



# **A Simple Guide to Autoimmune Hepatitis, Treatment and Related Diseases (A Simple Guide to Medical Conditions)**

*Kenneth Kee*

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Introduction

Ode to Autoimmune Hepatitis

Autoimmune Hepatitis is a chronic inflammatory liver disease  
Autoimmune Hepatitis can occur in people of all ages.  
Women are affected three to four times more often than men  
The immune cells treat the liver cells as foreign and start to destroy them

Autoimmune Hepatitis is just one of the causes of chronic active hepatitis  
When hepatitis becomes chronic, the liver may develop cirrhosis  
The most common symptom of autoimmune hepatitis is fatigue and tiredness  
Spider angiomas are typical of autoimmune hepatitis together with skin rashes

Many people with autoimmune hepatitis do not feel well.  
The body's immune system attacks its own liver cells.  
Liver biopsy is the best diagnostic test for Autoimmune hepatitis  
Liver biopsy also provides information on cirrhosis and prognosis

Treatment of Autoimmune Hepatitis is with immunosuppressant medication  
Immediate treatment with high-dose corticosteroids may reduce progression  
When the inflammation is brought under control, the dose can be reduced  
Otherwise other drugs such as azathioprine or cyclosporine may be included

-An original poem by Kenneth Kee

Interesting Tips about the Autoimmune Hepatitis

A Healthy Lifestyle

1. Take a well Balanced Diet
2. Once the diagnosis of autoimmune hepatitis has been made, treatment is almost always required.

Immediate treatment with high-dose corticosteroids may reduce the risk of progression to fulminant hepatic failure or even cirrhosis

Fulminant hepatitis requires immediate attention; prompt treatment with corticosteroids is lifesaving.

## A. Immunosuppression.

This therapy uses a type of steroids known as corticosteroids to reduce (suppress) the ability of the immune system to fight infection.

It is usual to start treatment with a relatively high dose of steroids, usually prednisone or prednisolone.

When the inflammation is brought under control, the dose can be reduced.

Usually other drugs are added to allow for a lower dose of steroids.

Another immunosuppressant, azathioprine is most commonly used in combination with steroids.

## 3. Keep bones and body strong

Bone marrow produces our blood

Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.

Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.

Eat food rich in Vitamins B and C such as green vegetables and fruits

Zinc and other minerals are important to the body

## 4. Get enough rest and Sleep

Avoid stress and tension

## 5. Exercise and stay active.

It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week.

One way to do this is to be active 30 minutes a day at least 5 days a week.

Begin slowly especially if a person has not been active.

## 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.

Alcohol use also increases the chance of falling and breaking a bone.

Alcohol can affect the neurons and brain cells.

## 7. Stop or do not begin smoking.

It also interferes with blood supply and healing.

## Chapter 1

### Autoimmune Hepatitis

Last week I was surprised by a woman patient of 56 years who suddenly appeared at my consultation room with an infection diagnosis of Autoimmune Hepatitis and Hepatitis C.

I have never seen a Autoimmune Hepatitis much less a Hepatitis C case in all my family practice.

She apparently had a blood transfusion in Malaysia as a child and did not realize the presence of Autoimmune Hepatitis and Hepatitis C infection until recently

Autoimmune hepatitis is a disease in which the body's immune system attacks liver cells.

Autoimmune hepatitis was previously known as chronic active hepatitis

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