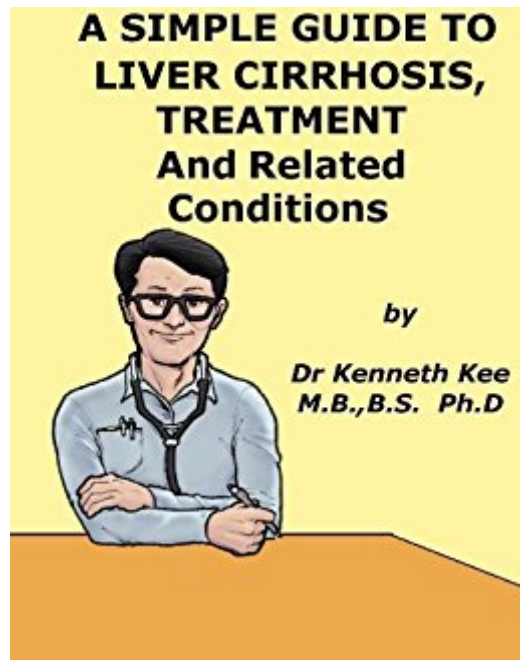


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# A Simple Guide To Liver Cirrhosis, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



## Synopsis

**Introduction**  
**Ode to Liver Cirrhosis**  
Liver Cirrhosis is a chronic liver disease Where the normal liver tissue is scarred and decreased This can lead to loss of liver function The main cause is alcohol consumption This is followed by Liver infection Sometimes there is biliary obstruction Caused by gallstones and cholecystitis Sometimes it is caused by biliary cholangitis Scarring of liver tissue can cause loss of function You may have loss of appetite and biliary congestion With jaundice, shrunken liver and tea colored urine There may be nausea and vomiting Treatment is to avoid all things alcoholic With infections treat with antibiotics A fat and alcohol free diet is of great importance If all fail you may need a liver transplantation.

-An original poem by Kenneth Keel  
**Interesting Tips about the Liver Cirrhosis**  
**A Healthy Lifestyle**  
1. Take a well Balanced Diet  
2. Treatment of Liver Cirrhosis:  
a. A healthy fat free diet is needed as energy use in cirrhosis is high  
b. 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 constipation  
f. Treating alcoholism  
Alcoholic 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 strong  
Bone marrow produces our blood  
Eat 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 fruits  
Zinc and other minerals are important to the body  
4. Get enough rest and Sleep  
Avoid stress and tension  
5. Exercise and stay active.  
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ 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 them

**Chapter 1 Liver Cirrhosis**  
Liver 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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