

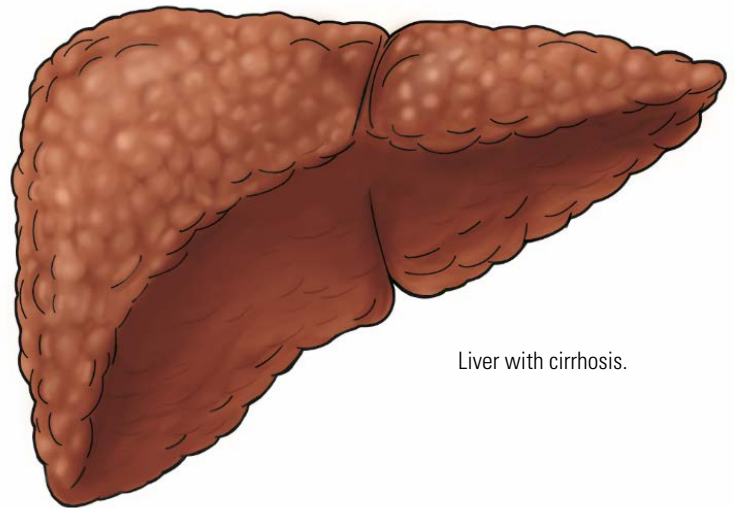
## CIRRHOSIS

# What Is Cirrhosis?

▶ Cirrhosis occurs when **the liver is permanently scarred or injured** by chronic conditions and diseases.

▶ Common causes of cirrhosis include:

- Long-term alcohol abuse.
- Chronic viral hepatitis (hepatitis B or C).
- Nonalcoholic fatty liver disease (NAFLD).
- Hemochromatosis.



Liver with cirrhosis.

▶ The liver is one of the most important organs in your body and weighs about three pounds. It sits in the upper-right side of the abdomen, below the ribs.

▶ The functions of the liver include:

- Changing food into energy.
- Cleaning out your body (metabolizing, or helping your body use, medications and removing alcohol and poisons from your system).
- Making bile. (Bile is a yellow-brown liquid made by the liver from bile salts, cholesterol, bilirubin and lecithin.)



- ▶ The scar tissue that forms in cirrhosis harms the structure of the liver, blocking the flow of blood through the organ.
  
- ▶ There are many ways to manage advanced cirrhosis:
  - Treat the underlying disease.
  - Avoid alcohol.
  - Practice good nutrition.
  - Work closely with a doctor.
  - Anticipate and treat complications.

