

**Raising awareness,  
sharing experiences,  
supporting those affected.**

**Swiss Liver Patients' Association**



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



## Raising awareness of overlooked 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. Yet, despite the important role of the liver, liver diseases are only rarely discussed in the public sphere, meaning that those affected and their families often lack the active support that they need.

**“We want to change that!”**

### Facts:

- ➔ According to estimates, up to 3 million people in Switzerland live with liver disease. Of these, only 10–15 per cent have been diagnosed and are receiving medical treatment.
- ➔ The most common liver diseases are alcoholic and non-alcoholic fatty liver, viral liver inflammations (hepatitis) and iron storage diseases (hemochromatosis). Fatty liver in particular is on the rise and has become a common disease in today's society.
- ➔ Worldwide, the viral infections hepatitis B and C are among the most common causes of liver cirrhosis, liver cancer and liver-related mortality.
- ➔ One of Swiss HePa's main areas of focus is the fight against rare but increasing liver diseases, such as autoimmune hepatitis, primary biliary cholangitis, and primary sclerosing cholangitis.



## Sharing experiences

**Swiss HePa**, Switzerland's first national liver patients' association, has been working with patients of all liver diseases since 2017.

The main objectives of the association are:

- Establishing a patient-members network as well as a platform for health professionals.
- Providing information, surveys and studies to build trust and offer mutual support.
- Increasing social acceptance in order to raise awareness among health insurance companies, authorities, companies and other organisations and associations.
- Raising awareness of the diversity of liver diseases.
- Providing education and breaking stigma:  
**“This can happen to anyone.”**

## Carina Bobzin: fighting disease with all my strength

Founder and president



*“In 2015, my daughter was diagnosed with autoimmune hepatitis with overlap syndrome PSC/UC at the age of 16. 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.”*



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## Supporting those affected by liver disease

We focus on an active, stable network expansion in order to improve the prevention framework, strengthen those affected and raise awareness among politicians and the public: **Together we are strong!**

- ➡ Swiss Liver Day
- ➡ Counselling and self-help groups on-site or online
- ➡ Patient events
- ➡ Support in the doctor-patient dialogue
- ➡ Website in 4 languages: German, French, Italian, English
- ➡ Videos: specialist interviews and lectures, patient interviews
- ➡ Drawing attention to surveys and studies

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#### We look forward to hearing from you!

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