE DE FRANCE


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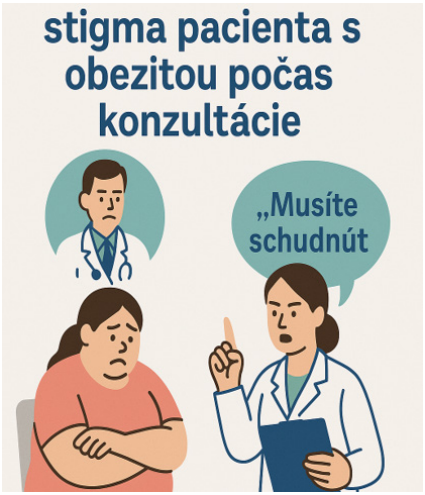
HRONOS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The Chronic Viral Hepatitis Patients Association-B18

Bridge to a Healthy Community

The Chronic Viral Hepatitis Patients Association "B18" implemented the project *Bridge to a Healthy Community* to raise awareness and knowledge about hepatitis B and C, substance use disorders, and the importance of healthy lifestyles and proper nutrition. The initiative aimed to improve health literacy among citizens, particularly young people and vulnerable groups, while promoting prevention, early detection, and healthier behavioural patterns.

The project combined educational, preventive, and support-oriented activities to ensure a comprehensive community-based approach. A central component was the delivery of educational theatre performances, which served as an engaging and accessible tool to communicate key health messages. In total, six performances of the educational play "Virus" were organised across several cities, including Banja Luka, Vitez, and Mostar, complemented by expert lectures delivered by healthcare professionals.

In parallel, the project marked key public health awareness dates, including World Hepatitis Day, World HIV Day, and World Patient Safety Day, integrating free testing opportunities and educational outreach. Approximately 200 triple HBV/HCV/HIV tests were procured and used to increase access to early diagnosis. Educational materials covering hepatitis, healthy nutrition, and lifestyle choices were developed and widely distributed to institutions, healthcare facilities, and the general public.

The Info Hep Center played a continuous role in providing counselling and support through phone, online, and in-person consultations, addressing patient needs related to diagnosis, treatment access, and disease management. Additionally, the association strengthened its internal capacity through website updates, improved communication tools, and training activities for its members, ensuring sustainability and long-term impact.

Key activities included:

- Organisation of six educational theatre performances and expert-led lectures
- Commemoration of major public health awareness days with testing and outreach
- Distribution of educational and promotional materials on hepatitis and healthy lifestyles
- Provision of counselling and support services through the Info Hep Center
- Capacity building and digital development of the association

The project achieved significant results in raising awareness and improving knowledge among the target population, reaching approximately 500–800 individuals through performances and educational activities. It contributed to reducing stigma associated with hepatitis and substance use disorders, while encouraging healthier behaviours and early testing. Increased access to information, diagnostics, and support services further strengthened the overall impact.

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Promitheas

Quality of Life in Liver Transplant Patients

The Cyprus Liver Patients Association implemented the project *Quality of Life in Liver Transplant Patients* to evaluate and better understand the physical, psychological, and social wellbeing of individuals who have undergone liver transplantation. The initiative aimed to assess patients' quality of life (QoL) following transplant procedures and generate evidence to support improved post-transplant care and patient support strategies.

The project adopted a research-based approach, focusing on the collection and analysis of patient-reported outcomes across Cyprus. In collaboration with the transplant clinic at the General Hospital of Nicosia and medical professionals, the association conducted a structured survey targeting liver transplant recipients aged 18–65. The study used the McGill Quality of Life Questionnaire (MQOL), which evaluates multiple dimensions of wellbeing, including physical health, psychological condition, existential aspects, and perceived support.

By examining these different dimensions, the project provided a comprehensive understanding of patients' experiences after transplantation, highlighting both improvements in health and ongoing challenges. The methodology enabled the identification of key factors influencing quality of life, such as recovery processes, emotional wellbeing, and social reintegration, offering valuable insights for healthcare providers and patient organisations.

Key activities included:

- Conducting a nationwide survey among liver transplant patients
- Application of the McGill Quality of Life Questionnaire (MQOL)
- Collaboration with healthcare professionals and transplant clinics
- Analysis of physical, psychological, and social dimensions of patient wellbeing

The project contributed to a deeper understanding of post-transplant patient experiences and emphasised the importance of quality of life as a key indicator of therapeutic success. The findings are expected to support improvements in follow-up care, patient support services, and healthcare planning.

By focusing on patient-reported outcomes and holistic wellbeing, the initiative reinforced the need for comprehensive, patient-centred approaches in liver transplantation care. Moving forward, continued research and integration of quality-of-life assessments into clinical practice will be essential to enhance long-term outcomes for transplant recipients.

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The Finnish Kidney and Liver Association

Liver Week 2025 highlighted early detection and prevention

The Finnish Kidney and Liver Association implemented this project to raise awareness of the early detection and prevention of steatotic liver disease (SLD), with a particular focus on improving recognition and diagnosis within healthcare systems. The initiative aimed to strengthen knowledge among healthcare professionals, decision-makers, and the general public, while highlighting the growing burden of liver diseases linked to obesity, alcohol consumption, and late diagnosis.

