

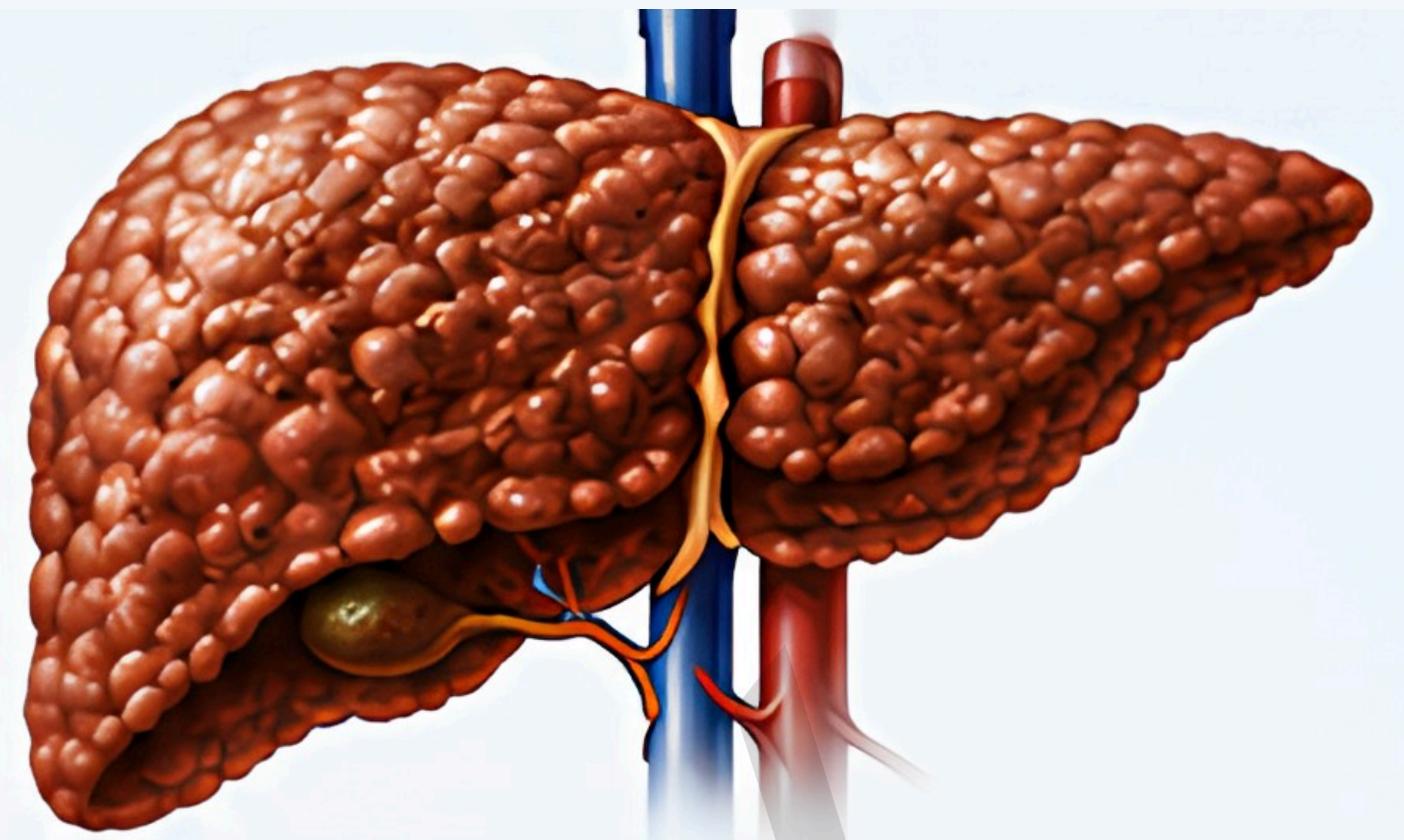
# **PATIENT EDUCATION CONTENT**

## ***Liver Cirrhosis***

# LIVER CIRRHOSIS

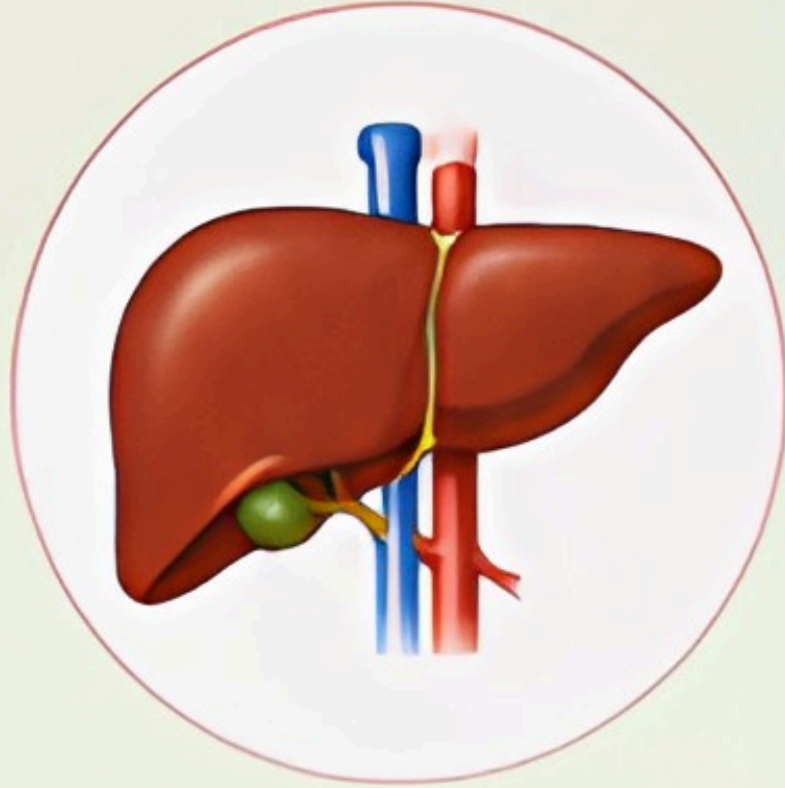
## Understand, Detect, Treat & Prevent

Cirrhosis is a chronic liver disease in which healthy liver tissue is replaced by scar tissue, affecting liver function.



