





Symptoms and Risk Signals of Alcohol-Associated Liver Disease

Recognizing early warning signs can support earlier testing and intervention.






Early Stage Symptoms

-  Fatigue or low energy
-  Mild right upper abdominal discomfort
-  Nausea or reduced appetite
-  Many people notice no symptoms at first






Early liver injury can be silent. Feeling well does not always mean the liver is healthy.








Progressive Liver Damage Signals

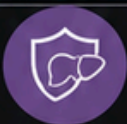
-  Persistent fatigue
-  Easy bruising
-  Swelling in legs or abdomen
-  Difficulty concentrating
-  Dark urine or pale stools

Signs of Alcohol-Associated Hepatitis

-  Yellowing of skin or eyes
-  Abdominal pain or tenderness
-  Fever
-  Nausea or vomiting
-  Loss of appetite

Risk Signals in Drinking Patterns

-  Drinking daily without recovery days
-  Frequent binge drinking episodes
-  Drinking to cope with stress or trauma
-  Increased tolerance over time
-  Difficulty reducing alcohol use



Alcohol-associated liver disease often develops gradually.
Early testing and honest conversations about alcohol use can reduce long-term damage.

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