The project combined research, public engagement, and policy-oriented activities to provide a comprehensive overview of the current situation in Finland. A national survey was conducted targeting primary and specialised healthcare professionals, as well as decision-makers in wellbeing areas, to assess current practices in early detection, monitoring, and patient guidance for liver diseases. The findings revealed significant gaps in knowledge and training, as well as a tendency for liver diseases to be diagnosed at advanced stages.

To complement the survey, the association organised a series of activities during Liver Week 2025, including public webinars and a high-level event aimed at professionals and policymakers. These events focused on early recognition of liver diseases, the impact of obesity across all age groups, and practical approaches to improving liver health in everyday life. The results of the survey were disseminated through webinars, press releases, and a dedicated event at the Finnish Parliament, ensuring strong visibility and engagement with key stakeholders.

Key activities included:

- Conducting a nationwide survey on early detection and management of liver diseases
- Organising public webinars on liver health, nutrition, and early diagnosis
- Hosting an expert and policy-focused event at the Finnish Parliament
- Disseminating findings through media outreach, press releases, and social media campaigns

The project achieved significant outreach and impact, engaging healthcare professionals, policymakers, and the general public. The webinars attracted a wide audience both live and online, while social media communication reached tens of thousands of individuals. Media coverage further amplified the project's key messages, highlighting the urgent need for improved liver disease prevention and early detection strategies.

The findings underscored the growing public health challenge posed by liver diseases in Finland, including increasing mortality rates and the rising impact of obesity-related liver conditions. The project successfully raised awareness of these issues and generated strong support for policy changes, including the recognition of fatty liver disease and liver cirrhosis as major public health priorities. Moving forward, continued efforts will focus on strengthening early detection practices, improving professional training, and integrating liver health more prominently into national healthcare strategies.

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Fédération SOS hépatites & Maladies du Foie

June Without Added Sugars – 3rd Edition

Fédération SOS hépatites & maladies du foie implemented the project *June Without Added Sugars – 3rd Edition* to raise awareness about the health risks associated with excessive consumption of added sugars and to promote healthier lifestyle choices. The initiative aimed to encourage individuals to reduce or eliminate added sugars for one month, thereby improving understanding of dietary habits and their impact on liver health, particularly in relation to fatty liver disease and metabolic conditions.

The project was designed as both an individual and collective challenge, combining behavioural change with research and community engagement. Participants were invited to take part at different levels, from simple engagement to active involvement as ambassadors promoting the initiative within their communities. The collective dimension of the challenge played a key role in maintaining motivation, with participants sharing experiences, advice, and encouragement throughout the process.

In parallel, the project incorporated a scientific component through collaboration with research institutions, enabling the collection and analysis of data on participants' behaviour and outcomes. Communication activities, including social media campaigns, press outreach, and educational content, ensured wide dissemination and engagement across different target groups, including patients, healthcare professionals, and the general public.

Key activities included:

- Organisation of a nationwide behavioural challenge to reduce added sugar consumption
- Engagement of participants through community support, shared experiences, and ambassador roles
- Collaboration with research institutions to analyse data and generate evidence
- Implementation of communication campaigns across social media and traditional media

The project demonstrated a strong impact in promoting behavioural change, with previous editions showing that a large majority of participants reduced their sugar intake, and many maintained these changes over time. The initiative also contributed to increased awareness of the link between diet, metabolic health, and liver disease.

By combining public engagement with scientific research, the project strengthened understanding of the benefits and challenges of reducing sugar consumption. Moving forward, the continued development of the initiative and dissemination of its findings will support advocacy efforts and contribute to long-term improvements in public health and liver disease prevention.

CONTACT

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TRANSHÉPATE Federation

40th Anniversary of Transhépate

Transhépate – Fédération Nationale des Malades et Transplantés Hépatiques implemented the project *40th Anniversary of Transhépate* to celebrate four decades of patient advocacy while raising awareness of liver transplantation and strengthening engagement among patients, healthcare professionals, and stakeholders. The initiative aimed to highlight progress in liver transplantation, promote knowledge exchange, and reinforce the role of patient organisations in improving care and outcomes.

The project centred on the organisation of a dedicated event bringing together a wide range of participants, including patients, clinicians, and experts in transplantation. The programme featured a series of lectures and presentations focused on liver transplantation, advances in clinical practice, and patient care. Contributions from key speakers, including representatives from ELPA and the European Society for Organ Transplantation (ESOT), enriched the discussions and provided a broader European perspective on transplantation and patient advocacy.

The event also served as an important platform to introduce ELPA's work in France and strengthen collaboration between national and European stakeholders. Participants actively engaged in discussions, demonstrating strong interest in the topics presented and contributing to a dynamic exchange of knowledge and experiences.

Key activities included:

- Organisation of a high-level anniversary event bringing together patients and experts
- Delivery of lectures on liver transplantation and advances in care
- Presentation of ELPA's activities and European perspectives on liver health
- Engagement with stakeholders to foster collaboration and knowledge exchange

The project achieved a high level of participation and engagement, successfully raising awareness of liver transplantation and the role of patient organisations. The presence of leading experts, including pioneers in liver transplantation, added significant value to the event and reinforced its impact.

Following the event, communication activities were carried out through newsletters and outreach to partners, further disseminating key messages and outcomes. By combining celebration with education and advocacy, the initiative strengthened community ties and highlighted the continued importance of patient engagement in advancing liver health. Moving forward, building on these collaborations and maintaining momentum in awareness and education will be essential to support patients and improve transplantation outcomes.

