



SYMPTOMS OF THE DISEASE IN PATIENTS WITH LIVER CIRRHOSIS

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Abstract

Liver cirrhosis, a complex and multifaceted medical condition, has been the subject of extensive research and clinical study in the medical community. This chronic and progressive disease, characterized by the gradual deterioration of the liver's functionality, presents a myriad of symptoms that can significantly impact the overall health and well-being of affected patients. Understanding the diverse array of symptoms associated with liver cirrhosis is crucial for early diagnosis, effective management, and the provision of comprehensive patient care.

Keywords

cirrhosis, modern medicine, treatments, reasons, statistics, mortality, preventions, symptoms

Introduction

Liver cirrhosis is the twelfth driving reason for death in the US, representing 27,000 passings yearly, and the seventh driving reason for death in individuals matured 25-64 years. It is a very expensive illness, representing more than \$1 billion of every 1997. Albeit generally speaking mortality has been diminishing, the quantity of individuals who pass on from cirrhosis instead of other liver sicknesses is expanding. This proposes that the weight of end-stage liver infection is expanding. The normal lessening in viral hepatitis-related cirrhosis and expansion in NASH-related cirrhosis before very long will most likely outcome in a steady generally speaking cirrhosis mortality.

Liver cirrhosis is a typical illness with numerous potential causes. The sickness is characterized as the histological advancement of regenerative knobs encompassed by sinewy groups in light of constant liver injury, prompting entryway hypertension and end-stage liver illness. Hidden liver illness is available in most of patients and can be partitioned into two general classifications: ongoing contamination and irritation and persistent cholestasis.

Meaning of Liver Cirrhosis

Liver cirrhosis is an end stage constant liver sickness. It is described by twisting of liver engineering and the development of regenerative knobs. This restrains the liver's capacity to perform and prompts various perilous confusions.

The normal reasons for cirrhosis in the US are exorbitant ongoing liquor utilization, hepatitis C, and greasy liver sickness. Cirrhosis may likewise result from specific infections which cause annihilation of bile channels, hemochromatosis, Wilson's sickness, and glycogen stockpiling illnesses. In any case, it isn't generally imaginable to figure out what is the reason for cirrhosis. It influences all kinds of people and all races and ethnic gatherings. In the US, cirrhosis is a significant medical condition. It is the twelfth driving reason for death and fourth driving reason for death for those matured between 45-54 years.

Predominance of Liver Cirrhosis

Liver cirrhosis is named the reason for 200,000 to 300,000 passings yearly in the US, and is recorded

as the twelfth driving reason for death in this country. It is assessed that 25,000 to 30,000 individuals pass on from cirrhosis every year in the UK (Logan 1998). Around the world, liver cirrhosis is a significant general medical condition. The World Wellbeing Association has assessed that 2.3 billion individuals are right now contaminated with the hepatitis B infection and around 500 million of these will turn into the casualties of this definitely moderate ongoing liver sickness. Roughly 170 million individuals are tainted with the hepatitis C infection a significant reason for liver cirrhosis-and there are an expected 130 million transporters of hepatitis C disease around the world (Hepatitis C: Worldwide Pervasiveness). Hepatitis B and C are the main sources of liver illness on the planet. China and Africa are right now the districts with the most elevated predominance of hepatitis B, as "roughly 10% of the absolute populace in African nations and around 8% of the populace in the Western Pacific are tainted with the hepatitis B infection" (Hepatitis B: Worldwide Pervasiveness and Weight).

It is anticipated that as the time of accomplices with hepatitis C increments, more patients will foster cirrhosis and decompensated liver sickness, mirroring the normal expansion in the weight of end-stage liver illness because of hepatitis C throughout the following twenty years, the pinnacle of the weight liable to be around 2020 (Armstrong, et al. 2000). High pervasiveness regions fundamentally incorporate Japan and Western nations, yet as of late there has been a huge expansion in the frequency of hepatitis C in Eastern Europe and Russia (Armstrong, et al. 2000).

Both hepatitis B and C are blood-borne diseases that reach in their impacts on the liver, in this manner they present different predominance designs and address a significant reason for worldwide medical problems. This has prompted liver cirrhosis turning into the last endpoint for countless patients tainted with hepatitis B and C, accordingly avoidance and satisfactory medicines for the viral diseases are significant in lessening the pervasiveness of cirrhosis.

One of the primary and most commonly observed symptoms of liver cirrhosis is the presence of jaundice, a condition characterized by the yellowing of the skin and the whites of the eyes. This discoloration is a direct result of the accumulation of bilirubin, a byproduct of the breakdown of red blood cells, in the body. As the liver's ability to process and excrete bilirubin becomes impaired, it leads to the visible manifestation of jaundice, which can serve as an early indicator of the onset of liver cirrhosis.

Another prevalent symptom experienced by patients with liver cirrhosis is the development of abdominal pain and discomfort. This can be attributed to the enlargement of the liver, a condition known as hepatomegaly, which can put pressure on surrounding organs and tissues, leading to a dull, aching sensation in the upper right quadrant of the abdomen. In some cases, the pain may radiate to the back or shoulder, further exacerbating the patient's discomfort and distress.

Closely related to the abdominal pain is the issue of digestive disturbances, which are commonly observed in individuals with liver cirrhosis. Impaired liver function can lead to the disruption of bile production and secretion, which plays a crucial role in the digestion and absorption of fats. As a result, patients may experience symptoms such as nausea, vomiting, diarrhea, and a general sense of malaise, particularly after consuming fatty or heavy meals.

Another significant symptom associated with liver cirrhosis is the development of fluid retention, a condition known as ascites. The accumulation of fluid in the abdominal cavity can lead to a noticeable increase in abdominal girth, as well as a feeling of fullness and discomfort. In severe cases, the fluid buildup can impair respiratory function and cause additional complications, further compromising the patient's overall health and quality of life.

Fatigue and weakness are also common symptoms experienced by individuals with liver cirrhosis. The progressive deterioration of liver function can lead to the accumulation of toxins in the body, which can contribute to feelings of lethargy, lack of energy, and an overall sense of physical and mental exhaustion. This can significantly impact the patient's ability to perform daily activities and maintain an active lifestyle.

In addition to the physical symptoms, liver cirrhosis can also have a significant impact on the patient's mental and emotional well-being. The chronic and debilitating nature of the disease, combined with the various physical manifestations, can lead to the development of depression, anxiety, and other psychological disturbances. Patients may experience a diminished sense of self-worth, social isolation, and a decreased quality of life, further exacerbating the challenges they face in managing their condition.

It is important to note that the specific symptoms experienced by patients with liver cirrhosis can

vary greatly depending on the stage and severity of the disease, as well as individual factors such as age, overall health status, and the presence of any underlying medical conditions. Regular monitoring, comprehensive medical evaluation, and a multidisciplinary approach to patient care are essential for the effective management of this complex and multifaceted disease.

Conclusion

In conclusion, the symptoms of liver cirrhosis are diverse and can significantly impact the physical, mental, and emotional well-being of affected patients. From the presence of jaundice and abdominal pain to the development of digestive disturbances, fluid retention, and fatigue, the manifestations of this chronic condition can be both debilitating and challenging to manage. By understanding the various symptoms associated with liver cirrhosis, healthcare professionals can work collaboratively with patients to develop personalized treatment plans, implement effective interventions, and provide the necessary support and resources to improve the overall quality of life for individuals living with this complex and progressive disease.

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