



Chinese medicine-- prevention and healthcare of liver cirrhosis 臃脹 (肝硬化) 的預防與保健(英文)

What is liver cirrhosis?

Liver cirrhosis happens when there is hepatic fibrosis to substitute normal destructed liver cell. This is a phenomenon of liver repairing demolished tissues; if your liver continues to suffer from long-term damage, such patching work continues; once hepatic fibrosis mending liver cells up to unbearable level, liver cirrhosis will occur.

Is cirrhosis curable?

As far as we know, there is no definite medication or means to cure cirrhosis. If we take care of our health, we may slowdown the progression of cirrhosis. Most importantly, do not take any unapproved herbal or folk medicine; watch out for advertisements that exaggerate superb effects of their medicine. Remember not to take any patent medicine on your own, so drug-induced hepatitis can be prevented.

Daily health care for cirrhosis :

1. Stay happy and relax: It will be a vicious circle if patients with cirrhosis constantly stay under pressure with tenseness and agitation; remember this merely aggravates the condition.
2. Maintain normal bowel habits: Accumulated stool will increase blood ammonia level and induce hepatic encephalopathy.

Skin care: Do not use soap or shower with overheated water when there is skin irritation; instead, you may apply some lotion (ZI YUN GAO) or gently slap to reduce itchy sensation.

3. Be aware of gum bleeding: Choose a soft tooth brush to prevent gum bleeding caused by cirrhosis.

4. Exercise moderately: Exercise with the company of your family to promote blood circulation and improve cardiopulmonary function. Jogging, strolling, Qi-kong, and, Tai-Qi are suggested exercise for patients with cirrhosis.

5. Regulate your diet: Patients should intake more vitamins, plenty of calories, high protein, and food that are easily to be digested.

(1) Once edema and ascites happen, reduce your intake of water (≤ 1000 ml/per day) and sodium (500~1000 mg/per day).

(2) For patients with hepatic encephalopathy, lower your intake of protein to 20~40 g per day.

(3) For patients with varices, you should avoid hard, rough, and hot food; chew as slowly as possible.

(4) Avoid artificially preserved food and canned food. Fresh vegetables and fruits are suggested.

6. Return to the hospital regularly for follow-up to update the degree of cirrhosis.

Acu-points massage for health protection :

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