

# Liver Disease

According to WHO, 1.23% of total deaths in the Philippines is caused by liver disease.

## What are the common causes of liver disease?



**Reaction to  
Certain  
Medication**



**Genetics**



**Autoimmune  
Disease**



**Alcohol  
Abuse**



**Obesity**



**High Fat  
Diet**



**Virus**

## Hepatitis: Inflammation of The Liver

When the liver is inflamed, its functions are compromised.

If not treated early, hepatitis may result to certain complications like cirrhosis, fibrosis, hepatic encephalopathy, liver cancer, and liver failure.

### Causes:

1. Alcohol Abuse
2. Alpha-1 antitrypsin deficiency
3. Autoimmune reaction
4. Decreased blood flow to the liver
5. Drugs or toxins
6. Hemochromatosis
7. Obstructive jaundice
8. Viral Infection
9. Wilson's disease

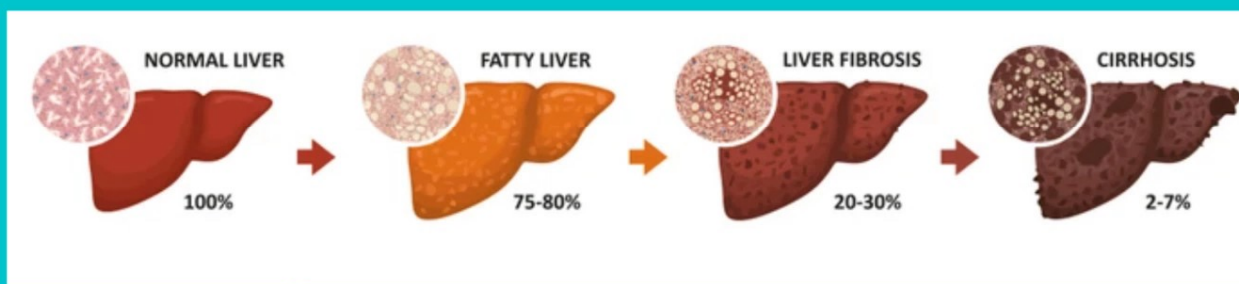
### Symptoms:

1. Abdominal Swelling
2. Diarrhea and discoloration of urine and stool
3. Confusion
4. Fatigue
5. Fever
6. Headache
7. Joint Pain
8. Itchy Skin
9. Loss of appetite
10. Malaise and Lethargy
11. Nausea
12. Jaundice

## Fibrosis: The Scarring

When damage to the liver occurs repeatedly, collagen and other proteins build-up between liver cells which forms the scar tissues. These scar tissues can limit or block blood flow within the liver which starves and kill healthy cells. Over time, these scar tissues continue to build up and replace healthy tissue.

During the early stage, fibrosis does not have any signs or symptoms. Due to lack of signs and symptoms, patients are not usually diagnosed with fibrosis until they show signs and symptoms of liver cirrhosis.



## Cirrhosis: Severe Scarring of the Liver

Liver cirrhosis is an irreversible condition wherein the liver is severely scarred and the damage is permanent. In some cases, treating the underlying cause of cirrhosis may keep the condition from progressing and help prevent liver failure.

If a patient is diagnosed with liver cirrhosis, it is important for him/her to avoid things that may further damage the liver such as:



**Alcohol**



**Fatty Food**



**Certain Drugs**