**Editorial**

As 2021 draws to a close and 2022 fast approaches, it allows time to reflect on our lifestyle and liver health over the last year and contemplate the year to come. What would you do differently?

What has been highlighted in recent years is the value of drinking caffeinated coffee. In people with liver disease, caffeine consumption has been associated with improvement in liver function tests, decreased risk of liver fibrosis progression, cirrhosis, hepatocellular carcinoma, and mortality (Ebadi, Bhanji, Montano-Loza, 2021; Wadhawan & Anand, 2016). However, you need to drink what is termed ‘*moderate amounts’* amounting to around 4 cups a day. Of course, some people are very sensitive to caffeine, developing tremors and palpitations shortly after consumption. Therefore, there is a risk versus benefit ratio to consider, so only increase consumption if suitable to you.

Caffeinated tea does not appear to have the same benefits to the liver as coffee. That said, there are many other health benefits associated with the antioxidants contained within; boosting immunity and linked to protecting against neurodegenerative diseases such as Parkinson’s (Caruana & Vassallo, 2015). So maybe a New Year’s resolution should be to increase your coffee and tea consumption, rather than decreasing it.

Over the forthcoming festive period it is reasonable to assume that most people will indulge in eating more food, sweets, desserts, and drink than usual. This can lead to some weight gain over the festive period. Whilst for many this is not an issue, for others this can be. Over 25% of the adult population in the world suffers from non-alcoholic fatty liver disease (NAFLD), which is often underdiagnosed due to its non-specific symptoms (De Chiara et al., 2019). Bearing in mind most people are unaware they have this condition they will also be unaware if their NAFLD has developed into a more aggressive form, known as non-alcoholic steatohepatitis (NASH). Over time this will lead to cirrhosis and increased morbidity associated with the complications of portal hypertension leading to liver related mortality. Globally, this is of huge concern as theoretical modelling project that the number of NASH cases will increase from 16.52 million cases in 2015, to 27.00 million in 2030, posing a future huge health problem (Estes et al., 2018).

January is always a good time to reflect on what we can do better, the so-called New Year’s resolutions. We often think about losing weight and in light of the evidence above, is a positive consideration. Alcohol is also something we consider cutting down on or even stopping as in *Dry January*. However, are we setting ourselves to fail by commencing diets and cutting down alcohol in the New Year? Many of us will have been gifted presents containing wonderful food, chocolates, or alcohol, so to try and give these up in January may lead us to temptation. Anecdotally, I have heard many people say, January is an awful month to consider lifestyle changes. Maybe it would be kinder to set our minds to a Fabulous February instead? Rather than bingeing on the left-over food and drink from Christmas and New Year in readiness for the beginning of January, we should enjoy the gifts of food and drink over the month of January and contemplate how to improve lifestyle in February. January can be used as a springboard to make small changes e.g., increasing caffeine (if suitable) or reducing sugar and alcohol intake, in readiness to dive into Fabulous February and look forward to a Marvellous March.

**References**

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