



TRANS HEALTH IS LIVER HEALTH



**CIRRHOSIS AFFECTS TWICE
AS MANY TRANSGENDER ADULTS
AS CISGENDER ADULTS**



WHAT TO KNOW ABOUT HORMONES, ALCOHOL AND LIVER DISEASE SCREENINGS

- **Hormone Therapy & the Liver:** High doses of Progestins, Estrogen, or Testosterone can lead to liver enzyme elevations
- **Regular Monitoring of Liver Enzymes** (AST, ALT, ALP, bilirubin) is recommended during hormone therapy.
- **Anabolic Steroid Use:** Some transgender men may use anabolic steroids for masculinization or bodybuilding, which can cause serious liver damage
- **Substance Use & Risk Factors:** Transgender individuals may face higher rates of alcohol use, hepatitis B/C, and alcohol-associated liver disease (ALD) due to social stressors and disparities in healthcare.

Do you have Liver Disease?

Join the Sober Livers HOPE (Healing Ourselves with Peer & Education)
Community



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Sober Livers™

Impact Program with



FOR MORE INFO:
WWW.SOBERLIVERS.ORG

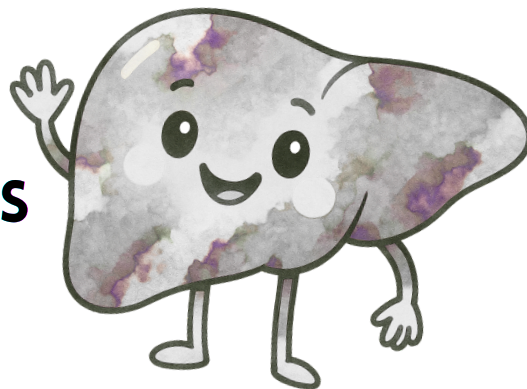




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