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AGEP'C Anti Hepatitis C Organisation

Modernisation of the Organisation's Website

AGEP'C modernised its website to enhance access to reliable information, improve communication with patients, and expand digital support services for individuals affected by liver diseases and viral hepatitis. The initiative aimed to strengthen the organisation's online presence and create a more accessible and interactive platform for patients and the general public.

The project focused on upgrading the website's functionality and content, enabling the publication of a wider range of educational materials and resources. By expanding the platform's capabilities, the organisation sought to provide timely information, improve navigation, and ensure that users could easily access relevant content related to liver health, diagnosis, and treatment. The initiative also included the development of tools to facilitate communication and feedback between patients and healthcare professionals.

In addition to technical improvements, the project included capacity-building activities, including staff and contributor training to effectively manage and update the platform. Online consultations were introduced as a key feature, allowing patients to receive guidance and support remotely, thereby increasing accessibility for individuals across the country.

Key activities included:

- Modernisation and expansion of the website's functionality
- Publication of informational and educational materials
- Implementation of online consultations and feedback channels
- Training of staff and development of digital skills

The project contributed to improved access to information and support services for patients with liver diseases, viral hepatitis, and co-infections. Strengthening digital communication enabled broader outreach and more efficient dissemination of knowledge across the country.

By investing in digital infrastructure and patient-centred communication, the initiative enhanced the organisation's capacity to support its target groups and respond to their needs. Moving forward, continued development of online services and content will be essential to ensure sustainable impact and improved access to liver health information.

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Association for health education, prevention and better treatment-HEPTA

Shining a Light: Raising Awareness of Rare Liver Diseases in Our Community

NVO HEPTA implemented the project *Shining a Light: Raising Awareness of Rare Liver Diseases in Our Community* to improve public understanding of rare liver diseases and address the challenges of underdiagnosis, misinformation, and stigma. The initiative aimed to educate the general population, promote early recognition of symptoms, and provide accessible support and information to patients and their families.

The project adopted a multi-faceted approach combining education, community engagement, and collaboration with healthcare providers. A series of workshops, seminars, and educational lectures were organised in community centres, schools, and online platforms, involving both healthcare professionals and individuals with lived experience. These interactive sessions encouraged dialogue, increased awareness of risk factors and symptoms, and promoted the importance of regular medical check-ups.

In addition, awareness campaigns were supported by the distribution of easy-to-understand educational materials, including brochures and visual content, as well as activities such as Liver Health Day, which brought together the public through informational stands, talks, and interactive discussions. Collaboration with local healthcare providers, patient organisations, and educational institutions further expanded the reach and impact of the initiative.

Key activities included:

- Organisation of educational workshops and community seminars on rare liver diseases
- Development and distribution of accessible informational materials
- Celebration of Liver Health Day with public engagement activities
- Collaboration with healthcare providers, schools, and patient organisations

The project achieved strong engagement, particularly in rural areas where interest and participation exceeded expectations. It contributed to improved recognition of symptoms, increased demand for preventive check-ups, and greater openness in discussing rare liver conditions.

By addressing knowledge gaps and reducing stigma, the initiative strengthened community awareness and support networks for individuals affected by rare liver diseases. Moving forward, continued educational efforts and collaboration with stakeholders will be essential to sustain progress and further improve early diagnosis and patient support.

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Hepar Centar Bitola

World Hepatitis Day 2025

Hepar Centar Bitola implemented the project *World Hepatitis Day 2025* as a large-scale national campaign to raise awareness, increase testing, and improve prevention and care for viral hepatitis, HIV, and liver cancer in North Macedonia. The initiative aimed to reach both the general population and high-risk groups, strengthen collaboration among key stakeholders, and contribute to national efforts toward the elimination of viral hepatitis as a public health threat.

The project combined community outreach, medical services, and policy engagement to deliver a comprehensive and impactful campaign. Activities were implemented across 10 cities and multiple locations, including prisons and harm reduction centres, ensuring that vulnerable and hard-to-reach populations had access to information and screening. Free and anonymous testing for hepatitis B, hepatitis C, and HIV was provided alongside advanced liver assessments using FibroScan technology, enabling early detection and timely referral to care.

In parallel, the campaign included strong communication and advocacy components, such as press conferences, media appearances, and social media outreach, significantly increasing public awareness of liver health. Collaboration with national institutions, healthcare providers, and international organisations strengthened the impact and visibility of the initiative, while policy dialogue contributed to advancing national strategies for hepatitis and liver disease prevention.

Key activities included:

- Nationwide awareness and screening campaign across multiple cities and locations
- Free testing for hepatitis B, hepatitis C, and HIV, including FibroScan assessments
- Targeted outreach to vulnerable populations in prisons and harm reduction centres
- Organisation of press conferences, media campaigns, and public awareness activities
- Engagement with policymakers and healthcare institutions to support long-term strategies

The project achieved significant results, screening approximately 1,700 individuals and conducting over 5,000 tests, alongside hundreds of FibroScan examinations. It enabled early diagnosis and linkage to care for many participants, while reaching thousands more through awareness and education activities.

