



## **KNOW ABOUT YOUR FRIENDLY LIVER**

[The Junk Remover]

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Liver is the biggest digestive gland of our body safely located behind our ribs on right side. It does more than 500 functions. It takes care of our body so well that sometimes it can excuse for doing wrong things but not always. Let us know how much we care by calculating one's own score. If you get "0" it is excellent and if the score is '4', you are stressing your liver to the maximum.

1. Do you overweigh for your height?	No	0	Yes	1
2. Do you have Diabetes?	No	0	Yes	1
3. Do you regularly do Exercise?	Yes	0	No	1
4. Do you take alcohol regularly?	No	0	Yes	1

So our liver is essential to control our sugar along with pancreas. It is a factory that manufactures proteins which are essential for muscle building and prevents infections. It makes proteins necessary for clotting blood when we get hurt and also to prevent clotting of blood inside our body. It eliminates unnecessary junk from our body. It can digest alcohol and makes it non poisonous only if we keep ourselves within the allowed limit. So the **Liver** says:

1. Do not drown in Beer, wine, whisky
2. Do not use medications without doctor's prescription
3. Wear masks when you are getting exposed to aerosol sprays or any chemical sprays
4. Avoid too much fatty foods
5. Keep sugar strictly under control if you are diabetic

6. Vaccinate yourself for Hepatitis “B” and prevent liver cancer

7. Avoid unprotected sex and prevent Hepatitis “C” virus getting your body

Liver has no age. It is always remain young if you take care of it well.

### **What are the symptoms of Liver related diseases?**

Jaundice (yellow eyes) is a sign of liver disease in old age especially if it is associated with itching. A doctors advise is a must and you might need an operation .other type of jaundice (hepatitis can settle without any treatment.

Weakness, unable to sleep and see properly can be a sign of liver disease. A simple blood test and an ultrasound of tummy can rule out any liver related problem.

Vomiting of blood, confusion, big tummy can suggest a severe liver disease and needs immediate attention.

Gallstone disease is a common problem which can present with pain, fever or jaundice. An ultrasound is a cheap and reliable test. It needs a simple operation called Laparoscopic cholecystectomy.

Liver cancer is commons in those who have who has chronic liver disease like Hepatitis B, fatty liver or alcohol related liver disease. It might not have any symptoms. Again ultrasound and blood test called Alfa Feto protein (AFP) can pick up early cancer and is curable. Liver is also fertile land for other cancer cells to land especially from large intestine. Unfortunately if someone has such kind of Liver metastasis, he or she should not get disappointed as surgery or non surgical procedures can cure or prolong the survival.

Delayed clotting time is a sign of liver disease. If you think you are bleeding more than expected when you get hurt, you should see a doctor without wasting time unless you are on blood thinning agents (like clopidogrel or aspirin).

Drug related liver disease is becoming common as we take two or three medicines for high cholesterol, high sugars etc. it might not have serious effect. Ayurvedic or any other medicine with unknown composition or sometime routine medicine to which someone is allergic can cause acute liver failure which is a serious condition.

Pancreatitis can be caused either by alcohol, smoking or gallstones. Alcohol related pancreatitis is serious and can lead to cancer also.

Gall bladder cancer is a disease of 60's and 70's. The only cure is surgery if it is detected early. Most of the time is associated with gall bladder stones.