

# LIVING WITH CIRRHOSIS

It's important that you learn everything you can about your disease, so you can do the best job of caring for yourself. Some of the things you can do are:

- Learn about common complications so you know what to watch for.
- Avoid alcohol.
- Understand which medications & supplements you should avoid (*like ibuprofen*), and which are usually safe to take. (*like acetaminophen up to 2000mg per day*).
- Keep regular appointments with your family doctor & liver specialist.
- Keep up with tests your healthcare team recommends.
- Share what you learn about cirrhosis with your close friends and family. You'll need their support as you learn how to manage this disease.



## MORE INFORMATION:

@CIRRHOISCAREAB  
WWW.CIRRHOISCARE.COM



## CIRRHOSIS NUTRITION INFO



### Eat frequently

Make sure you eat:

- breakfast soon after you wake up
- every 3 to 4 hours during the day
- a snack before bed, and again if you wake in the night



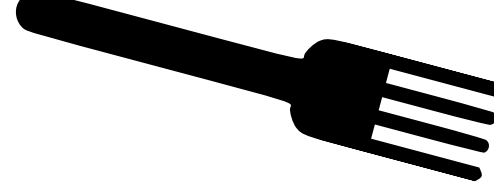
### Protein

People with cirrhosis need more calories and protein than the average person. If your liver is not working well you may become tired and weak.



### Reduce salt

Aim to eat less than 2000 mg of sodium a day.



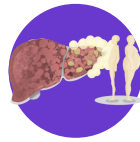
# WHAT IS CIRRHOSIS?

Many things can damage your liver, like too much alcohol or fat, and conditions related to genes and the immune system. When something damages the liver, scar tissue begins to form. This scarring is called *fibrosis*. When the entire liver is scarred, it shrinks and gets hard. This is called **cirrhosis**.

A liver with cirrhosis can have trouble:

- Making important substances (like blood proteins)
- storing what your body needs (like sugar & vitamins)
- Removing toxins & bacteria that your body doesn't need
- Regulating things like blood clotting

# WHY VISIT CIRRHOSISCARE.COM



Learn about common causes of cirrhosis



Learn about complications of cirrhosis & other symptoms you may encounter



Access cirrhosis nutrition info, including liver-friendly recipes with chef videos!



Watch videos about procedures you may encounter

**"I WISH I HAD THIS INFORMATION EARLIER - 2 WEEKS AGO I VOMITED BLOOD AND WAS TAKEN TO HOSPITAL. A FEW DAYS AGO I RECEIVED A LETTER EXPLAINING WHAT WAS DONE. I GOOGLED WHAT WAS WRITTEN IN THE LETTER TO UNDERSTAND WHAT WAS HAPPENING."**

-PATIENT WITH CIRRHOSIS



SCAN ME

## SHARE WITH US!

We would really appreciate your feedback to make the website better. Any ideas to improve the content would be extremely valuable! Thank you!