

# Cirrhosis?

Cirrhosis is a late stage of scarring (fibrosis) of the liver caused by many forms of liver diseases and conditions, such as hepatitis and chronic alcoholism. Each time your liver is injured – whether by disease, excessive alcohol consumption or another cause – it tries to repair itself. In the process, scar tissue forms. As cirrhosis progresses, more and more scar tissue forms, making it difficult for the liver to function (decompensated cirrhosis). Advanced cirrhosis is life-threatening.

The liver damage done by cirrhosis generally can't be undone. But if liver cirrhosis is diagnosed early and the cause is treated, further damage can be limited and, rarely, reversed.

[www.mayoclinic.org](http://www.mayoclinic.org)

If you think you need help:

**Behavioral Health  
Treatment Services  
Locator**

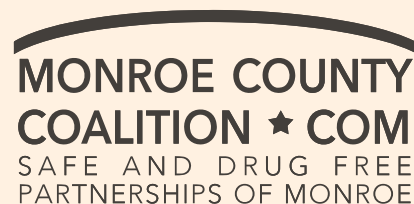
[FINDTREATMENT.SAMHSA.GOV](http://FINDTREATMENT.SAMHSA.GOV)

## our mission:

To foster community changes to reduce substance abuse and the consequences of substance abuse through community collaborative efforts. Support and advocate for a Safe and Drug-Free Community.

## our vision:

To provide a culturally competent, behavioral health and wellness approach to substance abuse prevention in Monroe County.



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Sponsored by Monroe County  
Coalition, Inc., Thriving Mind South  
Florida, and the State of Florida,  
Department of Children and Families



LET'S TALK ABOUT  
**Cirrhosis**



**BE KIND TO YOUR  
LIVER**

**You Can't  
Live without it!**



# WHAT IS Cirrhosis?

Drinking is associated with a number of health problems and can make certain chronic health problems worse. Half of liver disease deaths in the United States are caused by alcohol, and alcohol-associated liver disease is increasing, particularly among women and young people. Research has shown an important association between alcohol consumption and breast cancer—for each 10 grams of alcohol consumed (less than 1 standard drink) on an average daily basis, a woman's chance of developing postmenopausal breast cancer increases by around 9 percent. Individuals who carry certain gene variants associated with alcohol-related flushing (e.g., the ALDH2-2 variant) are at an elevated risk of esophageal cancer from alcohol consumption. Research has also shown that alcohol misuse increases the risk of liver disease, cardiovascular diseases, depression, and stomach bleeding, as well as cancers of the oral cavity, esophagus, larynx, pharynx, liver, colon, and rectum. People who misuse alcohol may also have problems managing conditions such as diabetes, high blood pressure, pain, and sleep disorders. And people who misuse alcohol are more likely to engage in unsafe sexual behavior, putting themselves and others at risk for sexually transmitted infections and unintentional pregnancies.

**National Institute on Alcohol  
Abuse and Alcoholism**

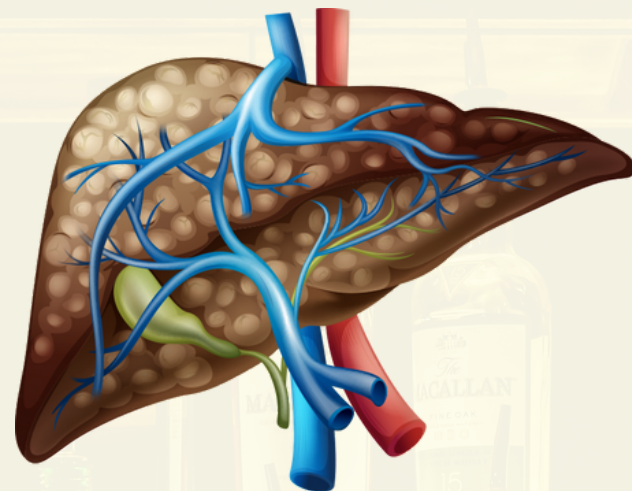
RETHINKINGDRINKING.NIAAA.NIH.GOV



## Healthy liver

Reduce your risk of cirrhosis by taking these steps to care for your liver:

- Do not drink alcohol if you have cirrhosis or liver disease.
- You should avoid alcohol.
- Eat a healthy diet. Choose a plant-based diet that's full of fruits and vegetables. Select whole grains and lean sources of protein.
- Maintain a healthy weight. An excess amount of body fat can damage your liver.
- Reduce your risk of hepatitis. Sharing needles and having unprotected sex can increase your risk of hepatitis B and C.



## Cirrhosis of liver

Complications of cirrhosis can include:

- High blood pressure in the veins that supply the liver (portal hypertension).
- Swelling in the legs and abdomen.
- Enlargement of the spleen (splenomegaly).
- Bleeding.
- Infections.
- Malnutrition.
- Buildup of toxins in the brain (hepatic encephalopathy).
- Jaundice.
- Bone disease.
- Increased risk of liver cancer.
- Acute-on-chronic cirrhosis.