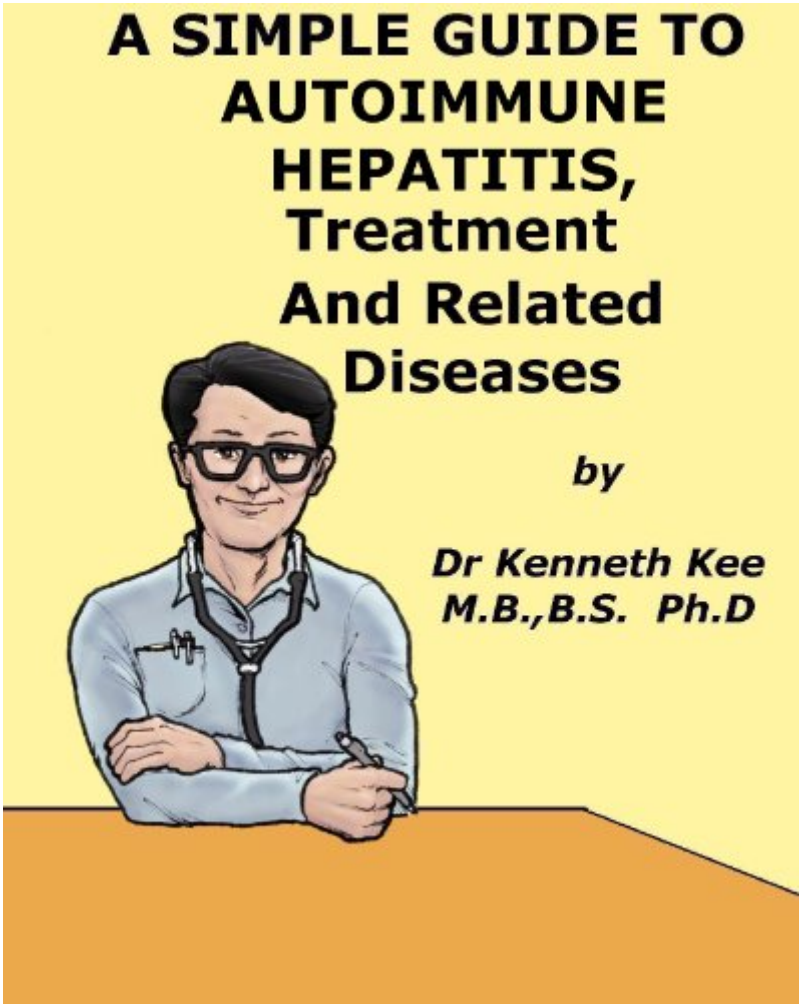
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A Simple Guide To Autoimmune Hepatitis, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



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Synopsis

IntroductionOde to Autoimmune HepatitisAutoimmune Hepatitis is a chronic inflammatory liver diseaseAutoimmune Hepatitis can occur in people of all ages.Women are affected three to four times more often than men The immune cells treat the liver cells as foreign and start to destroy themAutoimmune Hepatitis is just one of the causes of chronic active hepatitisWhen hepatitis becomes chronic, the liver may develop cirrhosisThe most common symptom of autoimmune hepatitis is fatigue and tirednessSpider angiomas are typical of autoimmune hepatitis together with skin rashesMany people with autoimmune hepatitis do not feel well.The body’s immune system attacks its own liver cells.Liver biopsy is the best diagnostic test for Autoimmune hepatitisLiver biopsy also provides information on cirrhosis and prognosisTreatment of Autoimmune Hepatitis is with immunosuppressant medicationImmediate treatment with high-dose corticosteroids may reduce progressionWhen the inflammation is brought under control, the dose can be reducedOtherwise other drugs such as azathioprine or cyclosporine may be included-An original poem by Kenneth KeeInteresting Tips about the Autoimmune HepatitisA Healthy Lifestyle1. Take a well Balanced Diet2. Once the diagnosis of autoimmune hepatitis has been made, treatment is almost always required.Immediate treatment with high-dose corticosteroids may reduce the risk of progression to fulminant hepatic failure or even cirrhosisFulminant hepatitis requires immediate attention; prompt treatment with corticosteroids is lifesaving.A. Immunosuppression.This therapy uses a type of steroids known as corticosteroids to reduce (suppress) the ability of the immune system to fight infection.It is usual to start treatment with a relatively high dose of steroids, usually prednisone or prednisolone.When the inflammation is brought under control, the dose can be reduced.Usually other drugs are added to allow for a lower dose of steroids.Another immunosuppressant, azathioprine is most commonly used in combination with steroids.3. Keep bones and body strongBone marrow produces our bloodEat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.Eat food rich in Vitamins B and C such as green vegetables and fruitsZinc and other minerals are important to the body4. Get enough rest and SleepAvoid stress and tension5. Exercise and stay active.It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2Ã Â hours a week.One way to do this is to be active 30 minutes a day at least 5 days a week.Begin slowly especially if a person has not been active.6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.Alcohol use also increases the chance of falling and breaking a bone.Alcohol can affect the neurons and brain cells.7. Stop or do not begin smoking.It also interferes with blood supply and healing. Chapter 1Autoimmune HepatitisLast week I

was surprised by a woman patient of 56 years who suddenly appeared at my consultation room with an infection diagnosis of Autoimmune Hepatitis and Hepatitis C.I have never seen a Autoimmune Hepatitis much less a Hepatitis C case in all my family practice. She apparently had a blood transfusion in Malaysia as a child and did not realize the presence of Autoimmune Hepatitis and Hepatitis C infection until recently Autoimmune hepatitis is a disease in which thebody's immune system body's immune system attacks liver cells.Autoimmune hepatitis was previously known as chronic active hepatitisTABLE OF CONTENTIntroductionChapter 1 Autoimmune hepatitisChapter 2 Interesting Facts of Autoimmune hepatitisChapter 3 Treatment of Autoimmune hep

Book Information

File Size: 399 KB

Print Length: 99 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 13, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00IZW5KSM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #997,287 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis #45 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Hepatology #383 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

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