

Alcohol

Bydd 1 o bob 4 oedolyn yn yfed ar lefel sy'n peryglu eu hiechyd.

Beth yw'r peryglon?

Bydd yr afu yn dadelfennu alcohol i ddadwenwyno'r corff yn naturiol. Fodd bynnag, gall ymdopi â swm penodol yn unig. Bydd yfed mwy na'r uchafsymiau diogel argymelledig yn rheolaidd yn golygu fod eich afu mewn perygl o niwed.

Sut i Garu Eich Afu

Dyma gyngor ymgyrch Carwch eich Afu:

- Ni ddylai dynion a menywod yfed mwy nag 14 uned yr wythnos
- Lledaenwch yr unedau trwy gydol yr wythnos
- Peidiwch ag yfed alcohol os ydych yn feichiog neu'n ceisio beichiogi.

Os byddwch chi'n yfed, er mwy Caru eich Afu, rydym ni'n argymhell gwneud y canlynol:

- Treuliwch 2 neu dri diwrnod dilynol bob wythnos heb yfed alcohol, oherwydd fe wnaiff hyd roi cyfle i'ch afu adfywio ac atgyweirio ei hun, cyn belled ag y bo'ch afu yn iach a heb unrhyw gyflyrau sylfaenol.

How many units in...



Clefyd brasterog yr afu

Gall bod yn ordwrwm a pheidio gwneud digon o ymarfer corff niweidio eich afu

Beth yw'r peryglon?

Gall braster ymgasglu yn eich afu, gan achosi llidio a chreithio. Bydd hyn yn llawer mwy tebygol os ydych chi'n ordwrwm, os yw diabetes Math 2 arnoch chi, neu os yw pwysedd eich gwaed yn uchel. Mae mwy nag un o bob pump ohonom mewn perygl o glefyd brasterog yr afu.

Sut i Garu Eich Afu

Os ydych chi'n ordwrwm, gall hynny effeithio ar sut mae eich afu yn gweithio. Ceisiwch ddilyn y camau ychwanegol hyn i'ch helpu i gollu pwysau:

- Treuliwch 30 munud yn gwneud ymarfer corff bo dydd, megis cerdded cyflym neu feicio; dylai hynny wneud i chi deimlo'n gynnes ac ychydig yn fyr o wynt. Gallwch chi wneud y cyfan ar unwaith neu ei rannu yn gyfnodau byrrach o 10 munud.
- Cymerwch lai o siwgr, braster a charbohydradau. Cymerwch y cyfle i ddarganfod bwydydd newydd, iachach, a chofiwch yfed digonedd o ddŵr. Gall deiet iach fod yn amrywiol a blasus.
- Peidiwch â mynd i banig os nad ydych chi'n colli pwysau mor gyflym ag yr hoffech chi; y ffordd orau o gadw eich afu yn iach yw colli'r pwysau yn raddol a bwyta'n iach a gwneud ymarfer corff yn rheolaidd.



Gwnewch ein prawf sgrinio iechyd ar-lein i weld a ydych chi mewn perygl: www.loveyourliver.org.uk

Take our online health screener to see if you are at risk: www.loveyourliver.org.uk

- Have had a tattoo or piercing abroad, or in an unlicensed parlour.
- Have received medical or dental treatment abroad
- Have ever shared needles or other drug 'works' frequently or have unprotected sex
- Are sexually active and change your partner products for medical conditions
- Have received blood transfusions or other blood products before 1992, including blood products before 1992, so get tested if you:
- There are new treatments available for viral hepatitis, tourniquets and cups.
- Never share drug paraphernalia including needles, syringes, filters, spoons, water, bank notes,
- Only use licensed tattoo and piercing parlours
- Practice safer sex
- Never share personal items such as razors, nail scissors, tweezers or toothbrushes
- Have received blood products before 1992, including blood products before 1992, so get tested if you:
- Have had a tattoo or piercing abroad, or in an unlicensed parlour.

How to Love Your Liver

Learn how to protect yourself and what to do if you have ever been at risk:

• Vaccines are available to protect you against hepatitis A and B. If you are at risk of infection through work or lifestyle, or are travelling to a high risk part of the world, speak to your GP about being vaccinated. There is no vaccine for hepatitis C, D or E- Never share personal items such as razors, nail scissors, tweezers or toothbrushes
- Practice safer sex
- Only use licensed tattoo and piercing parlours
- Never share drug paraphernalia including needles, syringes, filters, spoons, water, bank notes, tourniquets and cups.
- There are new treatments available for viral hepatitis, so get tested if you:
- Have received blood products before 1992, including blood transfusions or other blood products for medical conditions
- Are sexually active and change your partner frequently or have unprotected sex
- Have ever shared needles or other drug 'works' Have received medical or dental treatment abroad, or in an unlicensed parlour.

