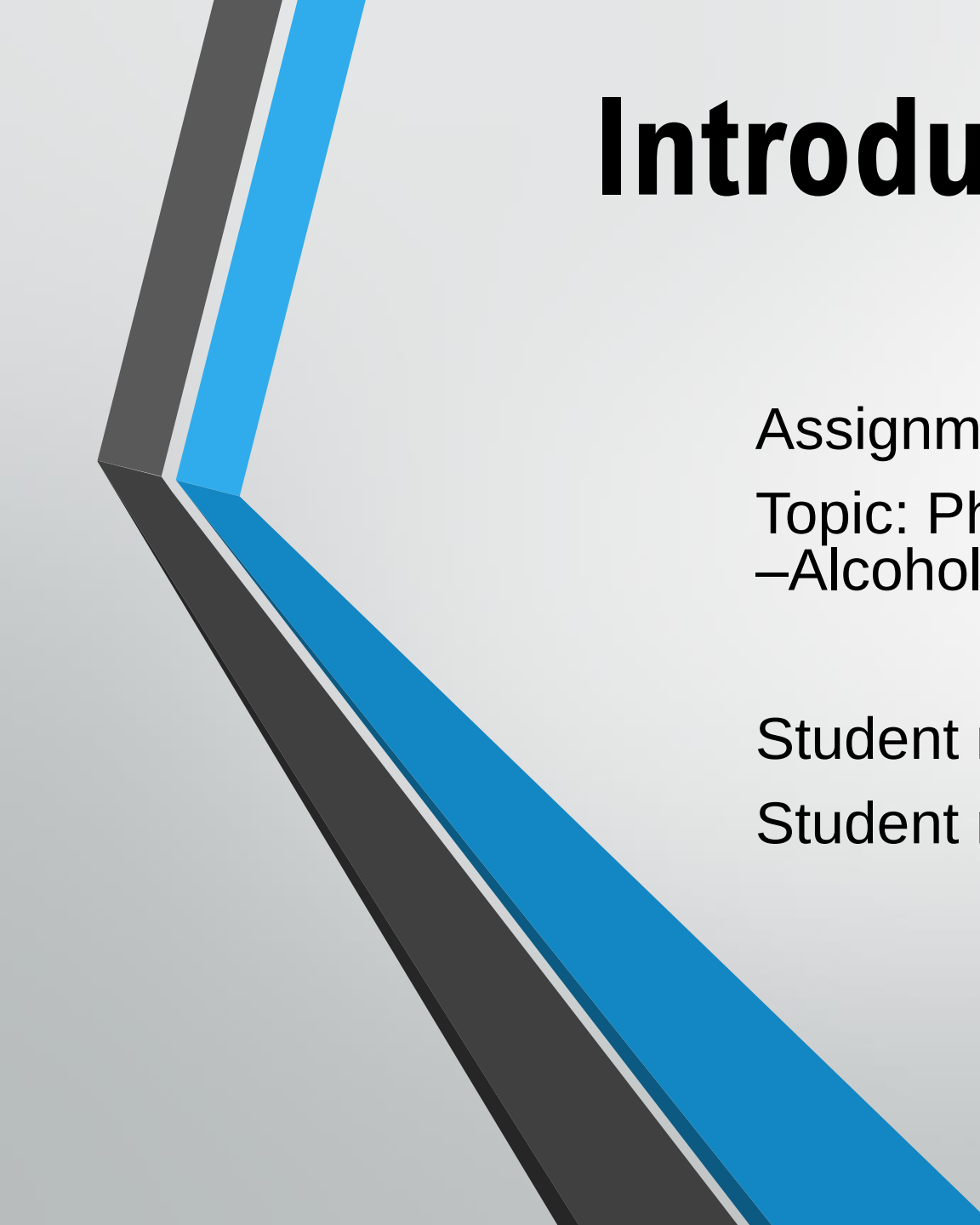




Introduction to Physiology

Assignment title: Practical test -Presentation

Topic: Physiology, Health risks due to lifestyle choice
–Alcohol Related Liver Disease

