Clinical Profile

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Clinical Profile

**Cirrhosis of the Liver**

Cirrhosis of the Liver is the late stage of fibrosis (scarring) of the liver that is caused by different forms of liver diseases and conditions such as hepatitis and chronic alcoholism or more use of alcohol.

Every time when the liver gets injured by the disease or by the excessive use of alcohol, the liver works and tries to repair itself. In the process or procedure the csar tissue forms. And similarly, as the cirrhosis of the liver gets progressing, the higher scar tissues get formed and hence making it difficult for the liver to perform and function properly and even normally (American Liver Foundation, 2020). In terms of its impacts and danger, advanced cirrhosis is life threating. This means that the advanced cirrhosis may lead to one’s death.

The damage to the liver which is done by the cirrhosis is generally cannot be undone in some cases. But when the cirrhosis gets diagnosed in the early stage and the main cause behind it has been treated, then the further damage can be limited up to a high extent but can be reversed rarely (Schuppan, & Afdhal, 2008).

**Individuals Get Cirrhosis of the Liver**

There are many reasons and actions because of that the problem called the Cirrhosis of the Liver is faced by the individuals. In other words, some activities are there which may lead to putting one in the problem of cirrhosis of the liver when he/she gets engaged in those activities. It means that the individuals involved in the below activities face the problem called cirrhosis.

**Excessive use of alcohol**

The individuals who use or drink alcohol more than they have to face the problem of cirrhosis of the liver. This means that the usual and more use of alcohol is a risk factor of the cirrhosis of the liver.

**Overweight**

The people who are much overweight or obese are more likely to face this problem or disease. In addition to this, the overweight and obesity also lead to an increase in the possibility and risk level of this problem to a high level than the existing level that the patient survives with (Mayo Clinic, 2019). The obese and overweight mostly lead to a cause of nonalcoholic fatty liver disease.

**Viral** **Hepatitis**

People having a viral hepatitis are more likely to face the cirrhosis than others. It is so because viral hepatitis is one of the common and leading causes of the liver diseases.

**Causes of Cirrhosis of the Liver**

There are several causes of cirrhosis in the general era that include but not only the obesity or overweight and excessive use of alcohol etc. But the main and almost the most major cause of cirrhosis is hepatitis.

Cirrhosis is a complication of the liver disease which involves the loss of cells of the liver as well as irreversible scarring of the liver. The main causes of this disease are alcohol use and hepatitis B and C (American Liver Foundation, 2020).

**Natural History of Cirrhosis of the Liver**

The cirrhosis is one of the common diseases but it has been recognized as a global and a critical and life threatening problem around the globe a bit late as compared to some other global health issues. The huge and significant steps have been taken in the last years and decade(s) to advance the knowledge of the natural history of cirrhosis of the liver. The main component in the natural history of cirrhosis includes, a) a clearer and better understanding of the prognosis in the cirrhosis including both composed and decomposed, b) enhanced estimates of the variceal bleeding course in the patients, c) recognition of the failure of renal and infection as crucial determinants, d) identification and realization of the hepatic venous and its importance, and e) evolution of noninvasive research and studies regarding liver stiffness as a key predictors of decomposition (Alsahhar, & Elwir, 2020).

**Diagnosis of Cirrhosis of the Liver**

The diagnosis of the cirrhosis of the liver is a long time process that includes almost the complete history of patient and physical examination. The common diagnosis involves the following actions.

**Blood Tests:** The liver function test that is a group of blood tests could be used to diagnose the cirrhosis. While the other blood tests are done to identify liver problems and genetic circumstances.

**Imaging Test:** An ultrasound, CT scan, and MRI are the test that is used to diagnose cirrhosis.

**Tissue Analysis:** The tissue analysis is also used to diagnose cirrhosis in which a tissue sample is taken from the liver and is tested to diagnose the damage of the liver. This tissue sample is analyzed in a laboratory (Mayo Clinic, 2019).

**Research or Support Organizations**

1. American Liver Foundation
2. Liver Wellness Education Program
3. Viral Hepatitis Education Program
4. Alcohol and Liver Education Program
5. American Association for the Study of Liver Diseases
6. Global Liver Institute
7. American Liver Foundation
8. Everyday Health, Inc.

The Foundation Support for cirrhosis of the liver is very high and crucial almost form every concerned entity that includes organizations, foundations, and the local community, etc. The support from each one is high because they use resources to research about liver and support the survivors of its diseases by ensuring quality treatments (WHO, 2020). Beyond that, these foundations and organizations also make sure to provide education and support services to the individuals affected by Cirrhosis as well as speed up its removal and ensure better and healthier lives.

**References**

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