

SYMPTOMS OF CIRRHOSIS

Cirrhosis often has no signs or symptoms until liver damage is extensive. When signs and symptoms do occur, they may include:

-  **Fatigue**
-  **Yellowing in the eyes and skin**
-  **Bleeding and bruising easily**
-  **Loss of appetite**
-  **Swelling in the ankles, legs, and abdomen**
-  **Confusion and slurred speech**

Other Symptoms of Liver Failure:

- Ascites** - build up of fluid in your belly.
- Jaundice** - if your liver can't get rid of bilirubin, a blood waste product, it can make skin and eyes yellow.
- Bleeding varices** - enlarged blood vessels (varices) that are bleeding will cause black, tarry or bloody stools; or throwing up blood.
- Hepatic Encephalopathy** - is a condition that causes temporary worsening of brain function in people with advanced liver disease.

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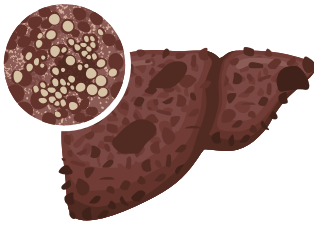
LIVER CIRRHOSIS GUIDE

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WHAT IS CIRRHOSIS?

Cirrhosis refers to a slowly progressing disease in which scar tissue replaces normal, healthy tissue eventually preventing the liver from functioning properly.



CAUSES

Hepatitis C, fatty liver, and alcohol use are the most common causes of cirrhosis in the U.S.

OTHER CAUSES:

- chronic liver disorders
- drug abuse
- toxin induced hepatitis
- infections

DIAGNOSING CIRRHOSIS

Early-stage cirrhosis usually doesn't have symptoms so it is often detected first through a routine blood test or check-up. If blood tests suggest there is a problem with your liver, your doctor may order imaging and other tests such as an MRI, CT or biopsy to further diagnose cirrhosis.

MANAGING SYMPTOMS OF CIRRHOSIS

To treat some causes of cirrhosis, your doctor may recommend lifestyle changes such as:



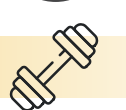
Eating a healthy diet



Reducing salt intake



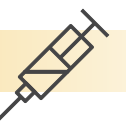
Avoiding alcohol



Exercising daily for 30 minutes



Taking only approved medications and supplements



Staying up to date on important vaccines

STAGES OF CIRRHOSIS

There are two stages of cirrhosis:

1. COMPENSATED CIRRHOSIS

Means your liver can still do its job because there are enough healthy cells to compensate for the damaged cells and scar tissue caused by cirrhosis.

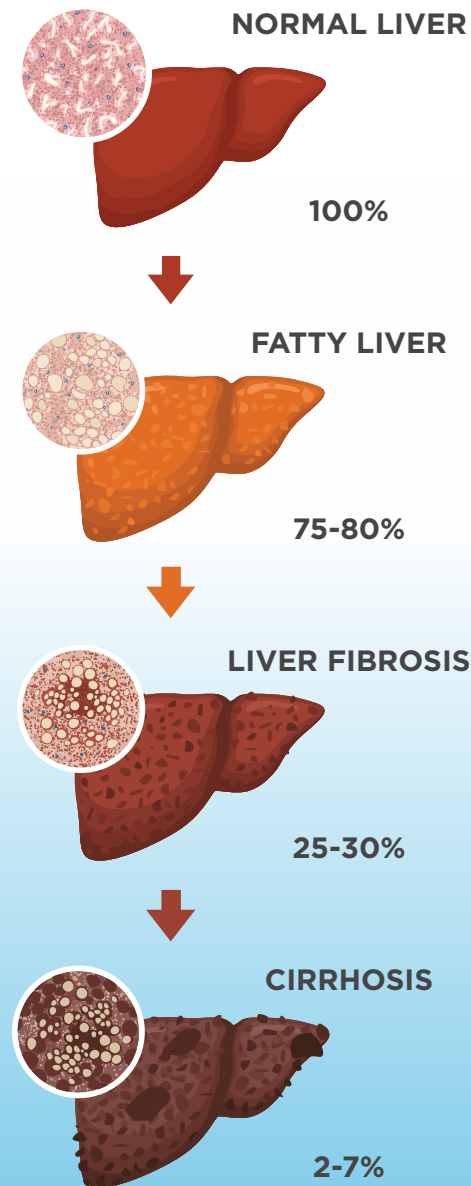
- People in this stage typically don't experience any symptoms.



2. DECOMPENSATED CIRRHOSIS

is the next stage and means your liver has too much scarring to function normally. Symptoms of liver failure become obvious.

Stages of Liver Damage



TREATMENT OPTIONS

Liver damage from cirrhosis cannot be reversed, but treatment can stop or delay further progression and reduce complications.

Treatment depends on the cause of cirrhosis and any complications a patient is experiencing as well as the level of liver damage

- Oral medications can reduce symptoms.
- Surgical treatments can address complications such as internal bleeding.
- Transplant may be an option for some patients.

WHEN TO GO TO THE ER



BLEEDING: Your stools are black and tarry or you are vomiting blood.



CONFUSION: Your head is cloudy. You feel confused or sleepy and unable to do anything.



FEVER: You have a fever and can't stop shaking.



JAUNDICE: Your eyes are suddenly turning yellow.