By combining medical services with advocacy and community engagement, the project demonstrated a powerful model for integrated public health action. It strengthened partnerships at national and international levels and contributed to important milestones, including increased policy attention and the development of coordinated approaches to liver health. Moving forward, sustained investment in awareness, screening, and policy implementation will be essential to maintain momentum and achieve long-term elimination goals.

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Patients with hepatic impairment Association of Romania-APAH-RO

Healthy Liver – Healthy Life

The Romanian Association for Patients with Liver Disease (APAH-RO) implemented the project *Healthy Liver – Healthy Life* as a national awareness campaign aligned with World Liver Day and the European Testing Week. The initiative aimed to increase awareness of liver health, promote prevention and early diagnosis of viral hepatitis, and encourage healthier lifestyle choices among the general population.

The project adopted a multi-faceted communication and outreach approach, combining public awareness activities with targeted information campaigns. In collaboration with physicians' associations and national and local partners, the initiative focused on disseminating accurate and accessible information about liver function, viral hepatitis B and C, and the importance of testing and vaccination. Particular attention was given to reducing stigma associated with liver diseases and improving public understanding of prevention and treatment options.

A strong digital component supported the campaign, with daily online materials published over several weeks to highlight the role of lifestyle factors, including nutrition and physical activity, in maintaining liver health. The campaign also emphasised the growing impact of metabolic-associated liver diseases, especially among patients with a history of viral hepatitis. Communication activities included the development of posters, flyers, social media content, and press releases, ensuring wide dissemination of key messages across Romania.

Key activities included:

- Development and dissemination of educational materials on liver health and viral hepatitis
- Implementation of a nationwide awareness campaign through social media and public communication
- Promotion of testing and vaccination for hepatitis B and C
- Collaboration with healthcare professionals and partner organisations

- Publication of daily online content highlighting healthy lifestyle practices

The project contributed to increased public awareness of liver health and the importance of early detection and prevention. It also supported efforts to improve testing uptake and promote healthier behaviours among both the general population and at-risk groups.

By combining education, communication, and stakeholder collaboration, the initiative strengthened national efforts to address liver diseases and viral hepatitis. Moving forward, continued awareness campaigns and expanded access to testing and prevention services will be essential to sustain impact and improve liver health outcomes in Romania.

CONTACT

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Association for helping patients with chronic viral hepatitis-HRONOS

High-Level HCC Conference

Hronos organised the *High-Level HCC Conference* to address key challenges in the diagnosis, treatment, and management of hepatocellular carcinoma (HCC) in Serbia. The initiative aimed to bring together experts, patients, industry representatives, and decision-makers to develop a coordinated and strategic approach to liver cancer care, with a strong focus on improving patient pathways and healthcare outcomes.

The project centred on organising a high-level roundtable that served as a platform for multidisciplinary dialogue and collaboration. Participants discussed critical aspects of the patient journey, including screening, early detection, diagnostics, and access to treatment. The meeting enabled the exchange of expertise and experiences across sectors, fostering a shared understanding of existing gaps and opportunities for improvement.

The discussions were structured around thematic sessions covering viral hepatitis, metabolic-associated liver disease, hepatocellular carcinoma, and broader systemic challenges such as stigma, discrimination, and patient access to care. The event also highlighted the importance of decentralised healthcare approaches, improved screening programmes, and stronger integration of patient perspectives into clinical and policy decision-making.

Key activities included:

- Organisation of a high-level round table with multidisciplinary stakeholders
- Facilitation of discussions on patient pathways, screening, diagnostics, and treatment
- Engagement of patients, healthcare professionals, policymakers, and industry representatives
- Development of recommendations and a strategic framework for improving liver cancer care

The project contributed to increased awareness of the challenges associated with liver cancer in Serbia and strengthened collaboration among key stakeholders. A key outcome was the development of recommendations aimed at improving early detection, access to treatment, and coordination of care within the healthcare system.

By fostering dialogue and aligning stakeholders around common priorities, the initiative laid the groundwork for more structured and effective approaches to liver cancer management. Moving forward, the implementation of these recommendations and continued stakeholder engagement will be essential to improve patient outcomes and advance liver health policy in Serbia.

CONTACT

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Šanca pre pečeň

Preventive Actions in Liver Diseases

Šanca pre pečeň implemented the project *Preventive Actions in Liver Diseases* to promote liver health through education, prevention, and community engagement. The initiative aimed to increase knowledge about liver diseases, encourage healthier lifestyles, and strengthen patient support by combining educational activities with physical wellbeing and peer interaction.

The project was structured around a series of events held throughout the year, bringing together patients, healthcare professionals, and association members in different regions of Slovakia. A central component was the organisation of educational meetings and workshops featuring hepatology experts, where participants received up-to-date information on liver health, including topics such as metabolic conditions, obesity, and alcohol-related liver disease. These sessions, as shown in the programme in Liptovský Ján (page 2), provided opportunities for direct dialogue between patients and specialists.

In addition to educational activities, the project incorporated health-promoting initiatives such as sporting events and outdoor activities in the High Tatras, encouraging participants to adopt healthier lifestyles through physical activity. Regular gatherings, including an annual general meeting, training sessions, and a concluding community event at the end of the year, helped strengthen social connections and peer support among members.

