

LIVER DISEASES AND ALCOHOLISM

Mukhtorova Fatimakhon Shukhratjon kizi
Alfraganus University, 2nd Year Student

Abstract

This article discusses the negative effects of alcohol consumption on liver health, as well as the main functions of the liver, types of alcohol-related diseases, and their clinical symptoms. It provides an analysis based on medical data on dangerous conditions such as alcoholic hepatitis, fatty liver disease, and cirrhosis. The article also discusses ways to prevent and treat these diseases, as well as the importance of a healthy lifestyle. The article is presented in a clear and comprehensive manner for students studying in the medical field.

Keyword: Alcohol, hepatitis, liver, fatty liver, liver cirrhosis, blood.

Introduction

Liver diseases and alcoholism are closely related problems that have a significant impact not only on personal health but also on the overall well-being of society. The liver is the largest organ in the human body and performs many important functions, including the processing of nutrients, cleansing from particles, and supporting the immune system.

1. The main functions of the liver include:

Regulates the process of metabolism in the body.
Cleanses the blood and breaks down harmful substances.
Participates in digestion (through the production of bile).
Stores energy reserves.

2. The relationship between alcoholism and the liver.

Alcohol directly damages liver cells (hepatocytes).
Prolonged alcoholism can lead to alcoholic hepatitis, liver cirrhosis, and even liver cancer.
Every consumed alcoholic beverage becomes a burden on the liver, and over time, it cannot recover.

3. Types and symptoms of liver diseases.

Alcoholic fatty liver disease (steatosis): This is a condition associated with excess fat accumulation in liver tissue, i.e. obesity, increased intake of food, sugar or fat, or some medications may also cause it.

Alcoholic hepatitis: This disease usually develops as a result of prolonged and excessive alcohol consumption. Symptoms include pain under the right rib, fatigue and weakness, intestinal changes, vomiting, and nausea.

Cirrhosis: the replacement of liver cells with dead cells. Symptoms: jaundice, abdominal swelling, decreased appetite, weight loss. Treatment of alcoholism and related liver diseases, based on general





approaches, differs depending on the causes of the problem, the degree of disease development, and the patient's condition.

General treatment strategies consist of the following.

1. Stopping alcohol consumption is the most important part of treatment. Alcohol withdrawal initiates the process of liver recovery and reduces the severity of the disease. Psychological support, medications, and medications such as -disulfiram or naltrekson can be used to reduce alcohol dependence.

Healthy eating.

Target nutrients: increasing the consumption of omega-3 fatty acids, antioxidants, and unsaturated fats.

Consuming plenty of water: water is essential for body cleansing and normal metabolism.

3. Physical activity.

Exercises: walking, running, or playing sports every day.

Increasing physical activity.

Implementation of weight reduction programs if the patient is overweight.

4. Medical control and treatment.

Control and tests: blood tests and other analyses to assess liver function.

Management of inflammation and symptoms: medications such as anti-inflammatory drugs are recommended to reduce inflammation and pain.

Early diagnosis is essential for preventing liver diseases. Abandoning life-threatening habits, in particular, preventing alcohol dependence, promoting a healthy lifestyle, and establishing early diagnosis and comprehensive treatment measures are important in maintaining liver health. Treatment should include not only medications, but also a psychological, social approach.

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