

Raising awareness, sharing experiences, supporting those affected.

Strong together:

Establishment of the Swiss liver patients association Swiss HePa.



Schweizer Leberpatienten Verein
Association Suisse des Patients Hépatologiques
Associazione Svizzera dei Pazienti Epatologici



Raising awareness of underestimated liver diseases

The liver is one of the most important organs in the human body. It breaks down toxins, forms part of our natural defences, and plays a key role in metabolism. But despite the importance of the liver, liver diseases are only rarely discussed in the public sphere, and those affected and their families often lack active support.

We want to change that!

Some facts:

- In Switzerland, approximately 500,000 people suffer from a liver disease
- With 300 million people affected worldwide, hepatitis B is one of the most common causes of death in the world
- The most common liver diseases are fatty liver, hepatitis, cirrhosis, and hepatic cancer
- One of Swiss HePa's main areas of focus is the fight against rare liver diseases, such as autoimmune hepatitis, primary biliary cholangitis, and primary sclerosing cholangitis.



Sharing experiences and supporting those affected

Until April 2018, there was no national organisation for patients with liver diseases in Switzerland. That is why we have founded Swiss HePa. Here are the main objectives of the association:

- ▶ Building a network of patients and relatives and establishing a platform for doctors and specialist medical personnel
- ▶ Establishing self-help groups and providing useful information in order to generate trust and encourage mutual support
- ▶ Increasing acceptance within society in order to increase awareness among health insurers, authorities, companies, and other organisations and associations
- ▶ Raising awareness of rare liver diseases among general practitioners

Carina Bobzin: Bravely fighting disease



“Three years ago, my 18-year-old daughter was diagnosed with autoimmune hepatitis with PSC overlap syndrome. What followed was a long period of suffering with severe complications and many hospital stays. However, the worst thing about it was the strong feeling of uncertainty and the many questions. That’s exactly what Swiss HePa is all about: finding answers together and supporting those affected in a meaningful way.”

Contact us: We look forward to hearing from you!

The Council of Swiss HePa:

- Prof. Dr. med. Andrea De Gottardi, Lugano (TI)
"I am co-founding Swiss HePa because we want to support patients and their families and offer a new platform for mutual support."
- PD Dr. med. Benedetta Terziroli Beretta-Piccoli, Lugano (TI)
"I am co-founding Swiss HePa because sharing experiences plays a key role in the fight against liver diseases and in improving the quality of care."
- Carina Bobzin, Zurich (ZH), Founder and President
Contact person for the Liver Patients' Association



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