

July

Disease Management

Managing Liver Disease



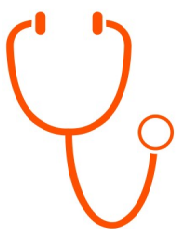
If cirrhosis is present, disease management is concerned with slowing down the buildup of scar tissue and preventing further health problems.



Self-care plans include eating a healthy diet that is low in sodium.



Patients attempting to control their liver disease should avoid alcohol and other drugs.



Doctors should be monitoring electrolytes, renal function, liver function, blood counts, hepatic encephalopathy, varices development and hepatocellular carcinoma.



Screenings should include AUDIT, BMI, liver function test, and risk of viral hepatitis screens.



Doctor's Tip

Management of liver disease requires frequent and regular visits with your physician who may recommend new medications (for ascites or hepatic encephalopathy) or lifestyle changes (cessation of alcohol use, avoidance of NSAID medications, low sodium diet) depending on the complications of the liver disease.

- Dr. Pranab Barman, Northwestern University



LIVE FIT. LIVER FIT.

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