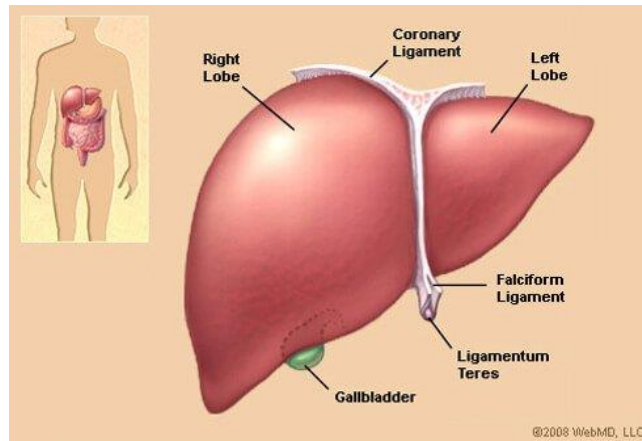


LIVER DISEASE



liver is an important organ that performs hundreds of tasks related to metabolism, energy storage, and detoxification of waste. It helps you digest food, convert it to energy, and store the energy until you need it. It also helps filter toxic substances out of your bloodstream.

Liver disease is a general term that refers to any condition affecting your liver. These conditions may develop for different reasons, but they can all damage your liver and impact its function.

General symptoms of Liver disease :



Liver disease symptoms vary, depending on the underlying cause. However, there are some general symptoms that may indicate some kind of liver disease.

These include:

- yellow skin and eyes, known as jaundice

- dark urine
- pale, bloody, or black stool
- swollen ankles, legs, or abdomen
- nausea
- vomiting
- decreased appetite
- ongoing fatigue
- itchy skin
- easy bruising

Liver disease has many causes.

Infection

Parasites and viruses can infect the liver, causing inflammation that reduces liver function. The viruses that cause liver damage can be spread through blood or semen, contaminated food or water, or close contact with a person who is infected. The most common types of liver infection are hepatitis viruses, including:

- Hepatitis A
- Hepatitis B
- Hepatitis C

Immune system abnormality

Diseases in which your immune system attacks certain parts of your body (autoimmune) can affect your liver. Examples of autoimmune liver diseases include:

- **Autoimmune hepatitis**

- **Primary biliary cholangitis**
- **Primary sclerosing cholangitis**

Genetics

An abnormal gene inherited from one or both of your parents can cause various substances to build up in your liver, resulting in liver damage.

Genetic liver diseases include:

- **Hemochromatosis**
- **Wilson's disease**
- **Alpha-1 antitrypsin deficiency**

Cancer and other growths

Examples include:

- **Liver cancer**
- **Bile duct cancer**
- **Liver adenoma**

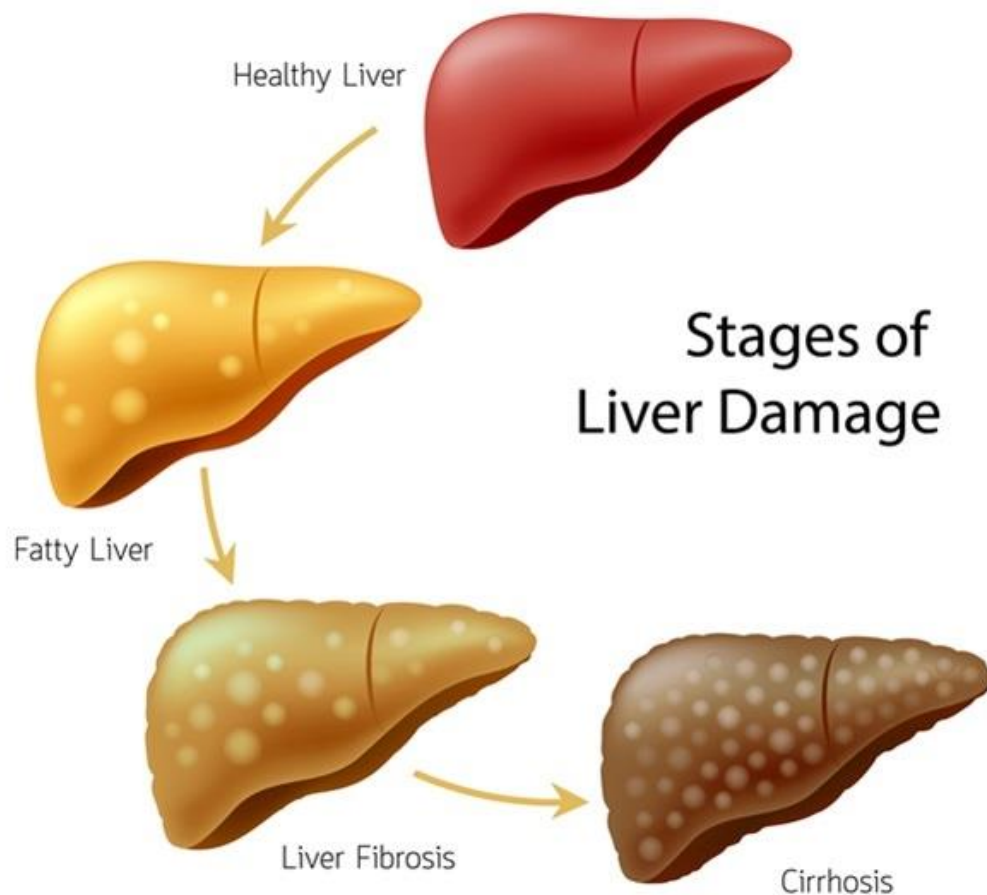
Other

Additional, common causes of liver disease include:

- **Chronic alcohol abuse**
- **Fat accumulation in the liver (nonalcoholic fatty liver disease)**
- **Certain prescription or over-the-counter medications**
- **Certain herbal compounds**

Stages of liver failure

- Inflammation. In this early **stage**, the **liver** is enlarged or inflamed.
- Fibrosis. Scar tissue begins to replace healthy tissue in the inflamed **liver**.
- Cirrhosis. Severe scarring has built up, making it difficult for the **liver** to function properly.
- End-**stage liver disease** (ESLD). ...
- **Liver** cancer.



Prevention of Liver Disease

- No more than two alcoholic drinks a day.
- Be cautious about mixing drinks, combining with drugs OTC & prescription
- Avoid exposure to chemicals whenever possible.
- Maintain a healthful, balanced diet.
- Vaccinate against hepatitis
- No sharing of needles, razors, toothbrushes
- Practicing safer sex will minimize the risk of transmission of hepatitis B.