Viral hepatitis

What are the risks?

Hepatitis B and C are blood-borne viruses. This means that they can be passed on through blood-to-blood contact and through sex. They can cause permanent liver damage and increase the risk of liver cancer. You can only get hepatitis D if you already have hepatitis B. Hepatitis A and E are spread by faecal-oral transmission (the virus is passed out in bowel motions and finds its way into the mouth, usually through contaminated food or water).

What are the risks?

Fat can build up in your liver, causing inflammation and scarring. This is much more likely if you are overweight, have Type 2 diabetes or high blood pressure. More than one in five of us are at risk of fatty liver disease.

How to Love Your Liver

If you are carrying too much weight it can affect the way your liver works. Try to take these extra steps to help you lose weight:

- Take 30 minutes of exercise each day, such as brisk walking or cycling, that leaves you warm and slightly out of breath. You can do this all at once or in shorter 10 minute bouts
- Cut down on sugar, fat and carbohydrates. Take the opportunity to discover new, healthier foods and remember to drink plenty of water. A healthy diet can be varied and tasty
- Don't panic if you're not losing weight as quickly as you'd like, the best way to keep your liver healthy is to lose the weight gradually with healthy eating and regular exercise.



Hepatitis feirysol

Beth yw'r peryglon?

Mae Hepatitis B a C yn firysau a gludir gan y gwaed. Mae hynny yn golygu y gellir eu trosglwyddo trwy gyswllt rhwng gwaed gwahanol bobl a thrwy gyfathrach rywiol. Gallant achosi niwed parhaol i'r afu a chynyddu'r perygl o ganser yr afu. Ni allwch chi ddal hepatitis D onid ydych chi eisoes wedi dal hepatitis B. Caiff hepatitis A ac E eu lledaenu trwy drosglwyddo ymgarthol-geneuol (daw'r firws allan o'r corff pan gaiff y corff ei weithio, a bydd yn cyrraedd y geg, fel arfer trwy fwyd neu ddŵr wedi'u halogi).

Sut i Garu Eich Afu

Dysgwch sut i amddiffyn eich hun a beth i'w wneud os ydych chi erioed wedi bod mewn perygl:

- Mae brechiadau ar gael i'ch amddiffyn chi rhag hepatitis A a B. Os ydych chi mewn perygl o gael eich heintio yn sgil eich gwaith neu eich ffordd o fyw, neu os ydych chi'n teithio i ran o'r byd ble mae'r clefyd yn berygl sylweddol, holwch eich meddyg teulu ynghylch cael eich brechu. Nid oes brechiad ar gyfer hepatitis C, D neu E.
- Peidiwch fyth â rhannu eitemau personol megis raselydd, sisyrnau torri ewinedd, plycwyr neu frwsys dannedd
- Cofiwch gael cyfathrach rywiol ddiogelach
- Defnyddiwch barlyrau tatŵs a thyllu'r corff sy'n drwyddedig
- Peidiwch fyth â rhannu taclau cymryd cyffuriau, yn cynnwys nodwyddau, chwistrellau, hidlyddion, llwyau, dŵr, arian papur, tynhawyr a chwpanau.

Mae triniaethau newydd ar gael ar gyfer hepatitis feirysol, felly ewch i gael prawf os ydych chi:

- Wedi cael cynhyrchion gwaed cyn 1992, yn cynnwys trallwysladau gwaed neu gynhyrchion gwaed eraill ar gyfer cyflyrau meddygol
- Yn weithgar yn rhywiol ac yn newid eich partner yn aml neu'n cael rhyw heb ddiogelwch
- Wedi rhannu nodwyddau neu unrhyw daclau cyffuriau eraill
- Wedi cael triniaeth feddygol neu ddeintyddol dramor
- Wedi cael tatŵ neu dyllu'r corff dramor, neu mewn parlwr didrwydded.

Alcohol

1 in 4 adults drink at levels that put their health at risk

What are the risks?

The liver breaks down alcohol to naturally detoxify the body. It can only cope with a certain amount though. Regularly drinking more than recommended safe limits will put your liver at risk of damage.

How to Love Your Liver

The Love Your Liver campaign advises:

- Men and women should not drink more than 14 units a week
- Spread the units throughout the week
- Avoid alcohol if you are pregnant or trying to conceive.
- We also suggest that if you do drink, to Love Your Liver you should:
 - Take 2 to 3 consecutive days off alcohol every week as this will give your liver a chance to rejuvenate and repair itself, providing your liver is healthy with no underlying conditions.

How many units in...

