





TREATMENT OPTIONS FOR ALCOHOL-ASSOCIATED LIVER DISEASE (ALD)





How medical care and lifestyle changes support recovery.






IMMEDIATE PRIORITY

-  • Complete alcohol abstinence
-  • Medical supervision for withdrawal if needed
-  • Nutritional stabilization
-  • Address dehydration and vitamin deficiencies





NUTRITIONAL AND SUPPORTIVE CARE

-  • High protein diet if tolerated
-  • Vitamin supplementation including thiamine
-  • Calorie optimization
-  • Ongoing dietary support





MEDICAL MANAGEMENT

-  • Corticosteroids may be used in severe hepatitis
-  • Monitor liver function tests
-  • Treat complications early

RECOVERY AND LONG-TERM HEALTH

-  • Liver healing can continue for months or years
-  • Abstinence offers the greatest opportunity for recovery
-  • Healthy nutrition supports liver function
-  • Ongoing medical care helps prevent complications

MONITORING AND FOLLOW-UP

-  • Behavioral support programs
-  • Mental health counseling
-  • Regular monitoring of liver health
-  • Early intervention reduces progression risk



Effective treatment combines **medical care, nutrition, and ongoing support** to improve liver function and overall well-being.