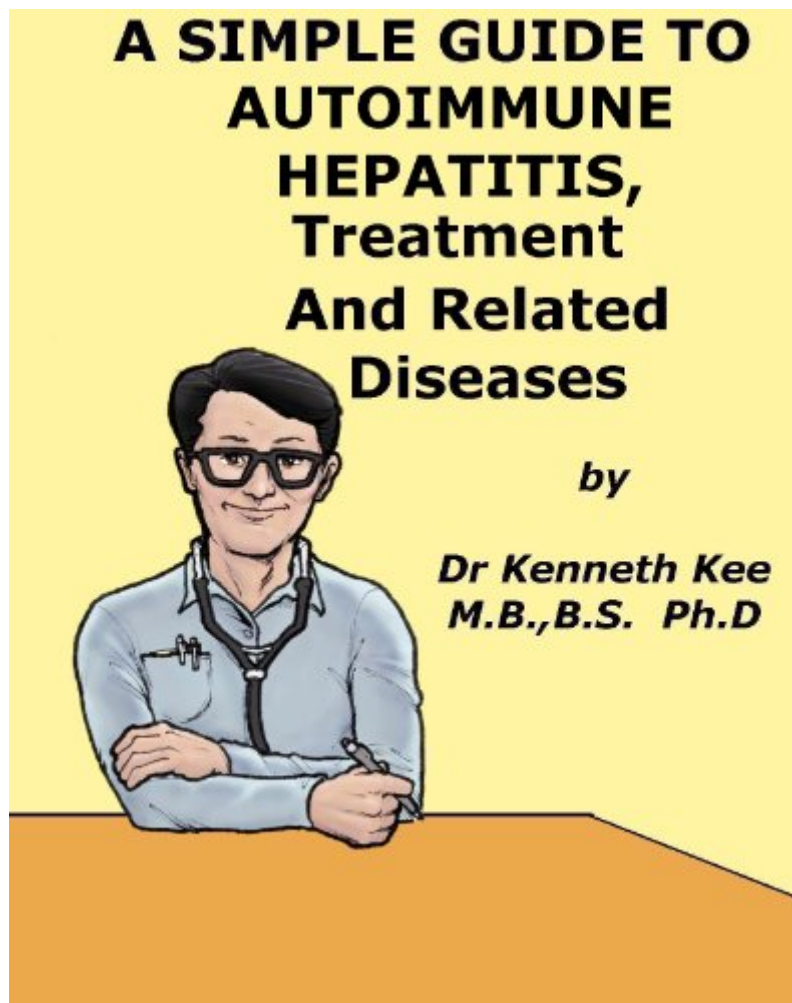


The book was found

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



## Synopsis

**Introduction** Autoimmune Hepatitis is a chronic inflammatory liver disease. Autoimmune 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 them. Autoimmune Hepatitis is just one of the causes of chronic active hepatitis. When hepatitis becomes chronic, the liver may develop cirrhosis. The most common symptom of autoimmune hepatitis is fatigue and tiredness. Spider angiomas are typical of autoimmune hepatitis together with skin rashes. Many 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 hepatitis. Liver biopsy also provides information on cirrhosis and prognosis. Treatment of Autoimmune Hepatitis is with immunosuppressant medication. Immediate treatment with high-dose corticosteroids may reduce progression. When the inflammation is brought under control, the dose can be reduced. Otherwise other drugs such as azathioprine or cyclosporine may be included. An original poem by Kenneth Kee. Interesting Tips about the Autoimmune Hepatitis.

**A Healthy Lifestyle**

1. Take a well Balanced Diet
2. 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 cirrhosis. Fulminant 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 strong. Bone marrow produces our blood. Eat 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 fruits. Zinc and other minerals are important to the body.
4. Get enough rest and Sleep. Avoid stress and tension.
5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ 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 1 Autoimmune Hepatitis Last 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 the body's immune system attacks liver cells. Autoimmune hepatitis was previously known as chronic active hepatitis.

TABLE OF CONTENT

Introduction

Chapter 1 Autoimmune hepatitis

Chapter 2 Interesting Facts of Autoimmune hepatitis

Chapter 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: Â Digital Services LLC

Language: English

ASIN: B00IZW5KSM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,227,552 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #55

in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hepatitis #74 in Â Books >

Medical Books > Medicine > Internal Medicine > Hepatology #436 in Â Kindle Store > Kindle

eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

[Download to continue reading...](#)

A Simple Guide to Autoimmune Hepatitis, Treatment and Related Diseases (A Simple Guide to Medical Conditions) Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) A Simple Guide To Budd-Chiari Syndrome, (Hepatic Vein Obstruction) Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions) A Simple Guide to Lice, Treatment and Related Diseases (A Simple Guide to

Medical Conditions) A Simple Guide To Emphysema, Diagnosis, Treatment And Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Osteoporosis, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide To Myeloproliferative Disorders, Diagnosis, Treatment And Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Liver Cirrhosis, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Ascites, Treatment and Related Diseases (A Simple Guide To Medical Conditions) A Simple Guide to Anal Fistula, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide To Bruxism (Teeth Grinding), Diagnosis, Treatment And Related Disorders (A Simple Guide to Medical Conditions) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Healing Hepatitis and Liver Disease Naturally: Detoxification. Liver gall bladder flush & Cleanse. Cure Hepatitis C and Hepatitis B. Lower blood cholesterol and stop cirrhosis Hepatitis C Treatment: An Essential Guide for the Treatment of the Hepatitis C Virus (Hep C) Hepatitis B Treatment: An Essential Self-Help Guide for Treating and Curing Hepatitis B (Hep B) A Simple Guide to Leukemia, Diagnosis and Treatment (A Simple Guide to Medical Conditions) All About Hepatitis C - All About Chronic Diseases - Victory Over Liver Diseases! 3 book for the price of 2 ! The Book of Hepatitis C: 7 Simple Strategies to Shift From Surviving to Thriving after Hepatitis C Treatment of Chronic Medical Conditions: Cognitive-Behavioral Therapy Strategies and Integrative Treatment Protocols Multiple Sclerosis and (lots of) Vitamin D: My Eight-Year Treatment with The Coimbra Protocol for Autoimmune Diseases

[Dmca](#)