



How to Talk to Others About HE Tip Sheet

It may be hard to tell someone that you or a loved one are living with Hepatic Encephalopathy (HE). You may worry that they will judge you or feel embarrassed by the condition. These feelings are normal. For many people, thinking about telling someone about their disease may be more difficult than the conversation itself. One good reason to tell others is so they can help you in an emergency. The following are some talking points to help get you started.

- ✓ **I have/someone I care about has hepatic encephalopathy, or HE.**
- ✓ **HE is complex, and can be difficult to explain, but I want the people in my life to understand how it may affect me/my loved one.**
- ✓ **My episodes may appear to be random or sudden.**
- ✓ **HE is a complication from a form of liver disease – my episodes occur because my liver is not cleaning my blood properly.**
- ✓ **If I am confused, please call my family or direct me to the doctor/emergency room.**
- ✓ **If I'm having an episode, I may: have changes in my mood or personality, be confused, slur my words, not sleep well, fall, or move slowly.**
- ✓ **I can do things to help manage my HE, including taking my medication and making diet and lifestyle changes. These changes include not drinking alcohol, and eating a healthy diet.**
- ✓ **If there is a medical emergency, please call 911.**
- ✓ **If I/my loved one is having an episode, call my doctor right away:**
Name: _____ Phone: _____
- ✓ **After you've called the doctor, call:**
Name (Relationship): _____ Phone: _____
- ✓ **Thank you for taking the time to understand what HE is. I appreciate your support.**

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