

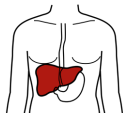


ALCOHOL-RELATED LIVER DAMAGE



What is alcohol-related liver damage?

- It is a chronic disease that affects the liver.
- The cause is alcohol consumption.



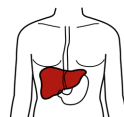
Is alcohol-related liver damage serious?

- Yes, it is a disease that can be very serious and even life-threatening.



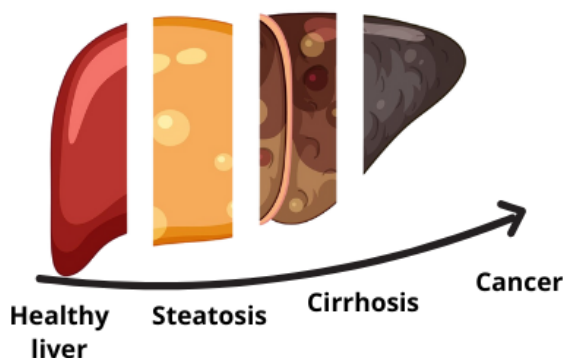
Alcohol is dangerous

- Alcohol is a highly addictive and toxic drug.
- Any amount of alcohol damages all the organs in the body.
- The only safe amount of alcohol is zero.



Alcohol is especially dangerous for the liver

- Alcohol is very harmful to the liver.
- Alcohol-related liver damage is the most common cause of liver transplantation.

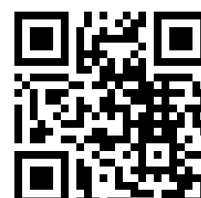


The image explains how alcohol damages the liver over time.



How to use the QR code to access health information

1. Open your phone's camera.
2. Point it at the QR code (the square with patterns).
3. Tap the message that appears on the screen.
4. It will take you to a page with safe and verified health information.





Symptoms and consequences of having alcohol-related liver damage:

- Difficulty thinking and remembering
- Liver transplant
- Yellow-colored skin and eyes
- Cancer



Treatment:

- The best treatment is to stop drinking alcohol.
- Follow a healthy diet and get regular physical exercise.
- In severe cases, hospitalization may be necessary.
- If you need help quitting alcohol, seek advice from your doctor.



Foods and drinks you should not consume if you have alcohol-related liver damage

Some foods may seem harmless but can contain small amounts of alcohol.

If your liver is damaged, even a small amount of alcohol can cause serious harm.

Talk to your doctor if you have any doubts.

- Do not eat food cooked with alcohol.
- Do not drink non-alcoholic beer (it may contain up to 0.9% alcohol). But 0.0 beer is safe.
- Do not drink kombucha.
- Do not drink kefir.
- Do not use soy sauce.
- Do not eat liqueur-filled chocolates.
- Do not eat tiramisu if it contains alcohol.
- Do not eat biscuit cake or desserts made with alcohol.
- Do not use vanilla extract.
- Do not consume vinegar.



- Information verified by Dr. Raquel Souto, Digestive System Specialist at the University Hospital Complex of Pontevedra.
- Source of information: knowledge of medical specialists at the Hospital of Pontevedra. This material was created for the COMTA project, developed by the Hepatology and IBD Research Group of IIS Galicia Sur and the Digestive and Endocrinology Departments of the Health Area of Pontevedra and O Salnés.
- Pictogram author: Sergio Palao. Source: [ARASAAC \(http://www.arasaac.org\)](http://www.arasaac.org). License: CC (BY-NC-SA). Property: Government of Aragon (Spain).