



## Causes of Liver Fibrosis and its Major Symptoms

Wang Yan\*

Department of Gastroenterology, Zhejiang University, China

### INTRODUCTION

Liver fibrosis results in liver scarring. Instead of being a separate disease, it is a symptom of another liver problem. There are no symptoms associated with liver fibrosis. The root cause is the main focus of the treatment. Leaving fibrosis and cirrhosis untreated might lead to liver failure. By receiving routine medical care and blood testing, one can identify changes in the liver function before they worsen. Liver is one of the largest internal organs. In addition to assisting with digestion, it also stores energy, produces blood clotting factors, eliminates waste, and kills bacteria. By regenerating, or growing again, the liver can also repair damage.

### DESCRIPTION

The liver generally has the ability to regenerate cells when damaged. New cells are added to replace the dying ones. Nevertheless, this does not work as it should if the liver is unwell or has suffered a serious or permanent injury. Instead, the attempts at repair leave scarring in the places where the liver cells formerly were. The term “fibrosis” refers to the fibrous tissue that makes up scars. Another name for liver fibrosis is hepatic fibrosis. The most frequent causes of liver fibrosis in the US are chronic hepatitis, Non-Alcoholic Fatty Liver Disease (NAFLD), and alcohol-related liver disease. One could develop liver fibrosis if they suffer from these illnesses.

Blood testing and imaging studies can be used to identify liver fibrosis. If detected early enough, liver fibrosis can be treated or reversed. If liver fibrosis is not identified and the damage persists, it may develop into cirrhosis. The difference between cirrhosis and liver fibrosis is the permanent, irreversible scarring. The liver shrinks and mostly consists of tough scar tissue.

Cirrhosis can progress and cause issues and symptoms. The liver fibrosis-related scarring may impair the liver’s capacity to operate properly. There are no signs or symptoms of fibrosis itself. One may not be conscious of the liver fibrosis. Doctors can detect symptoms of liver fibrosis through blood tests known as Liver Function Tests (LFTs). Most people get LFTs during normal physical exams. Liver fibrosis can also be visible on imaging testing. Doctor might detect this if one can have imaging tests for another condition. Regularly scheduling a yearly physical with a doctor can aid in spotting any liver problems while they are still treatable. A critical illness that might cause dangerous issues is liver cirrhosis. Treatment for cirrhosis symptoms should begin straight soon.

Liver fibrosis occurs when the liver experiences a persistent or severe injury or is affected with a disease. The liver tries to mend itself, but it is unable to produce new cells. Instead, fibrous scar tissue takes the place of the liver’s deceased cells. This scar tissue eventually prevents the liver from functioning correctly. If a doctor suspects that one who is having liver fibrosis, they may likely request tests. Blood tests may allow the doctor to determine how well the liver is functioning. If LFTs are elevated then the doctor will be aware that the liver may be unwell or injured.

### CONCLUSION

Doctors may also request imaging tests. This includes imaging techniques like ultrasound, CT scanning, or X-rays, which can detect liver damage and scarring and assess solidity. The most accurate way to identify liver fibrosis is through a liver biopsy. A medical expert can evaluate the sample to look for abnormal alterations in the liver tissue’s microscopic structure. They can stage liver fibrosis if it exists.

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**Corresponding author** Wang Yan, Department of Gastroenterology, Zhejiang University, China, E-mail: 1784658554@126.com

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