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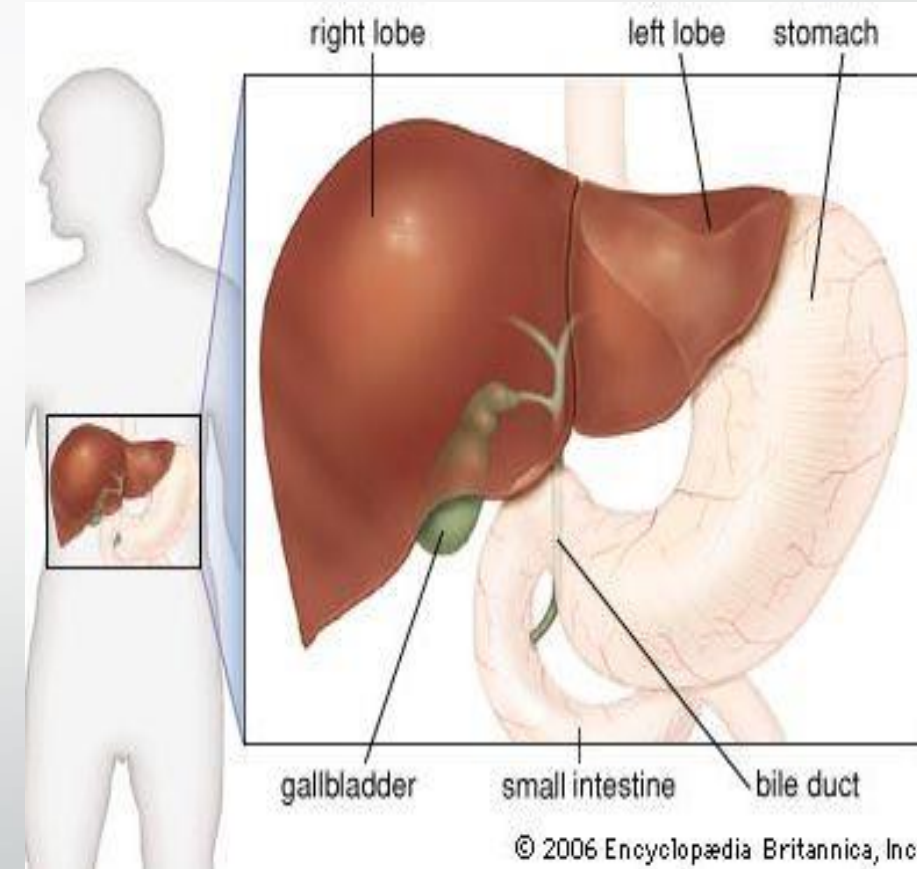
INTRODUCTION

The aim of this presentation is to explore

- alcohol-related liver disease(ARLD)
- Lifestyle assessment to informed the patient about the risk for their health if they continue with the same lifestyle
- Physical health monitoring reduces morbidity and death through early screening. (NHS England, 2019)

Anatomy of liver

- Part of digestive system
- Large organ
- Located in abdominal cavity
- Stay on the right side
- 2 main lobes (May, 2022)



Physiology of liver

- Break down food and release their nutritious into the blood and lymph
- Help control of digestion and nutrient metabolism(Wedro, 2018)
- Filtering toxins from the blood
- Bile production-helps to break down and absorbs fats, cholesterol and vitamins
- Filter toxin from the blood
- Regulating blood clotting

Physiology of liver

- Regulating blood sugar and cholesterol levels
- helping fight infection and disease
- Regenerating itself- Each time your liver filters alcohol, some of the liver cells die.
- **Alcohol misuse** over many years can reduce its ability to regenerate. This can result in serious and permanent damage to your live. (Arjun Kalra and Faiz Tuma, 2018)

Questionnaire- Mr. D

- Age
- Alcohol intake
- Rase
- Weight
- Smoking
- Lifestyle
- Family history

Questionnaire- Mr. D

- 48 years old male
- Heavily drinking daily alcohol- 40 units weekly
- White British
- Obese- high on fat diet
- Smoking-15 cigarettes a day
- Non active lifestyle
- Alcohol dependence in the family history

Health risk for Mr.D

- Alcoholic fatty liver disease-first stage of ARLD
- Alcoholic hepatitis
- Cirrhosis-not reversable
- Liver cancer
- Internal bleeding
- Build up toxins in the brain(encephalopathy)

Health recommendations

- Healthy balance diet- vegetables, fruit, lean protein
- Regular activities- exercise, walking
- Stop smoking
- Stop drinking or reducing intake of alcohol
- Referral for liver investigation
- Referral to appropriate support groups

British liver trust

Liver Health Foundation is a not-for-profit organisation that aims to improve the lives of people affected by liver disease and liver cancer. (British Liver Trust, n.d.)

- Increase early detection to help more individuals reverse the harm
- Improve liver disease care and results
- Improve awareness, knowledge, and stigma of liver illness and cancer
- Promote policies that make healthy living easier for everyone
- support research for prevention of liver disease

LIVER 4 LIFE- L4L

- L4L charity organization (registered no. 1152618) supports individuals across the UK with a liver disease
- L4L provides assistance, education, and campaigns to enhance liver patients' care, treatment, and support services.
- L4L promotes liver disease prevention and early diagnosis in the UK.
- Supporting liver patients in UK.(liver4life, n.d.)

Conclusion

- Anatomy and function of the liver
- Alcohol related disease and prevention
- Healthy lifestyle ,changes to the diet
- Support and recommendation from the Health and social care provider
- Long and healthy life

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