

## MediWise Disease Report

Disease: Hepatitis E

Description: Hepatitis E is a viral infection that causes liver inflammation.

Medications:

- ['Alcohol cessation', 'Corticosteroids', 'IV fluids', 'Liver transplant', 'Nutritional support']

Precautions:

- stop alcohol consumption
- rest
- consult doctor
- medication

Diet:

- ['Hepatitis E Diet', 'High-Calorie Diet', 'Soft and bland foods', 'Hydration', 'Protein-rich foods']

Workout:

- Stay hydrated
- Consume nutrient-rich foods
- Include protein-rich foods
- Consume easily digestible foods
- Limit fatty foods
- Avoid alcohol and caffeine
- Include vitamin C-rich foods
- Consult a healthcare professional
- Rest and conserve energy
- Gradually resume normal diet