### 1. DEFINITION

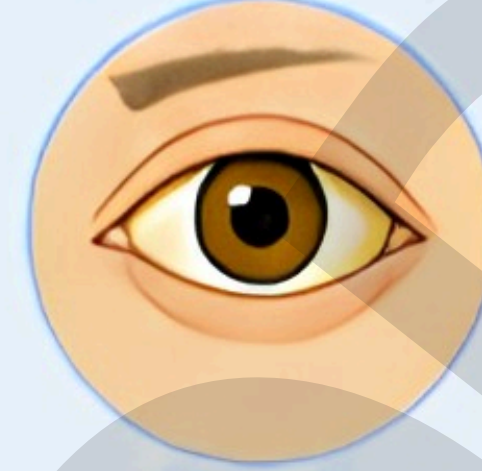
Liver cirrhosis is the advanced stage of scarring (fibrosis) of the liver caused by long-term liver damage. The scar tissue replaces healthy tissue, making it difficult for the liver to work properly.



### 2. SIGNS & SYMPTOMS



Fatigue & weakness



Jaundice (yellowing of skin & eyes)



Abdominal pain & swelling



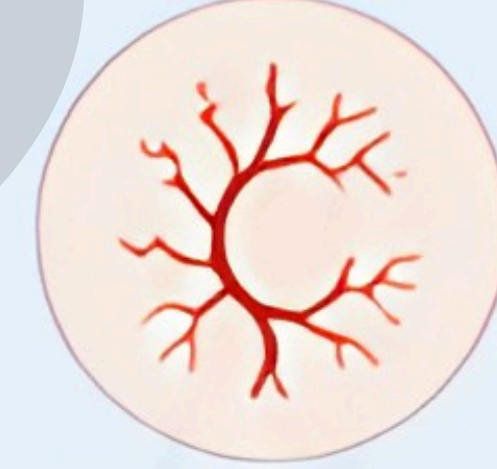
Swelling in legs, ankles & feet



Nausea & vomiting



Loss of appetite



Spider-like blood vessels on skin



Easy bruising & bleeding

### 3. TYPES OF LIVER CIRRHOSIS

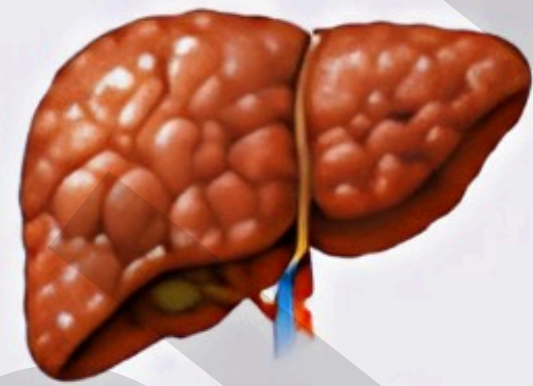
Cirrhosis can be classified based on the cause and the pattern of scarring.

#### A. Based on Cause

- **Alcoholic Cirrhosis** – caused by long-term excessive alcohol use
- **Non-Alcoholic Cirrhosis** – due to fatty liver disease, diabetes, obesity, etc.
- **Viral (Hepatitis) Cirrhosis** – caused by chronic hepatitis B or C infection
- **Biliary Cirrhosis** – due to bile duct obstruction or autoimmune diseases
- **Others** – genetic disorders, drugs, toxins, etc.



Micronodular



Macronodular



Mixed Nodular

#### B. Based on Pattern (Morphology)

- **Micronodular Cirrhosis** – many small nodules
- **Macronodular Cirrhosis** – few large nodules
- **Mixed (Mixed Nodular) Cirrhosis** – combination of small and large nodules

### 4. DIAGNOSIS



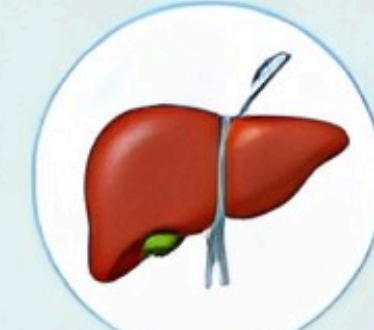
**Blood Tests** – liver function tests, complete blood count, clotting profile, viral markers



**Imaging Tests** – Ultrasound, CT scan, MRI to assess liver size, texture, and complications



**FibroScan (Elastography)** – measures liver stiffness



**Liver Biopsy** – in some cases, a small tissue sample is taken to confirm diagnosis

### 5. TREATMENT



**Treat the underlying cause** – stop alcohol, antiviral drugs for hepatitis, control diabetes, weight loss, etc.



**Medications** – to manage symptoms and complications (diuretics for fluid, lactulose for confusion, beta-blockers, vitamins)



**Nutrition** – balanced diet, low salt, high protein (as advised)



**Regular monitoring** – check for complications like varicos, ascites, liver cancer



**Liver Transplant** – needed in advanced cirrhosis or liver failure

### 6. PREVENTION



Avoid alcohol and liver toxins



Get vaccinated for Hepatitis A and B



Practice safe hygiene & avoid sharing needles or personal items



Maintain healthy weight, control diabetes, and cholesterol



Eat a balanced diet and exercise regularly



Regular health check-ups & early treatment of liver diseases