Alcohol-Induced Liver Disease
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WHAT IS THE DISEASE?
- Alcoholic liver disease (ALD) is a term which encompasses the manifestations of alcohol overconsumption in the liver
  - Fatty Liver (steatosis)
  - Alcoholic Hepatitis (AH)
  - Liver Fibrosis
  - Cirrhosis
- Alcohol remains the second most common cause of cirrhosis in the US

DISEASE BURDEN
- 69% of people in the US report drinking alcohol
- Alcohol use of more than 60 g/day is considered heavy drinking
- 44% of all deaths from liver disease were attributed to alcohol in the US
- Alcoholic cirrhosis remains the 2nd most common indication for liver transplantation

RISK FACTORS & PREVENTION
- Age (45-65y)
- Gender (F < M)
- Race and ethnicity
- Obesity
- Protein calorie malnutrition
- Drinking patterns and type
- Hepatitis C virus
- Genetics

PREVALENCE OF BINGE DRINKING AMONG US ADULTS, 2015: Binge drinking is defined as 4 or more drinks for a woman or 5 or more drinks for a man.

DISEASE & SCREENING
- Combination of documented alcohol abuse and evidence of liver disease
- History
  - CAGE Questionnaire for Detecting Alcoholism
- Physical Exam
  - CAGE screening questionnaire for alcohol abuse

DIAGNOSIS & SCREENING
- Normal liver enzymes (AST, ALT)
- Normal liver function (INR, Total Bilirubin, Albumin)
- Abdominal ultrasound, CT, MRI
  - Fatty liver, nodularity, ascites, hepatosplenomegaly

TREATMENT
- Alcohol Avoidance
  - Improves survival at all stages of liver disease
  - Intensive outpatient programs
  - Relapse rates ~ 70% at 1 year
- Nutrition
  - Nearly all patients with ALD have some degree of malnutrition
  - Poor nutrition decreases survival

RISK FACTORS
- AVOID ALCOHOL
- Prednisolone (steroid therapy)
- Helps reduce liver inflammation
- No survival benefit with Pentoxifylline, Milk Thistle, Vitamin E

LIVER TRANSPLANTATION
- Documented sobriety for 6 months
- Similar survival compared to other causes of cirrhosis

REFERENCES
AASLD.org
U.S. Department of Health and Human Services