Key activities included:

- Organisation of educational meetings and workshops with hepatology experts
- Implementation of health-promoting activities, including sports and outdoor events
- Annual general meeting combined with training and educational sessions
- Community-building events and regular member gatherings throughout the year

The project contributed to increased awareness and knowledge of liver diseases among participants, while also promoting healthier behaviours and active lifestyles. Strong participation in educational sessions and community events demonstrated the importance of combining medical information with social support.

By integrating education, prevention, and community engagement, the initiative strengthened the role of the association in supporting patients and promoting liver health. Moving forward, continued organisation of similar activities will be essential to sustain awareness, encourage prevention, and enhance quality of life for individuals affected by liver diseases.

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HepHelpKlub

Educational Activities and Reaching Out – Hep Help Klub 2025

Hep Help Klub Slovakia implemented the project *Educational Activities and Reaching Out – Hep Help Klub 2025* to strengthen patient education, expand outreach activities, and enhance collaboration with patient organisations and healthcare institutions across the country. The initiative aimed to improve access to information, support newly diagnosed patients, and build stronger national networks focused on liver health.

The project combined educational events, partnership development, and targeted outreach to specific patient groups. A central activity was the organisation of an Educational Meeting and General Assembly held in Piešťany in September 2025, which brought together patients, healthcare professionals, and experts to exchange knowledge and discuss key issues in liver disease management. In parallel, the project supported the development of new collaborations, particularly with the patient organisation DIATYRNAVIA, focusing on the link between liver disease and diabetes, and involving joint meetings, publications, and educational initiatives.

An important component of the initiative was extending outreach to underserved populations, including Hungarian-speaking patients in Slovakia. This included the establishment of collaboration with the University Hospital in Nové Zámky, with the aim of improving access to information and potentially developing a dedicated regional branch in the future. The project also leveraged digital tools and social media to broaden its reach and ensure continuous engagement with patients nationwide.

Key activities included:

- Organisation of an Educational Meeting and General Assembly for patients and healthcare professionals
- Development of collaboration with DIATYRNAVIA on liver disease and diabetes
- Expansion of outreach to Hungarian-speaking patients through new regional partnerships

- Implementation of educational and communication activities both in-person and online

The project contributed to strengthening patient education and improving access to reliable information across Slovakia. It also enhanced collaboration between patient organisations and healthcare providers, fostering a more integrated and patient-centred approach to liver disease management.

By expanding its outreach and building strategic partnerships, the initiative reinforced the role of Hep Help Klub Slovakia in supporting patients nationwide. Moving forward, continued collaboration and targeted engagement will be essential to further improve awareness, education, and access to care for individuals affected by liver diseases.

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Slovak Coalition of People with Obesity and Overweight - SKLON

Education About Liver Diseases and Physical Activity (EDUHEPA)

The Slovak Coalition of People with Obesity and Overweight (SKLON) implemented the project *Education About Liver Diseases and Physical Activity (EDUHEPA)* to increase awareness and understanding of liver diseases, their causes, and prevention, with a strong focus on the role of physical activity and healthy nutrition. The initiative aimed to improve health literacy among both patients and the general population, addressing the high burden of liver disease and cirrhosis in Slovakia.

The project combined educational, digital, and community-based activities to deliver a comprehensive approach to prevention and awareness. Key components included the development of online educational content, such as a monthly publication (HEPATRIA), podcasts, and expert interviews, alongside the dissemination of articles and translated WHO guidelines on physical activity and sedentary behaviour. These activities were complemented by participation in conferences, workshops, and public events, where SKLON provided lectures, consultations, and diagnostic services.

A strong emphasis was placed on practical engagement, including body composition diagnostics (BIA), counselling sessions, and initiatives promoting physical activity such as health walks and exercise programmes. The project also encouraged behavioural change by educating participants on key pillars of health, including nutrition, physical activity, and lifestyle habits. Collaboration with healthcare professionals, patient organisations, and national stakeholders further strengthened the reach and impact of the initiative.

Key activities included:

- Development of online educational content, including a monthly publication, podcasts, and expert interviews
- Organisation of lectures, workshops, and participation in national conferences and public events
- Provision of BIA body composition analysis and personalised counselling

- Promotion of physical activity through community initiatives such as health walks and exercise programmes
- Dissemination of educational materials, including WHO guidelines and informational leaflets

The project achieved strong engagement across different target groups, including patients, healthcare professionals, and the general public. It contributed to increased awareness of liver diseases, improved understanding of lifestyle-related risk factors, and greater motivation for behavioural change.

By integrating education, diagnostics, and practical support, the initiative promoted a holistic approach to liver health and prevention of non-communicable diseases. Moving forward, continued expansion of educational activities and community engagement will be essential to sustain impact and support healthier lifestyles in Slovakia.

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Association Slovenia HEP

Break Hepatitis – World Hepatitis Day 2025 Campaign

The Slovenia Hep Association implemented the project *Break Hepatitis – World Hepatitis Day 2025 Campaign* to raise national awareness about viral hepatitis, promote early testing, and reduce stigma associated with the disease. The initiative aimed to encourage individuals to take responsibility for their liver health while strengthening public engagement and collaboration between patients, healthcare professionals, and institutions.

