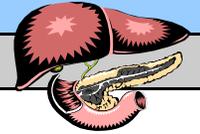


SUMMARY

DECISION SUPPORT

PATIENT EDUCATION/SELF MANAGEMENT

END STAGE LIVER DISEASE – CIRRHOSIS: WHAT YOU SHOULD KNOW



WHAT IS CIRRHOSIS? (SIR-O-SIS)

- ◆ Cirrhosis is when a healthy liver becomes damaged by scars and lumps.
- ◆ Cirrhosis is usually caused by viral infections (like hepatitis B and C), alcoholism, or fatty liver disease.
- ◆ You can live several years with cirrhosis if you get medical care.

HOW DO YOU KNOW IF YOU HAVE CIRRHOSIS?

You may not know if you have cirrhosis because you may not have any symptoms.

Your doctor will determine if you have cirrhosis by examining you and performing tests if needed.

You could have cirrhosis if you have:

- | | |
|-------------------------------|--|
| ◆ Swollen legs or belly | ◆ Unexplained weight loss or weight gain |
| ◆ Yellow colored skin | ◆ Belly pain |
| ◆ Frequent nosebleeds | ◆ Frequent infections |
| ◆ Red palms | ◆ Trouble thinking clearly or confusion |
| ◆ A tendency to bruise easily | |

END STAGE LIVER DISEASE – CIRRHOSIS: WHAT YOU SHOULD DO

- ◆ Eat from the CDCR “heart healthy” diet.
- ◆ Stay away from high salt, high fat food from the canteen and/or packages.
- ◆ Get regular exercise unless your health care provider tells you not to.
- ◆ Get vaccinated for Hepatitis A and B and pneumonia.
- ◆ Get a yearly flu shot.
- ◆ Do not drink any alcohol, including pruno, while you are in prison or after release.
- ◆ Discuss all medications with your health care provider.
- ◆ Take your medication as directed by your health care provider.
- ◆ Do not take more than 2 grams of acetaminophen daily.
- ◆ Stay away from NSAIDs like Advil[®], Motrin[®], or Aleve[®] unless recommended by your health care provider.
- ◆ Avoid protein and amino acid supplements.
- ◆ Avoid iron supplements.
- ◆ Do not take more than the recommended dose of Vitamins A, D, E, or K.



TELL YOUR HEALTH CARE PROVIDER IF YOU HAVE ANY OF THESE SYMPTOMS

- | | |
|--|------------------------------------|
| ◆ Vomiting blood or what looks like “coffee grounds” | ◆ Don’t pee as much as you used to |
| ◆ Feeling sleepy for long periods of time | ◆ Fever |
| ◆ Trouble thinking or increasing confusion | ◆ Problems breathing |
| ◆ Black tarry stools | |