



Understanding Liver Disease and Hepatic Encephalopathy (HE)

30 MILLION PEOPLE

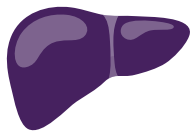
As of 2022, about 30 million people are living with some type of liver disease in the United States. All types of long-term liver disease may lead to liver damage, liver scarring or even liver failure.*

5.5 MILLION PEOPLE

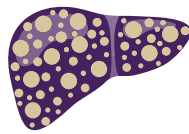
Up to 5.5 million people in the U.S. have a form of chronic liver disease or cirrhosis.*

*Cleveland Clinic, 2022.

Stages of Liver Disease

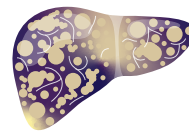


Healthy Liver



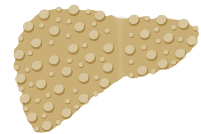
Fatty Liver

the liver is enlarged due to fatty deposits in the cells



Fibrosis

healthy liver tissue begins to be replaced by scar tissue



Cirrhosis

excessive scar tissue; liver stops working properly

How do I care for my liver?

While it is possible to slow the progression of liver disease, cirrhosis is not reversible. It is important to take care of your liver by creating a management plan with your liver care team. They may recommend lifestyle changes such as:



Carefully tracking symptoms



A balanced diet



Regular exercise



Avoiding certain medications and alcohol that can injure liver cells



Consistently going to your doctor's appointments

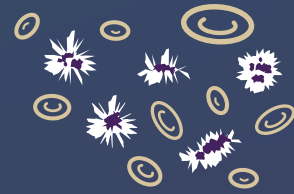


Communicating with your loved ones

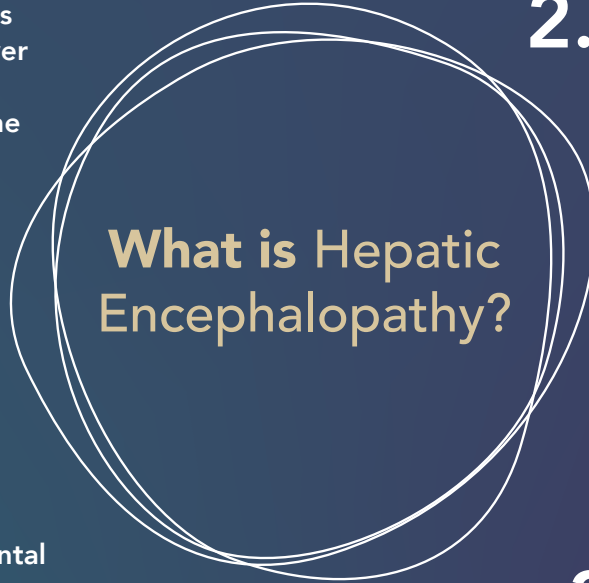
All are essential steps to managing liver disease.



1. When cirrhosis occurs, the liver can not filter toxins from the bloodstream.



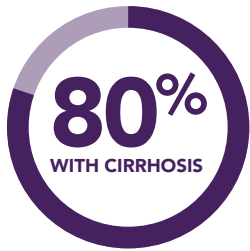
2. Toxins accumulate in the blood.



3. Toxins in the bloodstream can travel to the brain.



4. Physical and mental symptoms occur.



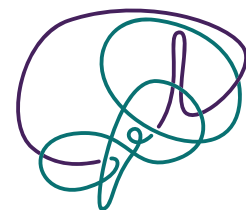
Up to 80% of those with cirrhosis, a severe form of liver disease, **may develop some form of HE**



Visit these tools and tip sheets to learn more about and help navigate a hepatic encephalopathy (HE) diagnosis.



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understanding **HE**