The project combined a comprehensive communication strategy with public events and outreach activities. A central component was a 21-day social media campaign carried out across multiple platforms, including Facebook, Instagram, and X, where professionally developed content highlighted key topics such as testing, prevention, vaccination, treatment options, and patient experiences. This digital effort ensured wide dissemination of information and sustained engagement with the public.

The campaign was complemented by a high-impact press conference held in front of the University Medical Centre Ljubljana, bringing together medical experts, patient representatives, and media. As shown in the event coverage on page 7–8, the press conference generated significant media attention and contributed to a measurable increase in hepatitis testing rates in the following days.

Additional outreach activities included the active involvement of medical student volunteers, who distributed approximately 1,500 campaign stickers across public spaces in Ljubljana, universities, and healthcare institutions. This grassroots engagement enhanced visibility and encouraged individuals to participate in testing and awareness activities.

Key activities included:

- Implementation of a nationwide 21-day social media awareness campaign
- Organisation of a high-level press conference with strong media coverage
- Dissemination of educational content on testing, prevention, and treatment

- Engagement of volunteers for community outreach and distribution of campaign materials
- Promotion of testing and early diagnosis through public awareness actions

The project achieved significant impact, reaching tens of thousands of individuals online and generating strong public engagement, with thousands of interactions and shares across platforms. Importantly, the campaign led to a 25% increase in hepatitis testing rates compared to previous years, demonstrating a clear public health benefit.

By combining digital communication, media engagement, and community outreach, the initiative successfully raised awareness and promoted early detection of viral hepatitis. Moving forward, continued implementation of similar campaigns will be essential to sustain awareness, reduce stigma, and support national efforts toward hepatitis elimination.

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National Federation of Liver Patients and Transplanted (FNETH)

Yo Cuido Mi Hígado (I Care for My Liver)

The Spanish Federation of Liver Patients and Transplants (FNETH) implemented the project *I Care for My Liver* as a nationwide awareness campaign focused on the prevention of hepatocellular carcinoma (HCC) and the promotion of liver health. The initiative aimed to reduce stigma associated with liver diseases, improve public understanding of HCC, and encourage healthier lifestyle choices, including physical activity and adherence to a Mediterranean diet.

The project was structured as a month-long campaign carried out across multiple cities in Spain, combining both in-person and digital activities. Each week of the campaign focused on a specific theme, including alcohol consumption and its impact on liver health, healthy lifestyle habits, the role of sport in prevention, and awareness of hepatocellular carcinoma. Through coordinated communication efforts across social media and partner organisations, the campaign ensured consistent dissemination of key messages nationwide.

A strong emphasis was placed on community engagement and behavioural change. Sports activities were organised within local associations to promote physical wellbeing, while daily online content provided practical advice and recommendations on incorporating healthy habits into everyday life. The campaign also included targeted information on HCC, covering risk factors, symptoms, diagnosis, and treatment, helping to improve early recognition and understanding of the disease.

Key activities included:

- Implementation of a nationwide awareness campaign with weekly thematic focuses
- Organisation of sports and community-based activities promoting healthy lifestyles
- Daily dissemination of educational content through social media channels
- Delivery of targeted information on hepatocellular carcinoma, including prevention and early detection

- Organisation of a national awareness initiative lighting landmark sites on World Liver Cancer Day

The project achieved wide outreach, engaging both patients and the general population, with an estimated reach of over 20,000 individuals through combined in-person activities and digital communication. It contributed to increased awareness of liver cancer prevention and encouraged healthier lifestyle behaviours across diverse target groups.

By combining education, community engagement, and national visibility actions, the initiative strengthened public awareness of liver health and reinforced the importance of prevention and early diagnosis. Moving forward, continued implementation of such campaigns will be essential to sustain awareness and support long-term improvements in liver health across Spain.

CONTACT

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LAL-D Patient Organization

Improving the Quality of Life of Patients and Families with LAL-D

LAL-D Patient Organization implemented the project *Improving the Quality of Life of Patients and Families with LAL-D* to provide comprehensive support to individuals affected by this ultra-rare and underdiagnosed disease. The initiative aimed to reduce the emotional and social burden on patients and families, improve access to information and resources, and strengthen connections between patients, healthcare professionals, and researchers.

The project combined personalised support, community-building activities, and expert-led interventions to address the complex needs of patients living with LAL-D. A key component was the organisation of the VII Family Meeting and the Expert Committee Meeting in Madrid, as illustrated in the programme and event materials (pages 1–6), which brought together families, clinicians, and researchers to share knowledge, discuss advances in diagnosis and treatment, and provide emotional support.

In addition to these events, the project delivered ongoing support through psychological counselling sessions, both individual and group-based, helping families cope with the challenges associated with the disease. Regular online meetings ensured continuous engagement and guidance, while specialised nutritional sessions provided practical advice tailored to the needs of patients. These activities created a supportive network and facilitated the exchange of experiences among participants.

Key activities included:

- Organisation of the VII Family Meeting and Expert Committee Meeting bringing together families and specialists
- Provision of psychological support through individual and group sessions
- Delivery of regular online support meetings for patients and families
- Nutritional counselling sessions tailored to LAL-D patients' needs

The project achieved a strong impact by enhancing emotional wellbeing, strengthening peer support networks, and improving access to specialised knowledge. It also contributed to increased awareness of LAL-D and the importance of early diagnosis, particularly through collaboration between patients and medical experts.

