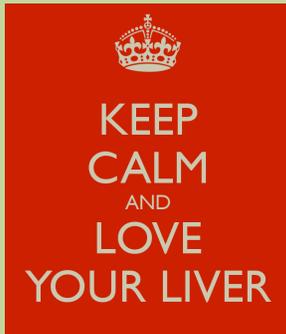




National Liver Awareness Month October 2015



COMMON LIVER PROBLEMS

CIRRHOSIS:

- **CIRRHOSIS REFERS TO THE PERMANENT SCARRING OF THE LIVER THAT BLOCKS BLOOD FLOW AND PREVENTS NORMAL FUNCTION.**
- **RISK FACTORS: CHRONIC ALCOHOLISM, VIRAL HEPATITIS, PROLONGED EXPOSURE TO ENVIRONMENTAL TOXINS.**
- **COMMON SYMPTOMS: APPETITE LOSS, NAUSEA, WEIGHT LOSS, WEAKNESS**

GALLSTONES:

- **GALLSTONES ARE LUMPS OF CHOLESTEROL, CRYSTALS, AND OTHER MATERIAL GALLBLADDERS PRODUCE.**
- **RISK FACTORS: HIGH CHOLESTEROL, FEMALE OVER 40, RAPID WEIGHT LOSS, DIABETES**
- **COMMON SYMPTOMS: PAIN IN UPPER ABDOMEN, FEVER, YELLOWISH TINT TO SKIN AND EYES, NAUSEA, CLAY COLORED BOWEL MOVEMENTS**

VIRAL HEPATITIS:

- ❖ **HEPATITIS IS THE SWELLING OF THE LIVER. THERE ARE SEVERAL DIFFERENT TYPES OF HEPATITIS THAT CAN BE CONTRACTED IN DIFFERENT WAYS. HEP A IS COMMONLY CONTRACTED THROUGH CONTAMINATED FOOD OR WATER. HEP B IS SPREAD THROUGH INFECTED BLOOD AND BODY FLUIDS. HEP C IS FOUND IN INFECTED BLOOD.**
- ❖ **PROTECT YOURSELF: BE CAREFUL OF WHERE THE SHELLFISH YOU EAT COME FROM, MAKE SURE IT'S NOT FROM SEWAGE CONTAMINATED WATER. DON'T SHARE NEEDLES. USE PROTECTION AGAINST SUSPICIOUS BODY FLUIDS.**
- ❖ **COMMON SYMPTOMS: DARK URINE AND PALE BOWEL MOVEMENTS, STOMACH PAIN, MUSCLE ACHES, LOW-GRADE FEVER.**

Liver Basics

Your liver is the largest gland in your body, and it has many vitally important jobs. The liver works as a filter that manages blood composition with substances like glucose and protein in the blood stream. It also removes toxins from the blood so that they can be removed. The liver is the processing center for most of the nutrients coming from the intestines into usable forms. Cholesterol is produced here and alcohol and many drugs pass through the liver to be broken down.

Ways To Protect Your Liver

- Maintain a healthy lifestyle with good diet and exercise. Get plenty of fiber and fresh foods.
- Limit the amount of alcohol you consume. Alcohol can damage and even destroy liver cells. Talk to your doctor about what amount of alcohol is right for you.
- Be conscious of your medications. Some medicines can hurt the liver if they are taken incorrectly. Make sure you follow dosing instructions and consult your pharmacist if you have questions.



The Medical
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