



# Liver Disease FAQ

Following are frequently asked questions that can help you understand liver disease.

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## WHAT IS LIVER DISEASE?

Liver disease refers to any condition that affects the liver's ability to function properly, such as inflammation, scarring, or damage to liver cells.

There are many causes of liver disease including viral infections (such as hepatitis A, hepatitis B, or hepatitis C), alcohol abuse, nonalcoholic fatty liver disease (NAFLD), autoimmune diseases, metabolic disorders, and certain medications or toxins.

Symptoms of liver disease may include fatigue, weakness, weight loss, jaundice (yellowing of the skin and eyes), abdominal pain and swelling, itchy skin, dark urine color, pale stool color, nausea or vomiting, and loss of appetite.



## HOW IS LIVER DISEASE DIAGNOSED?

Diagnosis of liver disease may involve blood tests to check for signs of liver malfunction such as high bilirubin levels or certain enzymes; imaging tests such as an ultrasound, CT scan, or MRI; a liver biopsy; or other tests depending on the suspected cause of the disease.



## WHAT ARE THE FOUR STAGES OF LIVER DISEASE?

The four stages of liver disease are inflammation, scarring, cirrhosis, and liver failure.



## WHAT ARE THE TREATMENT OPTIONS FOR LIVER DISEASE?

Treatment options for liver disease depend on the underlying cause and severity of the condition but may include lifestyle changes such as dietary changes, avoiding alcohol and certain medications, weight loss and exercise. There are also medications that you may be prescribed to manage your condition. Talk to your doctor about treatment options that can help manage symptoms or slow down the progression of the disease.



## HOW CAN I MANAGE MY SYMPTOMS?

Depending on the underlying cause and condition of your liver disease, there are several lifestyle changes you can make to manage your symptoms and prevent further damage to your liver. This may include getting regular exercise, limiting stress, avoiding exposure to toxins (chemicals and pesticides) and consistently going to your doctor appointments.



## IS LIVER DISEASE CURABLE?

The treatment for liver disease depends on the underlying cause and progression of the condition. Some types of liver disease can be treated with medication while others may require a transplant. However, some types of liver damage are irreversible and may lead to permanent scarring (cirrhosis), cancer or other serious complications such as hepatic encephalopathy.

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