



SYMPTOMS OF ALCOHOLIC LIVER DAMAGE

The liver is unable to signal real distress until it is in the end stages of liver failure, so that by the time you feel any symptoms of liver problems the damage may be already done!

If you have alcoholic liver damage you may have some vague symptoms such as:

- Feeling some pain in the liver (place your right hand over the lower right hand side of your ribs and it will cover the area of your liver)
- Having a general feeling of poor health and fatigue
- Loss of appetite
- A sick, nauseous feeling – especially in the mornings and often accompanied by diarrhoea

If you have any of the following specific symptoms, it is likely that your liver is already quite badly damaged with alcoholic hepatitis or cirrhosis and you should consult your doctor at once!

- Yellow eyes, in more severe cases yellow skin (jaundice)
- Vomiting blood
- Dark black, tarry stools
- Significant weight loss
- Periods of confusion or poor memory
- Swelling of the abdomen (stomach) area and the legs
- Fever – possibly with shivering attacks
- Itching

If your doctor suspects you may have liver damage, they will look out for the following signs:

- Tender, firm, or possibly enlarged liver
- Red and mottled palms
- Partly white fingernails
- Enlargement of the male breasts, which may be tender
- Swollen abdomen
- Thinning hair
- Weakness and wasting of the muscles
- Drink-related problems affecting your family relationships
- Drink-related problems affecting your work or career
- Drink-related financial problems
- Drinking that leads to trouble with authorities and/or police