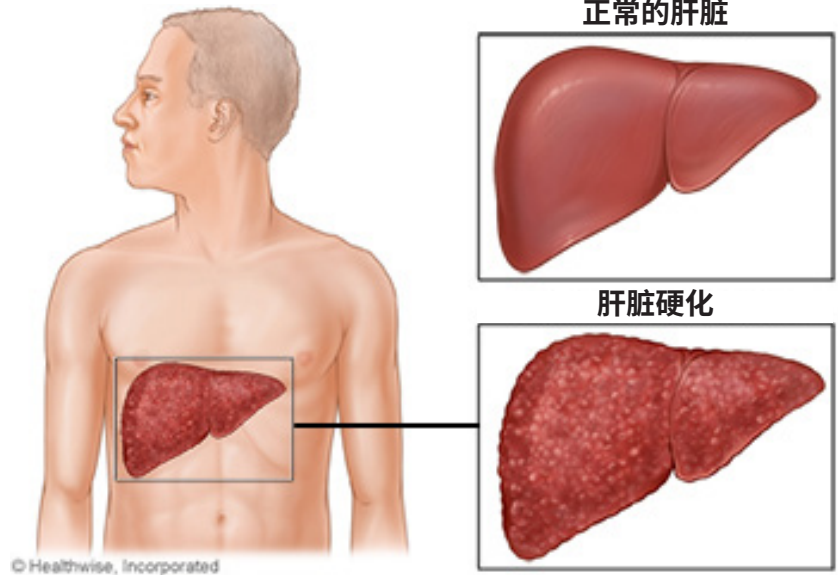




了解肝硬化

肝硬化时，肝脏会随着时间的推移而受损并留下疤痕。疤痕组织阻碍了血液流过肝脏。这种阻塞会导致肝脏分解体内的食物、激素、药物和废物的速度变慢。它还会减缓肝脏制造蛋白质和其他物质的能力。



肝硬化的症状

在肝脏受到严重损害之前，您可能不会出现任何肝硬化症状。

肝硬化的早期症状可能包括：

- 感觉疲倦或虚弱
- 食欲不振
- 无需努力就能减肥
- 恶心和呕吐
- 腹部右上侧轻微疼痛或不适

随着肝功能恶化，您可能会出现其他症状，包括：

- 容易瘀伤和出血
- 思维混乱、思维困难、记忆力减退、性格改变或睡眠障碍
- 小腿、脚踝或脚部肿胀，称为水肿
- 腹部积液导致腹胀，称为腹水
- 皮肤严重瘙痒
- 尿液颜色变深
- 眼白和皮肤呈现黄色，称为黄疸

肝硬化的原因

这些疾病和病症会损害肝脏，导致肝硬化。

最常见的原因

- 酗酒
- 非酒精性脂肪肝病 (NAFLD)，一种脂肪在肝脏中堆积的疾病
- 慢性丙型肝炎，一种导致肝脏炎症和损伤的病毒感染
- 慢性乙型肝炎，一种导致肝脏炎症和损伤的病毒感染

不常见的原因

- 自身免疫性肝炎是一种慢性疾病，人体免疫系统攻击肝脏，导致炎症和肝损伤
- 损害、破坏或阻塞胆管（将胆汁从肝脏输送到胆囊和小肠的管道）的疾病，例如原发性胆汁性胆管炎 (PBC) 和原发性硬化性胆管炎 (PSC)
- 影响肝脏功能的遗传性肝病，例如：
 - 威尔逊病，一种因体内积聚过多铜而导致的疾病
 - 血色素沉着症，一种因体内积聚过多铁而导致的疾病
 - α -1 抗胰蛋白酶 (AAT) 缺乏症，这种疾病会增加患肺病和肝病的风险
- 长期使用某些药物
- 慢性心力衰竭伴有肝充血，一种肝脏血流减慢的情况

