


	Post	Graphic	Hashtags and links
30/09	<p>October is #LiverCancerAwarenessMonth!</p> <p>Did you know that small, healthy changes in your diet, exercise, and alcohol intake can significantly reduce your risk?</p> <p>Liver cancer, particularly Hepatocellular Carcinoma (HCC), which makes up 90% of cases, is a highly preventable disease. Yet, countless lives are lost each year. Early action is crucial to change this.</p> <p>This month, join us in taking steps to protect your liver. Access our Canva template with campaign instructions and get involved in our weekly challenges. Together, we will explore easy ways to protect your liver through diet, exercise, and mindful alcohol intake. 🍷</p> <p>Link to Canva template</p>		<p>#HealthyLiver #LiverCancerAwarenessMonth #LCAM24 #LiverCancerPrevention #LiverHealth</p>



DIGESTIVE CANCERS EUROPE

03/10

📷 Ready to #CookForYourLiver? Eating a balanced, nutritious diet is key to maintaining liver health. This week, try a healthy recipe and share a picture of your meal using our branded template!

Show us your culinary skills and inspire others to eat healthy too. Let's nourish our bodies and protect our livers together!

📷 [Use our Canva template here](#)

For inspirations for healthy recipes, visit:
<https://www.aicr.org/cancer-prevention/recipes/>




#CookForYourLiver
#HealthyLiver
#LiverCancerAwarenessMonth
#LCAM24
#LiverCancerPrevention
#LiverHealth



DIGESTIVE CANCERS EUROPE

10/10

 Time to #StepForYourLiver! Regular physical activity, like walking, helps keep your liver in top shape. This week, challenge yourself to hit between 7,000 & 10,000 steps a day using DiCE's free step counter #STEPApp.

Don't forget to share a photo of your walk using our branded template. Every step counts towards maintaining a #HealthyLiver!

 [Use our Canva template here](#)
If you haven't done it yet, download StepApp here:
<https://stepapp.digestivecancers.eu>



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DIGESTIVE CANCERS
EUROPE

17/10

Liver Cancer: It is never too early to act

Next week (24th of October), DiCE is hosting an online event to raise awareness around #LiverCancer prevention and diagnosis. We will also publish the results of our research project which was carried out in collaboration with ELPA, ILCM, ESAL, and ILCA. The project aimed to map the status quo in liver cancer prevention and diagnosis across the EU.

Join us in raising awareness about several key topics related to liver cancer, and help us in the fight to improve patient outcomes!

[Links to the graphics to be downloaded.](#)



#LiverCancerDiagnosis
#CancerPatient
#HealthyLiver
#LiverCancerAwarenessMonth
#LCAM24
#LiverCancerPrevention
#LiverHealth



DIGESTIVE CANCERS EUROPE

25/10

 Cheers to #DrinkHealthyForYourLiver! Reducing alcohol consumption is one of the best ways to protect your liver. This week, stay alcohol-free and share with us a picture of your favorite non-alcoholic beverage using our branded template. Let's raise our glasses to better liver health!

 [Use our Canva template here](#)



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#LiverHealth



DIGESTIVE CANCERS EUROPE

31/10

🙏 As #LiverCancerAwarenessMonth comes to an end, we want to say a huge thank you to everyone who participated in our challenges and helped spread awareness.

Throughout the year, DiCE will continue to work and advocate for prevention, earlier diagnosis and the best treatment for all patients with #LiverCancer across Europe, so stay updated by following DiCE's socials.

[Link to Canva template](#)



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