By combining medical, psychological, and social support, the initiative reinforced a holistic approach to patient care. Moving forward, continued collaboration and expansion of support services will be essential to further improve quality of life and promote earlier detection and better management of LAL-D.

CONTACT

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Catalan Federation of Rare Diseases – FECAMM

ELPA Liver Catalonia

FECAMM (Patient73 Foundation) implemented the project *ELPA Liver Catalonia* to strengthen collaboration between European and regional stakeholders and enhance the liver health ecosystem in Catalonia. The initiative aimed to introduce ELPA to the Catalan healthcare sector, foster strategic partnerships, and contribute to the development of a coordinated and patient-centred approach to liver care.

The project focused on high-level engagement and knowledge exchange, bringing together key actors from clinical practice, research, patient advocacy, and health policy. A central activity was the organisation of a high-level working dinner in Barcelona, which served as a platform for dialogue between ELPA representatives, healthcare professionals, and decision-makers. This meeting enabled participants to share perspectives on patient needs, identify gaps in the current system, and explore opportunities for collaboration.

Discussions during the event addressed key challenges in liver care, including the need for earlier diagnosis, improved care coordination, access to innovative treatments, and stronger integration of patient perspectives into healthcare systems. The exchange of best practices from European initiatives provided valuable insights and helped position ELPA as a key partner in advancing liver health policies at regional level.

Key activities included:

- Organisation of a high-level working dinner with healthcare and policy stakeholders
- Presentation of ELPA and its initiatives to the Catalan healthcare ecosystem
- Facilitation of dialogue on patient needs, system gaps, and best practices
- Promotion of collaboration between local and European stakeholders

The project resulted in the establishment of a strategic collaboration between Patient73 and ELPA, laying the foundation for future initiatives in Catalonia. A key outcome was the agreement to advance the development of a Catalan Hepatic Network, inspired by European models, aimed at improving coordination, patient support, and overall quality of care.

By fostering dialogue at the highest level and aligning regional efforts with European expertise, the project contributed to strengthening the liver health ecosystem in Catalonia. Moving forward, the implementation of the planned network and continued stakeholder engagement will be essential to ensure sustainable improvements in patient care and outcomes.

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Riksföreningen Hepatit C (RHC)

The Multicultural Working Group Project

Riksföreningen hepatit C implemented *The Multicultural Working Group Project* to explore how patients from diverse cultural backgrounds experience healthcare services and to identify ways to improve communication, understanding, and patient-centred care. The initiative aimed to reduce unnecessary stress and barriers in patient–provider interactions by better understanding cultural differences, expectations, and concerns within the healthcare system.

The project was carried out through a participatory and qualitative approach, involving interviews and discussions with patients, family members, healthcare professionals, and other stakeholders. Members of the multicultural working group, representing different regions and cultural backgrounds across Sweden, conducted exchanges and workplace visits to gather insights into how care is delivered and perceived. This approach enabled the collection of diverse perspectives and experiences, reflecting the multicultural nature of Swedish society.

In addition to research activities, the project included regular meetings and gatherings where participants shared experiences, discussed challenges, and identified potential solutions to improve patient care. Educational and community-oriented activities were also organised, fostering dialogue and strengthening mutual understanding between patients and healthcare providers.

Key activities included:

- Conducting interviews and discussions with patients, relatives, and healthcare professionals
- Visiting healthcare settings to observe and understand care practices
- Organising regular group meetings, educational sessions, and community gatherings
- Collecting and analysing insights to inform a final report with recommendations

The project provided valuable insights into the needs, fears, and expectations of patients from different cultural backgrounds, highlighting areas for improvement in communication and care delivery. It also strengthened collaboration within the working group and increased awareness of cultural sensitivity in healthcare.

As the final year of a multi-year initiative, the project will culminate in a comprehensive report summarising findings and reflections. These outcomes are expected to support the development of more inclusive and patient-centred healthcare practices. Moving forward, the integration of these insights into healthcare systems will be essential to improve patient experiences and outcomes in increasingly diverse societies.

CONTACT

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Living with Hepatitis Association- HEPYAŞAM

We Learn About Aflatoxin

HEPYAŞAM implemented the project *We Learn About Aflatoxin* to raise awareness about aflatoxin as a significant but often overlooked risk factor for liver cancer. The initiative aimed to inform the general public, particularly in rural areas, about the dangers of aflatoxin contamination in food and promote safer food handling and production practices. By addressing a topic not previously covered by the association, the project sought to expand public understanding of environmental and dietary risks linked to liver disease.

The project combined educational, community-based, and advocacy activities to reach both consumers and producers. A key focus was on traditional food practices, such as sun-drying fruits and vegetables, which can increase the risk of aflatoxin contamination when products come into contact with soil in warm and humid conditions. Through direct engagement with agricultural communities, cooperative unions, and stakeholders, the project provided practical guidance on reducing contamination risks and improving food safety.

Awareness-raising activities included the development and dissemination of informational materials, participation in public events, and collaboration with professional organisations. The association organised outreach activities during World Food Day, where educational materials were distributed, and direct communication with citizens was established. In addition, expert-led discussions and panels were held in collaboration with food and agricultural engineers, strengthening the scientific and policy dimension of the initiative.

