

5 Tips to Prevent

Liver Disease

By: Dr. Ajay Kumar and
Dr. Manav Wadhawan



Liver and GI tract infections are big contributors to overall mortality rates in children as well in adults. Hepatitis Viruses cause immense pressure on the financial and mental health of individual, family and society at large. There are numerous infectious agents like viruses, bacteria and fungi that cause different liver and digestive diseases. On this World Hepatitis Day let's pledge to prevent liver disease by following few simple tips.

Safe water & Save water

A number of liver and GI tract disease arise due to contaminated water. It is our right to get the clean water and it our duty to save the clean water. Water borne disease like hepatitis A & E commonly affect both adult & children in our part of the world. Follow the cleanliness regime to keep water safe for drinking and daily use purpose. We must preserve the clean source of water to make our environment healthy.



Safe Blood

Hepatitis B & C are transmitted through contaminated blood. These cause serious disease and go undetected till liver disease has reached an advanced stage. In most cases people get to know about damage to their liver only once more than 70% of liver is destroyed. If detected at late stages, liver transplant may be the only cure. We must follow safe blood transfusion practice to avoid any blood contamination. For general public, blood when required should only be procured from certified blood banks.



Safe Sharps

Any sharp instruments that are reused need adequate sterilization. Best is to make sure that sharp instruments we use are disposable and not recycled. Ensure that only disposable syringes & needles are used whenever required. Specifically ask your barber to change blade each time you get a shave or haircut.



Miles away from alcohol:

There are numerous studies showing alcohol abuse has adverse effects on entire GI tract but more so on liver and pancreas. Fatty liver, alcoholic hepatitis, alcoholic cirrhosis and liver cancer are common in those who drink excessively. The only solution to keep your liver healthy is to keep away from alcohol.



Safe Sex

Protection using condoms is a must in case of multiple sexual partners or homosexuals. As hepatitis B & C viruses can be transmitted through sexual contact with an infected partner, one must take all the precautions to avoid it. Fortunately there are vaccines available to protect individual from at least Hepatitis B. Keep yourself vaccinated and away from liver disease.

