



Living With HE

Hepatic encephalopathy, also known as HE, is a serious, chronic condition that has many mental and physical symptoms.

Use this information to learn more about signs and symptoms of HE and talk about it with your loved ones. HE symptoms often present as episodes, and your loved ones may recognize some of these symptoms before you do.

Mental symptoms

- ☐ Forgetfulness
- ☐ Confusion
- ☐ Poor judgment
- ☐ Extra nervousness or excitement
- ☐ Not knowing where you are or where you are going
- ☐ Inappropriate behavior
- ☐ Severe personality changes
- ☐ _____
- ☐ _____

Physical symptoms

- ☐ Change in sleep patterns
- ☐ Worsening of handwriting
- ☐ Loss of small hand movements
- ☐ Flapping tremors or shaking of hands or arms (see next page)
- ☐ Slurred speech
- ☐ Slowed or sluggish movement
- ☐ Breath with a musty or sweet odor
- ☐ Tired all the time
- ☐ _____

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Asterixis or “flapping tremor”

is often present in the early to middle stages of HE. Your provider may use the simple test shown below to assess if these symptoms are present.



The provider will ask you to extend both arms out with wrists extended up and fingers separated.



The provider exerts pressure on the fingers, pushing the hands further into extension and then releases.



The presence of uncontrollable flapping may indicate symptoms of asterixis.

If these symptoms appear or if symptoms worsen, contact your doctor immediately.

I can manage my HE by:

- Following the advice of my care team and adhering to any prescribed medications to manage my condition
- Managing my diet and lifestyle by avoiding:
 - Alcohol
 - Certain medications mentioned by my doctor: _____
 - Dehydration (not getting enough water)
 - Sudden changes in my diet

Take the time to understand HE, the steps that may be taken to manage this condition, and when you should talk to your doctor.



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(Tear off and keep on your person.)

I have hepatic encephalopathy (HE). HE can affect both mental state and behavior. In case of an emergency, please contact:

Doctor Name: _____

Doctor Number: _____

Then immediately call...

Name: _____

Number: _____