肝硬化检测

在体检时与您的医生讨论您的症状。您的医疗服务提供者可能会推荐以下一项或多项测试：

- **血液测试**可以检查您的肝脏功能如何。
- **腹部 CT（计算机断层扫描）扫描**以检查肝脏。通过这项扫描，您的医生可以看到您腹部器官的薄片照片。
- **磁共振成像（MRI）**利用磁场中的无线电波检查骨骼和软组织，例如肝脏。
- **肝脏超声波检查**利用声波生成肝脏图像来检查肝脏的工作情况。
- **肝活检**，将针头穿过皮肤取出肝组织样本来检查肝功能。

MELD 3.0 评分

MELD 3.0 评分（终末期肝病模型）对您和您的医疗团队来说都是一个有用的工具。它是一个数字量表，可以评估您的肝脏功能是否正常。患有肝硬化时，肝脏的功能会不断发生变化，甚至每天都会发生变化。这些变化可以在您的血液检查中看到，并可以用来确定您的分数。评分范围从 6（表示肝脏功能良好）到 40（表示肝脏功能不佳）。该数字是使用性别（出生时）和 5 项常规实验室测试结果通过公式计算得出的：

- **性别（出生时）**：该评分考虑了患者的性别以解释男性和女性之间的差异。从历史上看，女性接受捐赠肝脏的可能性低于男性。
- **肌酐**：测量肾功能，因为肾功能常常受到肝病的影响。
- **胆红素**：测量肝脏排除胆汁的能力，胆汁是肝脏产生的一种有助于吸收和消化的液体。
- **国际标准化比率（INR）**：测量肝脏产生凝血因子的能力。
- **钠（Na）**：一种有助于控制体内液体量的电解质。
- **白蛋白**：血浆中由肝脏产生的主蛋白质。

您的 MELD 3.0 评分有助于管理您的护理，例如何时进行某些手术或何时考虑转诊进行肝移植。

肝癌检测

肝硬化会增加罹患肝癌即**肝细胞癌 (HCC)** 的可能性。您的服务提供者将每 6 个月安排一次检测来检查您是否患有 HCC。检测可能包括腹部磁共振成像、CT 扫描或超声波。

本宣传资料仅供参考。如果您对您的护理有任何疑问，请咨询您的医疗保健提供者。

如需更多健康信息，请访问wexnermedical.osu.edu/patiented或联系健康信息图书馆，电话：614-293-3707，电子邮件：health-info@osu.edu。

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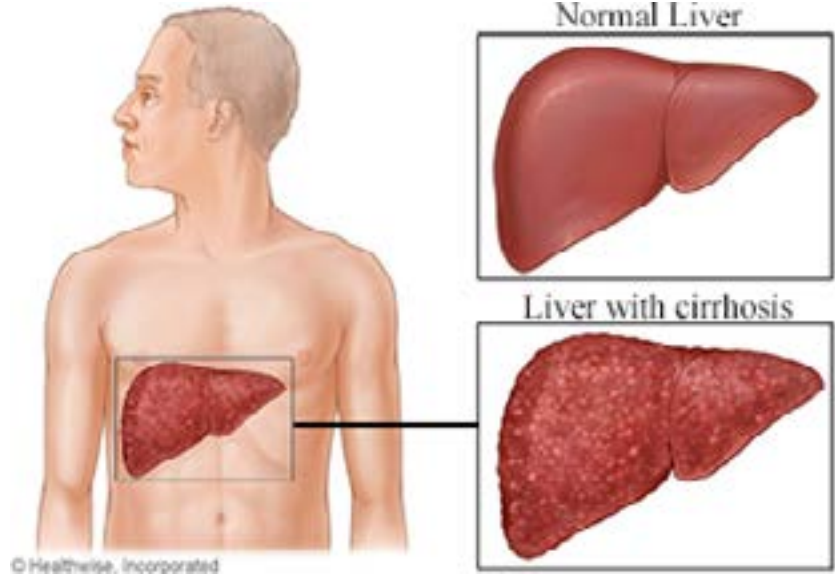
Understanding Cirrhosis of the Liver



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

With cirrhosis, the liver becomes injured and scarred over time. The scar tissue blocks the flow of blood through the liver. This blockage causes the liver to be slow in breaking down food products, hormones, medicine, and waste products in the body. It also slows the liver's ability to make proteins and other substances.



