



# Love your Liver

**World  
Liver Day**  
19 April

**The liver** is a vital organ that plays a crucial role in maintaining our overall health. It is responsible for several metabolic functions, including filtering and detoxifying our blood, producing bile to aid in digestion and storing essential vitamins and nutrients. However, liver diseases can develop due to various factors such as viral infections, excessive alcohol consumption and unhealthy dietary habits.

**World Liver Day** is an excellent opportunity to raise awareness about the importance of maintaining a healthy liver and seeking timely medical intervention when needed. Preventive lifestyle measures, such as a balanced diet, regular exercise and avoiding alcohol and tobacco, can significantly reduce the risk of liver diseases.

**Gastroenterologists and hepatologists** are medical specialists who play a critical role in diagnosing and treating liver diseases. They can evaluate various tests, including liver function tests, ultrasounds, and biopsies, to assess liver health and determine the appropriate course of treatment.

**Symptoms of liver disease** can vary widely, depending on the type and severity of the condition. Common symptoms include nausea, poor appetite, itching, yellowing of the skin and eyes (jaundice), weakness, fatigue, weight loss, vomiting, swelling in the legs and abdomen and easy bruising or bleeding.

**In India, liver diseases are on the rise** due to lifestyle habits such as alcohol consumption, unhealthy dietary habits and the consumption of sugary drinks. However, the liver's unique ability to function normally despite several stressors means that liver diseases often become evident only after severe complications have developed. Therefore, **regular liver testing** is recommended for specific at-risk populations to identify problems early and prevent further damage.

**Diagnostic tests for liver diseases** include:

- 1. Liver function tests:** A set of blood tests that measure the levels of proteins, liver enzymes and bilirubin in the blood.
- 2. Ultrasound:** A non-invasive imaging test that uses sound waves to create images of the liver.



- 3. CT Scan:** A non-invasive imaging test that uses X-rays to create detailed images of the liver.
- 4. MRI:** A non-invasive imaging test that uses magnetic fields and radio waves to create detailed images of the liver.
- 5. Biopsy:** A procedure in which a small sample of liver tissue is removed and examined under a microscope.

**Preventive lifestyle measures** can significantly reduce the risk of liver diseases. These measures include:

- 1. Eating a balanced diet:** Consuming a diet rich in fruits, vegetables, whole grains and lean proteins can help maintain liver health.
- 2. Avoiding alcohol:** Excessive alcohol consumption can lead to liver damage and disease.
- 3. Exercising regularly:** Regular physical activity can help maintain a healthy weight and reduce the risk of liver disease.
- 4. Avoiding tobacco:** Smoking can increase the risk of liver disease and other health problems.
- 5. Practicing safe sex:** Viral hepatitis can be transmitted through sexual contact, so practicing safe sex can help reduce the risk of infection.

**At Neotia Mediplus OPD & Diagnostics Clinic**, we offer a full range of consultation services for the evaluation of patients with acute and chronic gastrointestinal disorders. Our renowned team of gastroenterologists combined with our state-of-the-art facilities delivers hi-quality care and successful outcomes through lifesaving procedures. We ensure that all our patients have full access to advanced diagnostics by employing new technology and improvements in pre-operative evaluations and post-operative care, which also helps us to minimise chances of infection or prevent the relapse of gastrointestinal problems and other disorders.