

Prevention

1



Vaccinate against Hepatitis A and B viruses to reduce your risk of hepatitis.

2



Eat a healthy diet and maintain a healthy weight.

3



Avoid substances that can damage your liver. (e.g. alcohol, ibuprofen, naproxen)

Clinic 4B
TTSH Medical Centre, Level 4
Contact:
6357 7000 (Central Hotline),



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Department of
**GASTROENTEROLOGY &
HEPATOLOGY**

Liver Cirrhosis



What Is Cirrhosis?

Cirrhosis is a condition where the liver becomes severely scarred by chronic (long-term) liver diseases.

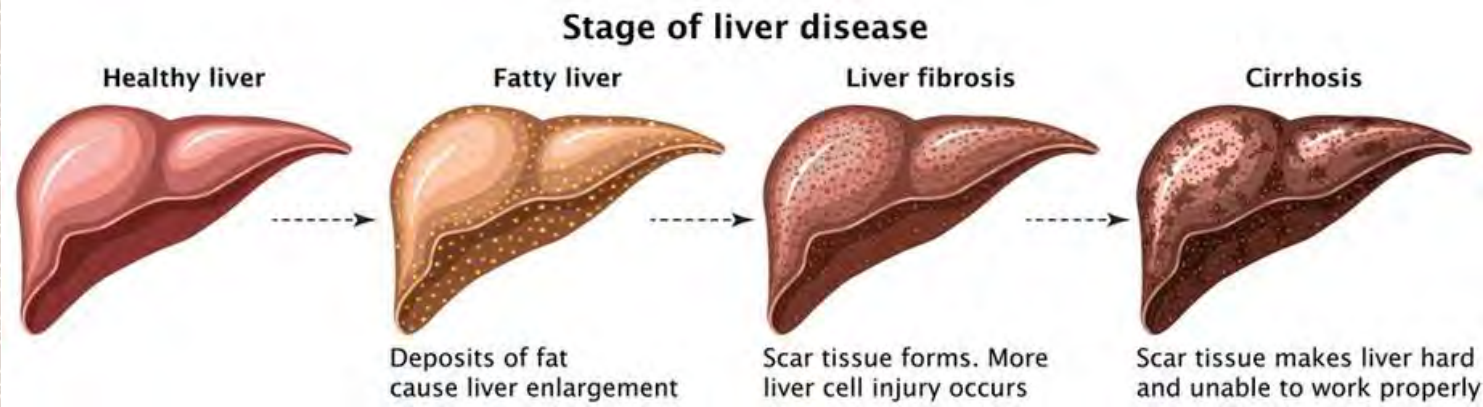
Who Are at Risk of Cirrhosis?

- **Heavy alcohol users:** Excessive alcohol intake is the most common cause of liver cirrhosis.
- **Hepatitis B or C virus carriers:** These viruses attack the liver. They can be transmitted by sharing needles or having sex with people who are infected.
- **Individuals with fatty liver disease:** Those who are overweight and have diabetes are at a higher risk.

Signs & Symptoms of Cirrhosis

You may or may not experience the following symptoms:

- Swelling in the abdomen and legs
- Feeling of chest congestion (due to fluid build-up in the lungs)
- Vomiting blood (due to bleeding from blood vessels in the esophagus)
- Trouble getting enough sleep or sleeping too much
- Fatigue
- Loss of appetite
- Itchy skin
- Jaundice (yellowing of the skin or whites of the eyes)



What Are Other Causes of Cirrhosis?

(Please note that there are more causes not listed here)

- **Cystic fibrosis** (build-up of thick sticky mucus in lungs and liver)
- **Wilson's disease** (build-up of copper in liver)
- **Deficiency in Alpha-1 antitrypsin** (protein that protects liver)
- **Autoimmune liver disease** (attack of liver by patient's antibodies)
- **Certain medications** (e.g. methotrexate, isoniazid)

How Is Cirrhosis Diagnosed?

Cirrhosis can be diagnosed from your symptoms, medical history, physical examination and the results of tests.

Common tests include:

- **Blood test**
- **Ultrasound scan**
- **Fibroscan** (measurement of liver stiffness)



Example of fibroscan
(Obtained from Dove Press Medical Limited)

How Is Cirrhosis Treated?

Early Stages

Cirrhosis may be reversible if the underlying cause can be treated.

Modes of Treatment



1) Avoid alcohol



2) Manage your weight and control your blood sugar levels



3) Medication may be used to treat certain causes (e.g. hepatitis B & C, autoimmune liver disease)

Advanced Stages

Cirrhosis is usually irreversible, and treatment may involve liver transplant.

Cirrhosis increases the risk of cancer. If you have cirrhosis, you are recommended to have an ultrasound scan every six months to check for signs of cancer.