

WHO IS MOST AT RISK FOR CIRRHOSIS?

Understanding risk factors helps with early prevention and detection.



CHRONIC ALCOHOL USE



- Long term heavy alcohol consumption damages liver cells.
- Repeated inflammation leads to scarring over time.
- Risk increases with duration and quantity.



METABOLIC RISK FACTORS

- Obesity
- Type 2 diabetes
- High cholesterol
- High blood pressure
- Fat accumulation in the liver



Metabolic dysfunction associated with steatotic liver disease can silently progress to cirrhosis.



VIRAL HEPATITIS



- Untreated viral infections can cause ongoing liver inflammation and fibrosis.



AUTOIMMUNE AND GENETIC CONDITIONS



- Autoimmune hepatitis
- Primary biliary cholangitis
- Hemochromatosis
- Wilson disease

Certain inherited or immune related disorders increase long term liver injury risk.



REPEATED LIVER INJURY

- Drug induced liver injury
- Chronic toxin exposure
- Long standing untreated liver disease

Any repeated liver damage can eventually lead to scarring.



Cirrhosis often **develops silently**. Many people feel well until advanced damage occurs.



Many people at risk do not realize their liver is under stress. **Early testing matters.**



Educational resource. Not medical advice. Speak with a qualified healthcare professional if you have concerns.



Sources: AASLD Practice Guidance on Cirrhosis
EASL Clinical Practice Guidelines