

WHAT IS CIRRHOSIS?

Advanced scarring of the liver that **disrupts normal function.**



What Is Cirrhosis?

- Late stage liver scarring
- Healthy tissue replaced by fibrotic scar tissue
- Develops gradually over years
- Can result from multiple chronic liver conditions



Common Causes

- Chronic alcohol use
- MASLD (Metabolic dysfunction-associated steatotic liver disease)
- Chronic hepatitis B or C
- Autoimmune liver disease
- Genetic liver disorders



Signs and Complications

- Fluid buildup in abdomen (ascites)
- Jaundice (yellowing of skin and eyes)
- Easy bruising or bleeding
- Confusion or brain fog (hepatic encephalopathy)
- Swelling in legs (edema)



Why It Is Serious

- Liver function declines
- Risk of liver failure
- Increased liver cancer risk
- Requires long term monitoring
- May require transplant evaluation in advanced stages

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, World Health Organization liver disease reports.