Hepatocellular Carcinoma (HCC)

What Is HCC?

• Liver cancer is the growth and spread of unhealthy cells in the liver that can spread within the liver and to other organs
• Hepatocellular carcinoma (HCC) is the most common type of liver cancer that arises from liver cells called hepatocytes (leaves)
• Cholangiocarcinoma is the second most common type of liver cancer arising from cells which make up bile ducts (branches)
• The major risk factor for HCC is the development of advanced scarring of the liver, or cirrhosis, which happens from chronic hepatitis from a variety of diseases and exposures
  • Chronic viral hepatitis (B and C) can lead to HCC without cirrhosis
  • Central obesity, smoking, and alcohol use also increase risk, especially in patients who already have underlying cirrhosis

SYMPTOMS
• Early HCC frequently has no symptoms - Goal is to diagnose PRIOR to symptoms
  - Weight loss, fatigue, abdominal pain or swelling, weakness, fever, jaundice

PREVENTION
• Treatment of known liver disease to prevent development of cirrhosis
• Maintain a healthy lifestyle and body weight, including weight loss if obese
• Smoking and alcohol cessation
• Vaccination or treatment of hepatitis B, diagnosis and treatment of hepatitis C

SCREENING
Liver ultrasound, CT scan, or MRI every 6 months in high risk patients:
• Liver cirrhosis from any cause
• Hepatitis B and one or more of the following apply: are Asian or African, have liver cirrhosis, or have a family history of liver cancer
• Hepatitis C infection and liver cirrhosis
• Primary biliary cholangitis and Primary sclerosing cholangitis

Can We Prevent And Screen For HCC?

What Causes HCC?

• Hepatitis B
• Hepatitis C
• Liver cirrhosis (any etiology)
• Hemochromatosis
• Alcohol
• Anabolic steroids
• Aflatoxins

What Are The Treatments For HCC?

How Common Is HCC?

• Male HCC Incidence Rates
  
  - Death rates from HCC increased 43% for Americans from 2000-2016 (July 2018).
  - This is due to more people developing HCC from:
    • Hepatitis C (especially in baby boomers: born 1945-1965)
    • Obesity
    • Alcohol
  - HCC rates are expected to rise over the next decade in all demographic groups except in the Asian population due to the control of Hepatitis B

What Are Curative Therapies For HCC?

- RESECTION
  - Remove only the tumor while the rest of liver stays in place
- LIVER TRANSPLANT
  - Remove entire liver with tumor and put in a new healthy liver
  - Includes Living donor liver transplant (LDLT)
- ABLATION
  - An interventional radiology guided procedure to burn the tumor
  - An option for 1 tumor less than 3cm in size