Key activities included:

- Development and dissemination of educational materials on aflatoxin and liver health
- Organisation of community outreach activities and participation in public events
- Collaboration with agricultural stakeholders and professional organisations

- Preparation of press releases and media content to increase public awareness

The project contributed to increased awareness of aflatoxin and its link to liver cancer among both the general public and agricultural communities. It also promoted safer production and consumption practices, helping to reduce potential exposure to harmful contaminants.

By addressing an under-recognised public health issue, the initiative strengthened awareness of environmental risk factors for liver disease and encouraged preventive action at both individual and community levels. Moving forward, continued collaboration with authorities, producers, and media will be essential to expand outreach and ensure long-term behavioural change in food safety practices.

CONTACT

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British Liver Trust

Patient Support Groups

The British Liver Trust implemented the *Patient Support Groups* project to provide individuals affected by liver disease and liver cancer with access to peer support, practical guidance, and emotional wellbeing services across the United Kingdom. The initiative aimed to reduce isolation, improve self-management, and empower patients and their families through both virtual and in-person support networks.

The project delivered a structured programme of support groups designed to bring together individuals with shared experiences, creating safe and confidential spaces for discussion and mutual support. While the majority of sessions were offered online to ensure accessibility regardless of location or health status, the project also expanded its in-person offer by launching new support groups in Manchester, Nottingham, and London. These face-to-face meetings enabled deeper engagement and strengthened peer connections among participants.

In addition to group sessions, the project focused on increasing participation through collaboration with healthcare professionals and local liver units, ensuring that patients were actively signposted to available services. The development of a structured training programme for volunteer peer mentors further enhanced the quality and sustainability of support provided, enabling individuals with lived experience to play a key role in facilitating sessions.

Key activities included:

- Delivery of 12 regular online support groups reaching over 200 participants monthly
- Establishment of new face-to-face support groups in key UK locations
- Collaboration with healthcare professionals to improve patient referrals and engagement
- Development of a peer mentor training programme to strengthen support delivery

The project demonstrated a strong positive impact on participants' well-being and ability to manage their condition. Evaluation findings showed that 84% of participants adopted more effective strategies for living with liver disease after attending support groups. Feedback highlighted the importance of peer connection, with participants reporting reduced feelings of isolation and increased confidence in managing their health.

By providing accessible and patient-centred support, the project successfully complemented existing healthcare services and addressed an important gap in emotional and social care. Moving forward, the continued expansion of both virtual and in-person support groups, alongside further evaluation and patient engagement, will be essential to enhance long-term outcomes and ensure sustained support for individuals living with liver disease.

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Liver4Life

Reaching Communities

Liver4Life implemented the project *Reaching Communities* to improve access to liver health information, education, and early detection services in underserved and rural areas of the south coast of England. The initiative aimed to engage populations that have limited interaction with healthcare services, providing them with accessible information on liver diseases and opportunities for early screening and prevention.

The project adopted a community-based outreach approach, using a mobile testing van to visit smaller towns and villages. This enabled direct engagement with local populations in familiar settings, creating an accessible and welcoming environment for discussing liver health. Alongside awareness-raising activities, the project offered FibroScan testing to individuals identified as at risk through questionnaires, ensuring a practical link between education and early diagnosis.

Through visits to multiple locations, including Weymouth, Dorchester, Bournemouth, and Boscombe, the initiative combined health promotion with screening and personalised advice. Participants received information on liver conditions, lifestyle risk factors, and preventive measures, while those with identified risks were provided with tailored guidance to improve their liver health.

Key activities included:

- Outreach visits to rural and underserved communities using a mobile testing unit
- Delivery of liver health information and educational support to the general public
- Provision of FibroScan testing for individuals at risk of liver disease
- Use of questionnaires to identify risk factors and guide personalised advice

The project achieved strong engagement, reaching over 400 individuals and screening more than 200 people through FibroScan testing. The results identified individuals with elevated liver stiffness and increased CAP scores, enabling early intervention and targeted advice to reduce risk factors.

By bringing services directly into communities, the project successfully reduced barriers to access, increased awareness of liver health, and supported early detection of liver disease. Moving forward, expanding mobile outreach initiatives and strengthening community engagement will be key to reaching wider populations and improving liver health outcomes across underserved areas.

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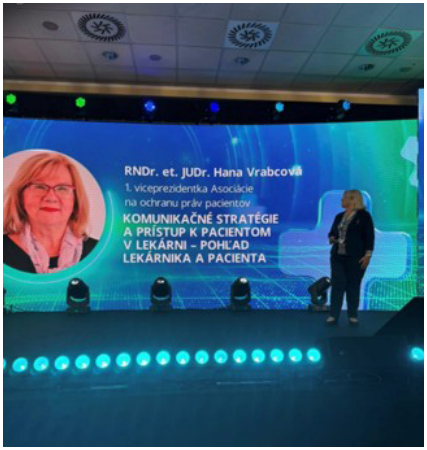


Obezita – choroba 21. storočia


KADIKÖY BAŞKA BİR
MESUT Kardeşim
KADIKÖY BELEDİYESİ
DERNEĞİ
Hep Yaşam


Светски ден за борба против хепатитис


KARACİĞERİMİZ DEĞERLİDİR.
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KURUTULURKEN TOPRAĞA DEĞMEMİŞ OLMALARINA
DİKKAT EDELİM.
ELPA
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