



Weill Cornell Medicine

Cirrhosis: Your Liver Under Attack



When liver injury or inflammation causes scarring, it can lead to cirrhosis, a condition that affects liver function and is a risk factor for liver cancer.

Though cirrhosis presents challenges, many can manage their health and reduce risks effectively with the right lifestyle and medical care.



Why Your Liver Matters

What does your liver do?

Cleans toxins out of your blood

Helps your blood clot

Produces proteins that help boost the immune system



Beyond Alcohol

Alcohol isn't the only cause of cirrhosis. Other causes include:

Autoimmune liver diseases, such as primary biliary cholangitis

Fatty liver disease (metabolic dysfunction-association steatotic liver disease or MASLD)

Genetic liver diseases, such as Wilson's disease

Hepatitis B or C

Cirrhosis Symptoms

Cirrhosis doesn't always cause symptoms. Once you develop signs of liver failure, you may experience the following:



Skin sensitivity.
You may bleed or bruise easily.



Swelling.
Your body retains fluid in the abdomen, legs or lungs.



Jaundice.
Your eyes or skin appear yellow.



Thinking problems.
You may have difficulty concentrating or remembering.

Managing Cirrhosis

By treating the underlying cause of cirrhosis, you can slow its progression.

Common treatment options include:



Lifestyle changes, such as avoiding alcohol or losing weight



Medication to manage the underlying problem

When your disease progresses despite common treatment options, you may benefit from a liver transplant. By working with a hepatologist, you can learn about your specific treatment options and determine what meets your needs.

Concerned about cirrhosis? Find a doctor today:
weillcornell.org/doctors



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