

Is Your

# LIVER

您的肝脏  
超负荷了吗?

# Under STRESS?

## Liver Health Risk Self-Check 肝脏风险自测

Instructions  
说明

Answer honestly.  
Score 1 point for  
each "Yes."

如实回答，每项选  
“是”得1分。

### SECTION 1: POSSIBLE LIVER WARNING SIGNS

#### 第一部分：可能的肝脏警示信号

- Have you noticed your urine is consistently dark yellow or tea coloured even when you are well hydrated?  
即使充分饮水，尿液仍持续呈深黄色或茶色？
- Have you ever noticed a yellow tint in your eyes or skin?  
眼白或皮肤发黄？
- Do you feel a persistent heaviness or discomfort under your right ribs?  
右肋下方持续沉重、胀痛或不适？
- Do you bruise more easily than before or notice slower healing of small cuts?  
容易淤青，或小伤口愈合变慢？
- Do you experience ongoing fatigue that does not improve even after rest?  
长期感到疲劳，即使休息后也无法缓解？
- Have you ever noticed unusually pale or clay-coloured stools?  
大便颜色变浅（灰白或陶土色）？
- Do you experience ongoing nausea or a reduced appetite without a clear reason?  
无明显原因地持续出现恶心或食欲明显下降？

### SECTION 2: LIVER RISK FACTORS (LIFESTYLE & HEALTH)

#### 第二部分：肝脏风险因素

- Do you consume alcohol regularly or binge drink on weekends or social occasions?  
经常饮酒，或在周末及社交场合大量饮酒？
- Do you frequently eat fried, processed or high-sugar foods?  
常吃油炸、加工或高糖食物？
- Do you carry excess weight around your abdomen or have been told you may have fatty liver risk?  
腹部肥胖，或曾被告知有脂肪肝风险？
- Do you exercise fewer than 3 times per week or spend most of your day sitting?  
每周运动少于三次，或大部分时间久坐？
- Do you have conditions such as diabetes, high cholesterol, or insulin resistance?  
患有糖尿病、高胆固醇或胰岛素抵抗？
- Do you regularly take medications or painkillers long-term without medical supervision?  
长期在无医生指导下服用药物或止痛药？

# results 结果

## 0-2 YES → Low Risk 0-2 分 → 低风险

Your answers do not suggest obvious liver-related warning signs at this time. Continuing healthy lifestyle habits can help support normal liver function.

目前无明显警示，继续保持健康习惯支持肝脏功能。

## 3-5 YES → Mild Risk 3-5 分 → 轻度风险

Some lifestyle or metabolic risk factors are present. This does not mean liver disease, but improving diet, activity, and alcohol habits may help reduce long-term strain.

存在一些生活方式或代谢方面的风险因素。这并不意味着患有肝病，但改善饮食、增加活动量以及调整饮酒习惯可有效减负。

## 6-8 YES → Moderate Risk 6-8 分 → 中等风险

A mix of risk factors and possible warning signs is present. It may be worth considering a liver function blood test for reassurance.

存在多项肝病相关危险因素及潜在临床警示体征，建议考虑进行肝功能血清学检测以评估肝脏健康状况。

## 9+ YES → Higher Risk 9+ 分 → 高风险

Multiple risk factors and/or possible warning signs are present. A medical check-up and liver function testing are recommended.

存在多种明确危险因素和/或典型临床警示体征，建议尽快就诊，接受全面临床评估，进行肝功能及相关肝脏指标检测。



## IMPORTANT NOTE

### 重要提示

This checklist is for general awareness only. It highlights possible liver-related warning signs and risk factors but is not a diagnostic tool.

Liver conditions often develop silently and symptoms alone cannot confirm disease.

A proper assessment requires:

- Blood tests (ALT, AST, ALP, GGT, bilirubin)
- Medical evaluation
- Sometimes imaging such as ultrasound

本自测仅为健康提醒，不能替代诊断。

肝脏疾病通常在无明显症状的情况下悄然发展，仅凭症状无法确诊。

准确评估需要：

- 血液检测（ALT、AST、ALP、GGT、胆红素）
- 医疗专业评估
- 有时需进行影像学检查，如超声波



If you are concerned about your liver health, consult a qualified healthcare professional.

For personalised guidance or to learn more about our health programmes, you may contact our team of naturopathy doctors and consultants. Please email [drleon@newlife.com.my](mailto:drleon@newlife.com.my)

如有疑问，请咨询合格的医疗保健专业人士。

如需自然疗法支持或个性化健康方案，欢迎联系我们的自然疗法医生及顾问团队。请发送邮件至 [drleon@newlife.com.my](mailto:drleon@newlife.com.my)