

## PATIENT EDUCATION



### WHAT YOU SHOULD KNOW

#### WHAT IS CIRRHOSIS? (SIR-O-SIS)

- ◆ Cirrhosis is when a healthy liver becomes damaged by scars and lumps.
- ◆ Cirrhosis can be caused by alcoholism, viral infections (like hepatitis B and C), or fatty liver disease, but there are many other possible causes.
- ◆ You can live several years with cirrhosis if you get medical care.

#### HOW DO YOU KNOW IF YOU HAVE CIRRHOSIS?

You could have cirrhosis if you have:

- ◆ Swollen legs or belly.
- ◆ Yellow colored skin.
- ◆ Frequent nosebleeds.
- ◆ Red palms.
- ◆ A tendency to bruise easily.
- ◆ Unexplained weight loss or weight gain.
- ◆ Belly pain.
- ◆ Frequent infections.
- ◆ Trouble thinking clearly or being confused.

You could be getting more sick if you:

- ◆ Have black tarry stools.
- ◆ Vomit blood or what looks like “coffee grounds.”
- ◆ Are feeling sleepy for long periods of time.
- ◆ Are having more trouble thinking or are more confused.
- ◆ Don't pee as much as you used to.
- ◆ Develop a fever.
- ◆ Have problems breathing.

#### WHAT YOU CAN DO TO HELP YOURSELF

- ◆ Eat from the CDCR “heart healthy” diet. Stay away from high salt, high fat food from the canteen and/or packages.
- ◆ Get regular exercise unless your health care provider tells you not to .
- ◆ Get vaccinated for Hepatitis A and B and pneumonia. Get a yearly flu shot.
- ◆ Do not drink any alcohol, including pruno, while you are in prison or after release.
- ◆ Avoid iron supplements.
- ◆ Discuss all medications with your health care provider.
- ◆ Take your medication as directed by your health care provider.
- ◆ Stay away from NSAIDs like Advil<sup>®</sup>, Motrin<sup>®</sup>, or Aleve<sup>®</sup> unless recommended by your health care provider.

