

Fast Facts

Cirrhosis

<i>Definition</i>	<i>Cause</i>	<i>Symptoms</i>	<i>Treatment</i>
<p>-A late stage of scarring (fibrosis) of your liver</p> <p>-Occurs in response to damage to the liver and each time there is an injury, the liver tries to repair itself (this forms scar tissue). If the cycle continues, your liver makes more scar tissue and it replaces functionable tissue making it harder for the liver to function</p> <p>-Once the damage happens cannot be undone</p>	<ul style="list-style-type: none"> -Chronic alcohol abuse -Chronic viral hepatitis (Hepatitis B and C) -Fat accumulating in the liver (nonalcoholic fatty liver disease) -Iron build up in the body (hemochromatosis) -Cystic fibrosis -Copper accumulated in the liver (Wilson's disease) -Poorly formed bile ducts (biliary atresia) -Inherited disorders of sugar metabolism (galactosemia or glycogen storage disease) -Genetic digestive disorders (Alagille syndrome) -Liver diseases caused by your body's immune system (autoimmune hepatitis) -Destruction of the bile ducts (primary biliary cirrhosis) -Hardening/scarring of the bile ducts (primary sclerosing cholangitis) -Infections (schistosomiasis) -Medications (methotrexate) 	<ul style="list-style-type: none"> -Fatigue -Bleeding easily -Bruising easily -Itchy skin -Jaundice (yellow skin/eyes) -Ascites (fluid in your abdomen) -Loss of appetite -Nausea -Edema (swelling in your legs) -Spiderlike blood vessels on your skin -Redness in the palms of your hands -Testicular atrophy (men) -Breast enlargement (men) 	<ul style="list-style-type: none"> -Treat underlying cause -Provide relief for symptoms

Complications

<i>Condition</i>	<i>Cause</i>	<i>Symptoms</i>	<i>Treatment</i>
<p><i>Splenomegaly</i> (Enlarged Spleen)</p>	<p>-Portal hypertension can cause the spleen to become enlarged</p>	<ul style="list-style-type: none"> -No symptoms in some cases -Pain or fullness in the left upper abdomen (can spread to the left shoulder) -Feeling full without eating or after eating only a small amount -Anemia 	<ul style="list-style-type: none"> -Monitor for signs of internal bleeding and seek treatment if you need it

		<ul style="list-style-type: none"> -Fatigue -Frequent infections -Easy bleeding 	
<p><i>Portal Hypertension</i> (High blood pressure in veins of the liver)</p>	<p>-Cirrhosis slows the normal flow of blood through the liver increasing pressure in the (portal) vein that brings blood from the intestines and spleen to the liver</p>	<ul style="list-style-type: none"> -Gastrointestinal bleeding (black, tarry stools/blood in stool or vomiting of blood) -Ascites (an accumulation of fluid in the abdomen) -Encephalopathy (confusion and forgetfulness) -Reduced levels of platelets (clotting making cells) or white blood cells (infection fighting cells) 	<p>-Certain blood pressure medications can control the increased pressure in the veins that supply the liver</p>
<p><i>Hepatic Encephalopathy</i> (Toxin build up in the brain)</p>	<p>- Damaged liver unable to clear toxins from the blood causing them to build up in the brain this causes mental confusion and difficulty concentrating</p>	<p>-Range from fatigue and mild cognitive impairment to unresponsiveness or coma</p>	<p>-Medication can help prevent the buildup of toxins in the blood</p>
<p><i>Varices</i> (Internal bleeding from small blood vessels that burst)</p>	<ul style="list-style-type: none"> -Portal hypertension causes blood to be redirected to smaller veins, increasing their size cause varices -Strained by the extra load, they burst leading to serious bleeding -Life-threatening when it occurs lower esophagus (esophageal varices) or stomach (gastric varices) -Liver can't usually make enough clotting factors contributing to the bleeding -Infections (bacterial) can trigger the bleeding 	<p>-Gastrointestinal bleeding (black, tarry stools/blood in stool or vomiting of blood)</p>	<ul style="list-style-type: none"> -Medication can reduce the risk of bleeding -If the varices are bleeding or likely to bleed, need a procedure (band ligation) to stop it -Severe cases (TIPS can be placed in the

			vein to reduce blood pressure in the liver to prevent further bleeding)
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