

WHO WE ARE

**EUROPEAN LIVER
PATIENTS' ASSOCIATION**

ELPA's aim is to promote the interests of people with liver disease and in particular: to highlight the size of the problem; to promote awareness and prevention; to address the low profile of liver disease; to share the experience of successful initiatives; to work with professional bodies to ensure that treatment and care are harmonized across Europe to the highest standards.

ELPA's vision is that all liver patients are diagnosed in time, are treated with respect, and have equal access to the best standard of medical care – regardless of origin, lifestyle, and type of liver disease.



**ELPA MEMBERS REPRESENT
32 ASSOCIATIONS
FROM 25 COUNTRIES.**



**ELPA IS A PART OF 20 MEDICAL,
SCIENTIFIC PROJECTS.**



**ELPA IS COLLABORATING WITH
MORE THAN 200 PARTNERS:**
academia, research centres,
NGOs, international organisations,
governmental organisations.

ELPA CALL TO ACTION (2022-2025) ENDORSED BY:



A DOMINO-EFFECT DISEASE

**Steatotic (Fatty)
Liver Disease**

ELPA Call to Action 2022-2025

Steatotic Liver Disease (SLD) is a new nomenclature which replaced the Non-alcoholic fatty liver disease and acts as an umbrella for a spectrum of liver diseases.

SLD includes several conditions associated with steatosis in your liver. "Steatosis" is a term healthcare providers use to describe fat buildup in your liver.

This change was necessary to reflect its causes more accurately. For example, while some conditions associated with fat composition in your body (like obesity) can increase your risk of steatosis, there are several risk factors unrelated to weight or body mass index (BMI). The change was also crucial to avoid language that's potentially stigmatising toward people with SLD.

SLD is the most common liver disease in the world and a leading cause of cirrhosis and liver cancer. Unlike other non-communicable diseases (NCDs) with which it is closely associated (such as cardiovascular disease, type 2 diabetes and obesity), it remains largely undiagnosed and unaddressed.





One out of four in EU is affected by the disease.



It can be life-threatening, as it can cause **cirrhosis, liver cancer or liver failure**. Its symptoms are often **silent** making it difficult to diagnose.



As a result, patients can remain **unaware** of their condition until late stages of the disease.



There are medications to manage metabolic conditions: There are medicines to manage diabetes, cholesterol and triglycerides (fat in the blood).



The unrelenting increase of the disease has led to a significant rise in associated **health care and economic burdens**, compounded by the **boom in childhood obesity**.



There is a clear public health imperative to reduce its burden.

WE NEED TO IMPROVE:



the understanding of the disease in terms of how many people are affected,



the progression and the impact of the disease,



how to prevent and effectively manage it.

ONLY WITH A MULTIDISCIPLINARY APPROACH, AND THE INTEGRATION OF SLD INTO PUBLIC HEALTH POLICIES.



ELPA, **aware** of the size of the problem and the urgent need to tackle it, decided to create a **Working Group on SLD**.



One of the first Group's steps was to distributed a **survey** to investigate how the disease is perceived in 5 WHO European countries. A total of 357 questionnaires were collected in 8 different languages.



From the results of this survey, ELPA found out that there is **lack of knowledge of the disease**.



Therefore, ELPA launched a project to **start educating the younger generation**.

ELPA IS WORKING ON:



Programs aimed at educating children /parents



Healthy eating program for children



Project for schools

The domino effect can only be stopped if all the involved work together toward a better education of children to keep the first and most vulnerable 'domino' safe.



ELPA CALLS TO PATIENTS' ORGANIZATIONS, THE SCIENTIFIC COMMUNITY, STAKEHOLDERS, AND POLICYMAKERS TO JOIN IN CHANGING THE COURSE OF CHILDREN'S FUTURE NOW

A STRATEGIC PLAN TO BE DEVELOPED TOGETHER



IMPROVEMENT OF THE EARLY DETECTION



PROMOTION OF A HEALTHY LIFESTYLE



EDUCATION OF CHILDREN



A COALITION AMONG INVOLVED STAKEHOLDERS



SUPPORT OF RESEARCH AND DEVELOPMENT