

Liver Cirrhosis



Objectives

- The student should be able to identify at least 2 causes for cirrhosis of the liver
- The students should be able to identify 2 ways to prevent Liver cirrhosis



Definition

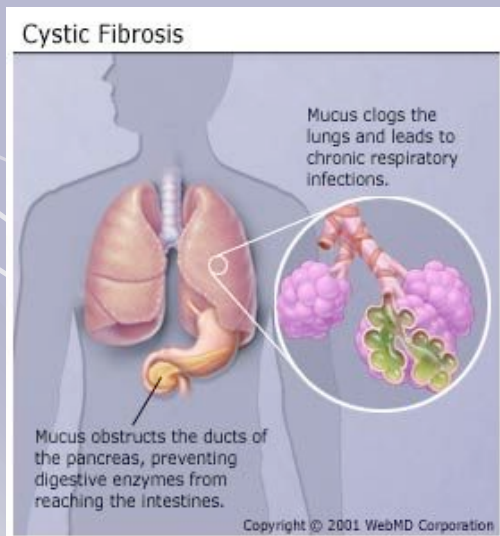
Cirrhosis of the liver is when scar tissue in the liver replaces the healthy tissue of the liver. This blocks the flow of blood and prevents the organ from functioning correctly.



Causes



- Excess alcohol use
- Chronic Viral Hepatitis (Hepatitis B and C)
- Chronic blockage of the bile ducts
- Drugs and other toxins
- Wilson's disease (when abnormal amounts of copper and iron accumulate in the blood)
- Cystic fibrosis
- Alpha I- antitrypsin deficiency



Risk Factors

- Moderate to heavy alcohol consumption
- Having hepatitis C, Hepatitis C, or HIV
- Family members that have the disease



Risk Groups

- African American men



Symptoms

Symptoms only begin to show when the scar tissue causes liver failure. Symptoms of this are:

- Exhaustion
- Fatigue
- Loss of appetite
- Nausea
- Weakness
- Weight loss
- Abdominal pain
- Spider-like blood veins under the skin



Treatment



- Hepatitis C related cirrhosis, natural proteins Pegylated interferon and ribavirin are used.
- Hepatitis B related cirrhosis immunomodulators are used
- For the alcohol related cirrhosis the patient must stop drinking.

Prevention

- Don't drink heavily
- Don't share needles (reduce chance for hepatitis)
- Healthy diet and exercise
- Don't smoke
- Don't use anabolic steroids
- Make sure to have regular check ups if it runs in the family
- Don't expose yourself to drinking water with naturally occurring arsenic
- Birth control pills have the ability to form a benign tumor called hepatic adenomas
- have good hygiene
- keep current on hepatitis vaccinations



Statistics

- 12th leading cause of death by disease
- This disease kills 26,000 people each year



Review

- Alcohol is the only cause of Liver Cirrhosis
T F
- Some symptoms of the disease can be spider veins, abdominal pain, and fatigue
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- Liver Cirrhosis is contagious by coughing or sneezing T F
- This disease only kills 100 people a year.
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