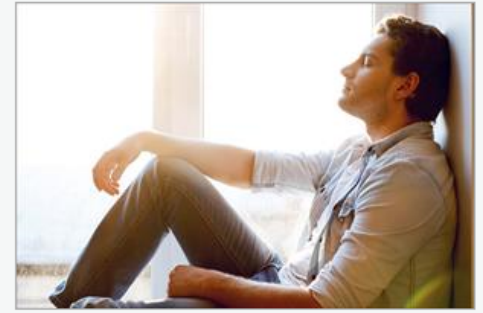


Signs and Symptoms of Alcoholic Liver Disease

Alcoholic liver disease (ALD) refers to the damage that is caused to the liver due to prolonged alcohol abuse. It can manifest as fatty liver, alcoholic hepatitis, and cirrhosis of the liver. Damage to the liver may start as fatty liver and development through alcoholic hepatitis to reach the final stage of this liver disease called cirrhosis. Fatty liver occurs due to severe alcohol intake and this condition can be reversed by abstinence from alcohol usage. Functions of the liver do not deteriorate when one has a fatty liver, but the abnormality can be found through a blood test.



Alcoholic Hepatitis is Triggered in Those Who Drink Heavily for a Long Period of Time


The symptoms can range from mild to deadly. Abstinence can help one recuperate; however, those who drink heavily are at a risk of developing cirrhosis of the liver. Cirrhosis is characterized by the development of nodules in the liver. Excess alcohol usage leads to irreparable damage to the liver cells. One might establish jaundice and suffer from bruising or bleeding due to irregularities with blood clotting. As the disease progresses, the liver can't carry out normal functions that may finally lead to liver failure. It is important to understand the signs of alcoholic liver disease to be able to discover it before it is too late.

Fifth: Cholesterol and Blood Sugar

Everyone knows about cholesterol levels, good and bad. There have been so many studies on it as a risk-factor for heart attacks and heart disease. There's plenty you can do naturally to assist lower cholesterol, but did you know getting sufficient fiber will help too? Soluble fiber has been proven to lower blood cholesterol levels.

- Pelvic Inflammatory Disease: Discomfort in the left side of the abdomen in a woman might be caused due to pelvic inflammatory disease (PID).
- This disease refers to the swelling of the uterus, ovary and/or the fallopian tube on the left side of the body.

“ *Decreased Colonic Transit Time* People generally don't seek advice from a doctor instantly for altered bowel movements. They do not like to talk about stool kind and color. But persistent bowel movement problem is related to considerable problems of gastrointestinal function, and...



Pregnancy

Pregnancy is one of the common causes of pain in the back in ladies. During pregnancy, the weight of the woman increases considerably resulting in increased pressure on the back. Over straining of the abdominal and back muscles cause pain, specially in the lower back.

Herniated Disc

Herniated disc, also referred to as slipped disc or ruptured disc, is the rupture or bulging of the fibrous cartilage present in between two vertebrae, resulting in pressing of the nerves. It usually happens in the lumbar region, i.e., in the lower back. Compression of the sciatic nerve leads to another painful condition known as sciatica, that causes pain in lower back shooting down into a leg.

Irritable Bowel Syndrome (IBS).

Irritable bowel syndrome, also called spastic colon, is said to be a functional bowel disorder. Individuals experiencing irritable bowel syndrome frequently experience a great deal of discomfort. Nevertheless, this is not a very major condition, as it poses no permanent harm to the large intestine. The condition itself is characterized by diarrhea and stomach ache, and some other common symptoms such as bloating, constipation, etc. The symptoms again differ from person to person.

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