

# TREATMENT AND MANAGEMENT OF CIRRHOSIS

How monitoring, complication management, and coordinated care support long term stability.



## UNDERLYING CAUSE MANAGEMENT

- Treat alcohol-related injury if present
- Address metabolic drivers
- Antiviral therapy when indicated
- Remove liver toxins when possible



## COMPLICATION PREVENTION

- Monitor for ascites
- Screen for varices
- Hepatic encephalopathy management
- Infection prevention



## ROUTINE MONITORING

- Regular liver function testing
- Imaging surveillance for liver cancer
- MELD score assessment
- Specialist hepatology follow up



## ADVANCED CARE PLANNING

- Nutrition optimization
- Medication adherence
- Early transplant evaluation when appropriate
- Coordinated multidisciplinary care



Early monitoring and complication prevention can significantly **improve outcomes** in cirrhosis.



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



Sources: AASLD Cirrhosis Practice Guidelines; EASL Clinical Practice Guidelines; American Association for the Study of Liver Diseases