

# RECENTLY DIAGNOSED WITH CIRRHOSIS?

Understanding what it means and how to protect your liver.



## WHAT CIRRHOSIS MEANS



- Advanced scarring of the liver
- Damage to normal liver structure
- Can be compensated or decompensated
- Requires ongoing medical care



## WHAT HAPPENS NEXT



- Referral to a liver specialist
- Blood tests and imaging
- Monitoring for complications
- Medication review



## LIFESTYLE CHANGES THAT MATTER



- Avoid alcohol completely
- Review medications with your doctor
- Follow dietary guidance
- Monitor symptoms



## WATCH FOR WARNING SIGNS



- Abdominal swelling
- Yellowing of skin or eyes
- Confusion or brain fog
- Gastrointestinal bleeding



Cirrhosis is serious, but monitoring and early care can **prevent complications.**



Educational resource. Not medical advice. Speak with a qualified healthcare professional.



Sources: AASLD Practice Guidance on Cirrhosis, EASL Clinical Practice Guidelines