

LEARN ABOUT CHRONIC LIVER DISEASE



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

What is Chronic Liver Disease (Cirrhosis)?

Chronic liver disease is when your liver is slowly damaged over time. Cirrhosis is when healthy liver tissue is replaced by tough scar tissue and tiny hard bumps.

Causes

- Too much alcohol
- Hepatitis B or C viruses
- Fatty liver from obesity or diabetes can lead to cirrhosis
- Certain medication, genetic disorders, and blocked bile ducts

Symptoms

- Early on you may not feel sick.
- When cirrhosis gets worse, you may notice tiredness, stomach pain, weight loss, yellow skin or eyes (jaundice), swollen stomach area or legs (fluid buildup), bruising easily, or itchy skin

What You Can Do

- Get checked early if you drink alcohol a lot or have hepatitis
- Stop alcohol use, treat infections, and manage weight to treat the cause
- See a hepatologist, a doctor who specializes in the liver, for tests like blood work, an ultrasound, or a biopsy

Hospital	What They Offer	Contact
Henry Ford Health Liver Disease Care	Expert doctors for liver damage, hepatitis, cirrhosis, and cancer	313-916-1352
Community Liver Alliance (Detroit Hep C Group)	Monthly support meetings in Troy for people with liver conditions	248-321-4176
Detroit Medical Center Pediatric Liver Program	Specialized care and liver transplant support for children	313-745-KIDS (5437)