

diseases that involve the liver.

- Cirrhosis is most commonly linked to chronic alcoholism and hepatitis B & C infection.

#### **Fatty Liver**

- Fatty Liver is the build-up of excess fat in the liver cells.
- If fat accounts for more than 5-10% of your liver's weight, then you have fatty liver.
- People tend to develop fatty liver if they have certain other conditions, such as obesity, diabetes, or high triglycerides.
- On its own, fatty liver causes no damage. But the excess fat can lead to inflammation of the liver.
- If your liver is inflamed, it can become scarred and hardened over time. This can lead to liver cancer or liver failure.
- People can have an inflamed or fatty liver for many years without experiencing symptoms.

#### **Liver Cancer**

- Cancer that starts in the liver is called primary liver cancer. Cancer that spreads to the liver from another organ is called metastatic liver cancer.
- Primary liver cancer is about twice as common in men than in women.
- The biggest risk factors for primary liver cancer are other liver diseases, mainly cirrhosis and chronic hepatitis B and C
- Unless liver cancer is discovered early, treatment options are limited.

#### **Care Provided at the Liver Clinic**

Our specialists provide care for many following conditions including (but not limited to)

- Ascites
- Biliary & Liver Anomalies
- Budd-Chiari Syndrome
- Cirrhosis
- Esophageal Varices
- Drug related Hepatitis
- Hepatitis A
- Hepatitis B
- Hepatitis C
- Hepatitis D
- Hepatitis E
- Alcoholic Liver disease
- Jaundice
- Porphyria
- Portal Hypertension
- Portal Vein Thrombosis
- Autoimmune Liver disease
- Congenital / genetic liver disease

#### **Treatments and Procedures**

- Diagnostic and interventional endoscopies
- Advanced Radiology
- Nuclear Medicine Imaging
- ERCP
- Biopsy
- Vaccination
- Counselling

## **Protect Yourself Against Liver Disease!**

- Get Educated about Liver diseases.
- Get Vaccinated against hepatitis A and hepatitis B.
- Get Screened for viral hepatitis before marriage or if you are unsure about your risk factors.
- Remember, everyone may be at some risk.
- See a Liver Specialist for further evaluation if any blood test result is positive for hepatitis A, B, or C. or SGOT or SGPT elevated
- Contact us for more information and if you have questions or concerns about viral hepatitis.

#### **Clinic Hours**

Only on Monday & Thursdays  
from 2.00 p.m. to 3.00 p.m.

To make an appointment, Call on

**022-67570111 Ext 1239**

#### **Clinic Location**

Saifee Hospital, 2nd Floor, Polyclinic

P. O. Box no. 3771, 15/17, Maharashtra Karve Marg, Mumbai - 400 004.

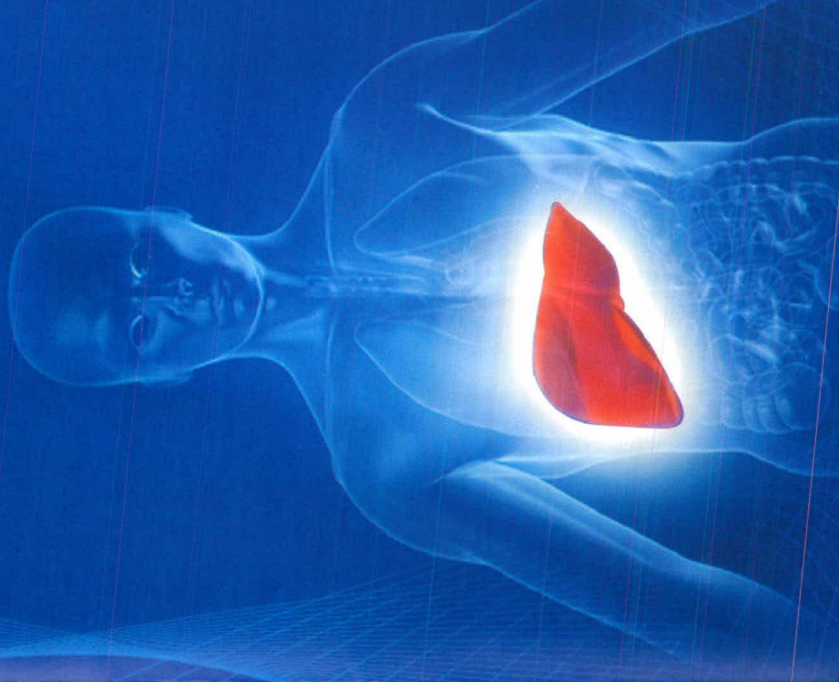
Tel.: 022 6757 0111 • Fax: 022 6757 0777

Email: [liverclinic@saifeehospital.com](mailto:liverclinic@saifeehospital.com) • Website: [www.saifeehospital.com](http://www.saifeehospital.com)



**SAIFEE HOSPITAL**

Under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)



