

# ALCOHOL-ASSOCIATED LIVER DISEASE

## **What is Alcohol-Associated Liver Disease?**

Drinking large amounts of alcohol can lead to liver damage. Over time, the damage can progress to advanced liver disease that can be life-threatening.

## **How much alcohol is excessive?**

One serving of alcohol equals one 12-ounce beer, one five-ounce glass of wine, or one one-ounce serving of hard liquor. Excessive alcohol intake for men is more than two alcoholic drinks per day. Excessive alcohol intake for women is more than one alcoholic drink per day.

Liver damage can also happen as a result of binge drinking, when more than four to five alcoholic beverages are consumed within a two-hour timeframe.

## **Types of Alcohol-Associated Liver Disease**

One type of liver disease caused by alcohol is alcohol-associated fatty liver. Extra fat builds up in the liver cells. Most “heavy drinkers” develop this condition. It usually reverses if a person stops drinking alcohol.

Alcohol-associated hepatitis is inflammation (swelling) of the liver. Liver cells can be destroyed because of this condition. It can reverse if a person stops drinking alcohol.

Alcohol-associated cirrhosis is the most serious type of alcohol-associated liver disease. A liver with cirrhosis has become hardened with scar tissue. This makes it harder for the liver to function.

## **Diagnosis**

Diagnosis includes a review of medical history, blood tests, scans and/or liver biopsy.

## **Complications**

Complications can include fluid buildup in the abdomen, risk of internal bleeding, enlarged spleen, kidney failure, brain disorders, liver cancer, and coma.

## **Treatment**

Treatment for alcohol-associated liver disease may include medications and nutrition therapy. Liver transplant may be an option for people with advanced alcohol-associated cirrhosis. People who are alcohol-dependent should speak to their doctor about how to safely stop drinking to avoid serious withdrawal symptoms.

**To learn more about alcohol-associated liver disease, scan the QR code below. For a complete list of all of our free resources, please visit: [liverfoundation.org/resource-center](https://liverfoundation.org/resource-center).**

ALF is solely responsible for this content.

Copyright 2023 | All rights reserved

For questions about liver wellness and disease, or for emotional support to patients at the point of crisis and information on local resources including physician referrals, please contact our Helpline at 1-800-465-4837.

