



## Living With Cirrhosis



### Overview

You've been diagnosed with cirrhosis, and you have some questions and concerns. How will it affect you? What does it mean for your future? Well, it means you'll need to make some changes in your life. Use these simple strategies to manage your cirrhosis and to keep your liver as healthy as possible.

### Take an active role in your own care

First, take an active role in your own care. Find a doctor you like, and get regular checkups. Learn about your condition. Ask questions when you don't understand something. And take your medications as directed.

### Avoid alcohol

Don't drink alcohol. It damages your liver. If you are dependent on alcohol, reach out and get the support you need.

### Eat a healthy diet

You should also focus on eating a healthy diet. Choose fresh, nutritious foods. Eat lean proteins. Fish, white meat poultry, and lean beef are good sources. So are dairy products, eggs, beans and soy.

### Avoid germs

Because your liver is damaged, it's harder for you to fight infections. So you need to steer clear of germs. Don't eat raw seafood, because it can give you a bacterial infection that can be fatal. Wash your hands regularly. Make sure you get vaccinated for the flu every year. Also, get vaccinated for pneumonia and hepatitis A and B.

### Use medicines with care

Be careful when you use over-the-counter medicines. Your liver damage makes it harder for your body to process some medicines, and this can be dangerous for you. So ask your doctor which medicines you should avoid.

### Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your cirrhosis successfully.