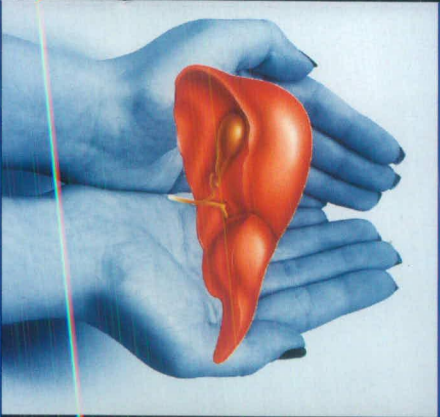
# Liver Clinic

comprehensive & coordinated

care for all liver diseases

## THE LIVER CLINIC

At the Liver (Hepatology) Clinic at Saifee Hospital specialist doctors provide you comprehensive, coordinated care for the diagnosis and treatment of all liver diseases. We look forward to providing unsurpassed care for anyone whose life is touched by liver disease. By providing comprehensive multidisciplinary care we strive to optimize the quality of life of our patients. We offer the full spectrum of care, including diagnosis, medical, interventional, surgical care and follow-up. Our team provides a complete range of innovative diagnostic and treatment services:



Your liver is a vital organ. Everything we eat, drink, breathe, and absorb through our skin is processed by the liver. Food is converted into energy by the liver. It is affected by alcohol and other toxins. By taking care of your liver you can prevent many diseases.

### AVOID LIVER DISEASE

Hepatitis is the most common liver disease. Here is what you need to know to protect yourself and your loved ones.

#### Beware of exposure to harmful substances

- Toxins are processed by the liver, so it is important to limit your exposure to them.
- The additives in cigarettes pose a challenge to the liver by reducing the liver's ability to eliminate toxins.
- Insecticides and other chemicals can get to the liver through your skin and destroy liver cells. When using any garden or household chemicals, wear a mask and gloves.

cover your skin and wash well afterwards.

- Many over-the-counter and prescription medicines, even "natural" or herbal remedies, contain chemicals that can harm the liver over time. Very high doses of certain pain relievers (such as acetaminophen) can cause liver failure.
- Be sure to tell your doctor all the medicines you take, over-the-counter or prescription, before you start a new medication. Many drug interactions, can harm the liver.
- Do not take large doses of vitamins, nutritional products, or herbal remedies without consulting your doctor.

#### WATCH WHAT YOU EAT

- Cut down on deep-fried and fatty foods. Eat more fresh fruits and vegetables, whole grain breads, rice and cereals.
- Keep your weight in check — obesity damages the liver. Exercise helps the liver by helping you maintain a healthy weight.

#### WATCH WHAT YOU DRINK

- Alcohol abuse is a major cause of liver damage. Stop drinking alcohol completely.
- Recent studies suggest that alcohol, tobacco, and obesity work together to increase the risk of liver cancer.

#### Consult your doctor about tests and vaccinations

Some liver diseases, such as hepatitis, are caused by viruses. Others are hereditary, and some are caused by reactions to drugs or chemicals. Ask your doctor about your risk, and whether you should get vaccinated to prevent hepatitis A and B.

#### Get tested for hepatitis B if:

- You have immigrated from Africa, Southeast Asia, Mediterranean countries, or the Caribbean, where hepatitis B affects up to 10 percent of the population.

- Anyone in your family or a sexual partner tests positive for hepatitis B. If your test is negative, your doctor will vaccinate you against the virus.

- You are a health care worker.
- If you are pregnant and infected with hepatitis B, you can pass the infection to your infant at birth. Vaccinating your newborn baby will prevent transmission of hepatitis B in nine out of 10 cases. If your partner or anyone in your household is infected, get vaccinated for hepatitis B.

#### Get tested for hepatitis C if:

- You received a blood transfusion not screened for hepatitis C virus
- You ever shared needles or supplies to inject drugs, even once.
- You are a health care worker.

#### Trouble signs

- If you experience any of these signs, contact your doctor:
- Yellow discoloration of the skin or eyes (called jaundice).
- Abdominal swelling or severe abdominal pain.
- Very dark urine. Pale, bloody or very dark stools.
- Chronic fatigue, nausea, or loss of appetite.

**A path to liver wellness starts with awareness and action** Share these tips with your friends and family, and consult your doctor for answers to specific questions.

**At the Liver clinic of Saifee Hospital we are committed to liver health and we are here to help you. Contact us!**

## Some major liver disease are:

### Hepatitis A

The hepatitis A virus is most commonly transmitted by food or water that has been contaminated with feces from someone infected by the virus. Hepatitis A is spread through fecal-oral contamination. This can happen if you don't wash your hands well after using the bathroom or changing a diaper, or if you eat uncooked food prepared by an infected person.

### Hepatitis B

The hepatitis B virus is transmitted through body fluids such as blood, semen and vaginal secretions. Hepatitis B is spread through blood and other body fluids. Having unprotected sex with an infected person, using illegal injection drugs, using the razor or toothbrush of an infected person, and exposure to infected body fluids can put you at risk for hepatitis B.

### Hepatitis C

The hepatitis C virus is transmitted through direct exposure to infected blood. Most hepatitis C patients have no symptoms. Hepatitis C is spread primarily through direct contact with infected blood. It can be transmitted through contaminated needles and supplies used to inject drugs, as well as tattooing or body piercing. There is also a risk of getting hepatitis C by having unprotected sex with an infected partner.

### Liver Cirrhosis

- Cirrhosis refers to the replacement of normal liver tissue with non-functioning scar tissue. As cirrhosis continues, the liver loses its ability to work properly.
- Cirrhosis is caused by long-term inflammation from various