Symptoms of cirrhosis

You may have no symptoms of cirrhosis until your liver is badly damaged.

Early symptoms of cirrhosis may include:

- Feeling tired or weak
- Poor appetite
- Losing weight without trying
- Nausea and vomiting
- Mild pain or discomfort in the upper right side of your abdomen

As your liver function gets worse, you may have other symptoms, including:

- Bruising and bleeding easily
- Confusion, problems thinking, memory loss, personality changes, or sleep disorders
- Swelling in your lower legs, ankles, or feet, called edema
- Bloating from buildup of fluid in your abdomen, called ascites
- Severe itchy skin
- Darkening of the color of your urine
- Yellowish tint to the whites of your eyes and skin, called jaundice

Causes of cirrhosis

These diseases and conditions can damage the liver, leading to cirrhosis.

Most Common Causes

- Alcohol abuse
- Nonalcoholic fatty liver disease (NAFLD), a condition in which fat builds up in the liver
- Chronic hepatitis C, a viral infection that causes liver inflammation and damage
- Chronic hepatitis B, a viral infection that causes liver inflammation and damage

Less Common Causes

- Autoimmune hepatitis, a chronic disease in which the body's immune system attacks the liver, causing inflammation and liver damage
- Diseases that damage, destroy, or block bile ducts (the tubes that carry bile from the liver to the gallbladder and small intestine), such as primary biliary cholangitis (PBC) and primary sclerosing cholangitis (PSC)
- Inherited liver diseases that affect how the liver works, such as:
 - Wilson disease, a disorder in which the body builds up too much copper
 - Hemochromatosis, a disorder in which the body builds up too much iron
 - Alpha-1 antitrypsin (AAT) deficiency, a condition that raises your risk for lung and liver disease
- Long term use of certain medicines
- Chronic heart failure with liver congestion, a condition where blood flow out of the liver is slowed

Testing for cirrhosis

Talk with your provider about your symptoms during your physical exam. Your provider may recommend 1 or more of these tests:

- **Blood tests** to check how your liver is working.
- **Abdominal CT (computerized tomography) scan** to check the liver. This scan allows your provider to see pictures of thin slices of your abdominal organs.
- **Magnetic resonance imaging (MRI)** that uses radio waves in a magnetic field to check bones and soft tissue, such as the liver.
- **Ultrasound** of the liver that uses sound waves to create pictures of the liver to check how well the liver works.
- **Liver biopsy** where a needle is put through the skin to take a sample of the liver tissue to check liver function.

MELD 3.0 score

The MELD 3.0 score (Model for End-stage Liver Disease) is a useful tool for both you and your health care team. It is a numbered scale that estimates how well your liver is working. With cirrhosis, the function of the liver can change constantly, even every day. These changes are seen in your blood work, which is used to find your score. The score ranges from 6 (which means the liver is working well) to 40 (which means the liver is working poorly). The number is calculated by a formula using sex (at birth) and 5 routine lab test results:

- **Sex (at birth):** The score factors in patient sex to address disparity between males and females. Females have historically been less likely than males to receive a donor liver.
- **Creatinine:** Measures kidney function because kidney function is often affected by liver disease.
- **Bilirubin:** Measures how well your liver gets rid of bile, a fluid produced in the liver that helps with absorption and digestion.
- **INR:** Measures your liver's ability to make blood clotting factors.
- **Sodium (Na):** A type of electrolyte that helps control the amount of fluid in your body.
- **Albumin:** The main protein in blood plasma that is made by the liver.

Your MELD 3.0 score is helpful to manage your care, such as when to do certain procedures or when to consider referral for liver transplant.

Testing for liver cancer

Cirrhosis can increase the chance of cancer in the liver called **hepatocellular carcinoma (HCC)**. Your provider will order tests to check for HCC every 6 months. Tests may include abdominal MRI, CT scan, or ultrasound.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.