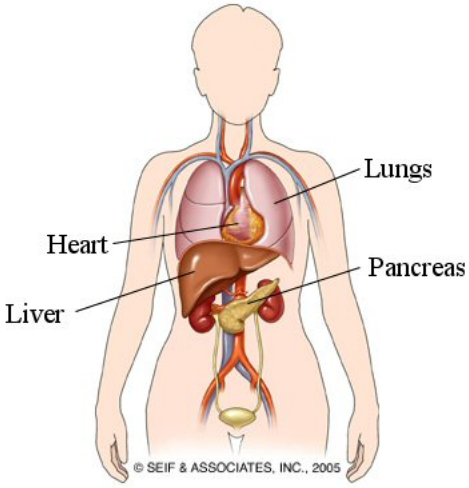
Alcoholic Liver Disease

Alcoholic liver disease is caused by drinking too much alcohol over a period of many years.

Some people do not have any symptoms until the disease has become bad. Symptoms can be worse after a period of heavy drinking.

At first, you may have:

- Loss of appetite (not be as hungry as usual), and lose weight.
- A swollen belly full of liquid.
- A weight gain because of the liquid in your belly.
- Pain in your belly.
- A yellow color to your skin and eyes.
- Fever.
- Feelings of tiredness.



HOME CARE

- Stop drinking alcohol. Your liver is already damaged. More alcohol will hurt it more. A counseling program may help. A support group may help you.
- You may need to **eat foods high in carbohydrates,** such as:
  - Milk and yogurt.
  - Beans such as navy, pinto, white and chick peas.
  - Applesauce, grapes, dried dates, prunes and raisins.
  - Potatoes and rice (both white and brown).
- You may need to eat foods that are high in vitamins, especially thiamine (vitamin B1) and folic acid (vitamin B9). **Foods that have a lot of thiamine** are:
  - Cereals that are whole wheat, whole grain or have added thiamine.
  - Meat, especially pork.
  - Fresh, raw vegetables.
- **Foods that have a lot of folic acid** are:
  - Fresh fruits and vegetables such as oranges, orange juice, avocados, beets, cantaloupe.
  - Dark green, leafy vegetables such as romaine lettuce, spinach and broccoli.
  - Meat.
  - Beans and nuts.
  - Dairy foods such as milk, butter, yogurt, cheese, ice cream.
  - Breads and cereals that are whole wheat, whole grain or have added folic acid.

GET HELP RIGHT AWAY IF:

- Any of the later problems of liver disease (listed above) get worse.
- Bleeding problems get worse.
- Yellow color to your skin and eyes gets worse.
- Severe headache or problems with thinking.
- You have problems with walking.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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