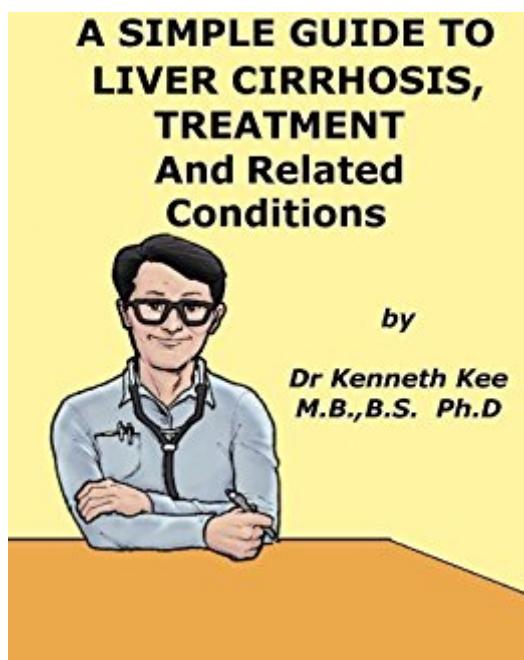


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# A Simple Guide To Liver Cirrhosis, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



## Synopsis

IntroductionOde to Liver CirrhosisLiver Cirrhosis is a chronic liver disease Where the normal liver tissue is scarred and decreasedThis can lead to loss of liver functionThe main cause is alcohol consumptionThis is followed by Liver infectionSometimes there is biliary obstructionCaused by gallstones and cholecystitisSometimes it is caused by biliary cholangitisScarring of liver tissue can cause loss of functionYou may have loss of appetite and biliary congestionWith jaundice, shrunken liver and tea colored urineThere may be nausea and vomitingTreatment is to avoid all things alcoholicWith infections treat with antibioticsA fat and alcohol free diet is of great importanceIf all fail you may need a liver transplantation.-An original poem by Kenneth KeelInteresting Tips about the Liver CirrhosisA Healthy Lifestyle1. Take a well Balanced Diet2. Treatment of Liver Cirrhosis:a. A healthy fat free diet is needed as energy use in cirrhosis is highb. Close monitoring of the liver function is important. c. Antibiotics will be prescribed for infections, d. Antihistamines can help with itching. e. Laxatives such as lactulose decrease risk of constipationf. Treating alcoholismAlcoholic cirrhosis caused by alcoholism is treated by abstaining from alcohol. g. Treatment for hepatitis-related cirrhosis involves medications to treat the different types of hepatitis, such as:a. Interferon for viral hepatitis b. Corticosteroids for autoimmune hepatitis. h. Cirrhosis caused by Wilson's disease in which copper builds up in organs is treated with chelation therapy (e.g. penicillamine)3. Keep bones and body strongBone marrow produces our bloodEat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.Eat food rich in Vitamins B and C such as green vegetables and fruitsZinc and other minerals are important to the body4. Get enough rest and SleepAvoid stress and tension5. Exercise and stay active.It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2-3 hours a week.One way to do this is to be active 30 minutes a day at least 5 days a week.Begin slowly especially if a person has not been active.6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.Alcohol use also increases the chance of falling and breaking a bone.Alcohol can affect the neurons and brain cells.7. Stop or do not begin smoking.It also interferes with blood supply and healing.Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around themChapter 1Liver CirrhosisLiver cirrhosis is a common cause of admission to hospitals especially in patients who consumes excessive alcohol.There are very few patients with liver cirrhosis who comes to see family doctors.Most patients with liver cirrhosis have more serious complaints such as jaundice, nausea, vomiting and loss of weight are mainly admitted to hospital for treatment.Few family doctors are

willing to treat potentially dangerously ill patients when they can be more safely treated in the hospital. Liver Cirrhosis is a chronic liver disease where the normal liver tissue is replaced by bands of fibrous scar tissue separating nodules of regenerated liver cells resulting in gradual loss of liver function. The main causes of Liver Cirrhosis are: 1. Chronic alcoholism: 2. Hepatitis C virus infection: 3. Primary biliary and secondary cirrhosis: Secondary biliary cirrhosis results from chronic obstruction of the biliary tract.

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## **Book Information**

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## **Customer Reviews**

This simple guide is more than as simple and even less than informative. It is written as if it was an article in a medical magazine in some ways but less informative than a wiki. The writing is repetitive and missing details of symptoms. It completely misses the human factor altogether.

This book was very informative and easy to read. I believe I have a clearer picture of what to expect.

It is ok at best.

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