



# The Causes, Symptoms, Diagnosis and Prevention of Cirrhosis

Jacob Elizabeth\*

Department of Internal Medicine, Johannes Gutenberg University, Germany

## INTRODUCTION

Cirrhosis is a late stage of liver scarring (fibrosis) caused by a variety of liver illnesses and disorders, such as hepatitis and chronic alcoholism. When your liver is damaged, whether by infection, excessive alcohol consumption, or another factor, it tries to heal itself. Scar tissue structures are also present. Cirrhosis causes additional scar tissue formations, making it difficult for the liver to function. Cirrhosis at a high level is dangerous. Cirrhosis causes significant liver damage that cannot be dispersed. However, if liver cirrhosis is detected early and the underlying cause is addressed, additional injury can be limited and, on rare occasions, reversed.

## DESCRIPTION

Cirrhosis is a late-stage liver disease in which solid liver tissue is replaced by scar tissue, causing the liver to be permanently damaged. Scar tissue prevents your liver from functioning properly. Many diseases and disorders of the liver affect solid liver cells, causing cell death and worsening. Due to the maintenance cycle, this is followed by cell repair and finally tissue scarring. The scar tissue slows blood flow through the liver and reduces the liver's ability to handle vitamins, chemicals, drugs, and common toxins (harmful). It also slows down the production of proteins and other chemicals by the liver. Cirrhosis prevents the liver from performing its functions properly. Cirrhosis in late stages is dangerous.

Cirrhosis of the liver affects about one out of every 400 adults in the United States, according to researchers. Cirrhosis affects about one out of every 200 adults aged 45 to 54, the age group most commonly affected. Cirrhosis is the sixth leading cause of death among adults 25 to 64 years old in the United States, with roughly 26,000 deaths each year. Cirrhosis of the liver,

however, is not a disease. Cirrhosis is seen in the great majority of people with liver cancer. If you have cirrhosis, your chances of developing liver disease are increased. If you have hepatitis B or C, you have a higher risk of liver cancer since these disorders usually develop to cirrhosis. Cirrhosis can develop for a variety of reasons, increasing your chances of developing liver cancer.

Cirrhosis is not a congenital (passed down from parent to child) disease. However, some of the disorders that can cause liver damage and lead to cirrhosis are acquired illnesses. If you've been told you have cirrhosis, you have a late-stage liver infection, and the damage you've already done is permanent. Cirrhosis can be caused by a variety of liver infections and combinations of liver diseases. It may be possible to halt or stop the progression of illness if your liver infection or complexity is detected early and adequately treated.

## CONCLUSION

A diagnosis of liver cirrhosis does not necessarily imply that you have a rapidly fatal condition. Regardless, as cirrhosis progresses, more scarring occurs, and liver capacity decreases. Finally, your failing liver could become a dangerous situation. However, there is genuine trust. If you are a candidate for a liver transplant, you and your clinical team will investigate. If that's the case, you'll begin the most typical method of being included on a public liver transfer beneficiary list.

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## CONFLICT OF INTEREST

Authors declare no conflict of interest.

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**Corresponding author** Jacob Elizabeth, Department of Internal Medicine, Johannes Gutenberg University, Germany Email Id: e\_jacob@gmail.com

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