



# What to Expect With HE

If you or your loved one has been diagnosed with Hepatic Encephalopathy (HE), you may have a lot of questions about what this means and what to expect. Know that you are not alone. According to a recent survey of 169 individuals affected by HE, 44% of patients and 51% of caregivers did not feel confident in their ability to manage HE. It will take teamwork among you, your loved ones and your doctors, but with proper care, your HE can be managed.

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## LIFESTYLE AND HE

HE can impact the way you live on a daily basis. People living with HE may have to remove certain food and drink from their diet, modify their living arrangements, stop driving, leave their job and possibly let go of personal responsibilities and freedoms they once had. These changes can be overwhelming and you may feel sad or angry, but be reminded that these lifestyle modifications can help to keep you and your liver healthy.



## RELATIONSHIPS AND HE

Over time, you may find your HE is affecting your personal and professional relationships. People living with HE may get confused about who they are or who is around them. They may not seem like themselves and this can be a shock to people closest to them. As you and your loved ones work together as a team, maintain open and honest communication, and understand that your previous roles and responsibilities may shift.



## YOUR HE SUPPORT NETWORK

Living with HE can be challenging and you may need to ask for help. If certain aspects of your lifestyle change, you may need to have conversations with your loved ones and identify a support network that is able to help in managing your diagnosis. Surround yourself with a community you trust, including your family, neighbors, and healthcare team, that can help drive to and be present at your doctors appointments, assist with your medications, arrange your meals or just be there for you to express your feelings. Remember that assistance from others will help support you.

**VISIT [UNDERSTANDINGHE.COM](https://www.understandinghe.com) FOR MORE INFORMATION.**

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