

## Prevalence of Liver Disease

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### Introduction

Any disruption in liver function that results in illness is referred to as liver disease. The liver is in charge of several critical tasks in the body, and if it becomes injured, those functions may be impaired, resulting in catastrophic injury to the body. Hepatic disease is another term for liver disease.

The phrase "liver disease" refers to a wide range of issues that might cause the liver to fail to execute its duties. Before a decline in function occurs, more than 75 per cent, or three quarters, of the liver tissue must be compromised.

### What causes different types of liver disease?

Varied reasons result in different types of liver disease. Viral infections can cause liver illness.

- Viral infections can cause liver illness. Viral infections such as hepatitis A, B, and C cause liver damage.
- Immune system problems: Autoimmune liver illnesses are caused by your immune system wrongly attacking your liver. Primary biliary cholangitis, primary sclerosing cholangitis, and autoimmune hepatitis are among them.
- Inherited diseases: A genetic disorder can cause some liver difficulties (one you inherit from your parents). Wilson disease and hemochromatosis are two inherited liver illnesses.
- Cancer: Tumours can form when abnormal cells increase in the liver. These tumours might be benign (noncancerous) or cancerous (cancerous) (liver cancer).
- Consuming too many toxins: Misuse of alcohol causes alcoholic fatty liver disease. Too much fat consumption causes non-alcoholic fatty liver disease (NAFLD). As obesity and diabetes rates rise, NAFLD is becoming increasingly common.

### Symptoms

Liver illness does not necessarily manifest itself in the form of visible signs and symptoms. If you have liver disease, you may notice the following signs and symptoms:

- Yellowing of the skin and eyes (jaundice)
- Swelling and pain in the abdomen
- Legs and ankles are swollen
- Skin that is itchy
- Urine colour is dark
- The hue of the stool is light

- Fatigue that lasts a long time
- Vomiting or nausea
- Appetite loss

### How is liver disease managed or treated?

The sort of liver disease you have and how far it has progressed determine your treatment options.

- Some types of liver disease are treated with medications prescribed by healthcare practitioners. You may be prescribed medication to treat viral infections such as hepatitis or genetic diseases such as Wilson disease.
- Certain kinds of liver disease can be managed with dietary adjustments. Avoiding alcohol, restricting fat and calories, and boosting fibre consumption can all assist if you have fatty liver disease. Abstinence from alcohol can help with alcohol-related liver damage.
- When liver disease worsens to the point that it causes liver failure, a liver transplant may be the best alternative. Your liver is replaced with a healthy liver during a transplant.

### Prevention

- Consume alcoholic beverages in moderation. More than eight drinks per week for women and more than 15 drinks per week for males is considered heavy or high-risk drinking.
- Don't engage in high-risk behaviour. During sex, use a condom. While getting tattoos or body piercings, be vigilant about hygiene and safety when choosing a store. If you're using illegal intravenous drugs, get treatment, and don't share needles.
- Vaccinate yourself. Talk to your doctor about getting the hepatitis A and B vaccines if you're at a higher risk of contracting hepatitis or if you've already been infected with any form of the hepatitis virus.
- Use drugs with caution. Prescription and over-the-counter medications should only be used when absolutely required, and only at the dosages recommended. It is not a good idea to combine medicines and alcohol. Before using herbal supplements with prescription or non-prescription medications, consult your doctor.
- Stay away from other people's blood and bodily fluids. Accidental needle jabs or insufficient clean-up of blood or other fluids can transmit hepatitis infections.