Clean Recovery Investigates Signs of Liver Damage

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LARGO, FL - November 27, 2023 -
Largo, FL ? Clean Recovery Centers recently released a blog investigating the signs of liver damage. As a leading provider of addiction treatment in the Gulf Coast area, Clean Recovery Centers has been working within these communities to provide resources and education surrounding substance use.

?The liver is a superhero organ that deserves more credit than it gets. According to a report by Columbia Surgery, the liver performs more than 500 vital functions that keep our body working. From regulating amino acids and blood clotting to resisting infection, storing vitamins and minerals, and processing glucose, the liver keeps our bodies functioning in a surprising number of ways.

"The liver is also responsible for cleaning our blood and expelling toxins (such as alcohol) from our system by way of urine and feces. When the liver filters alcohol, it experiences a process in which some of the liver cells die and new ones regenerate. This is normal,? the article states.

Early signs of alcohol-related liver damage can include abdominal pain, loss of appetite, weight loss, diarrhea, and feeling sick or generally not well. As liver damage progresses, some moderate or severe signs of alcohol-related damage can include itchy skin, bruising easily, dry mouth, fatigue, red spider veins on the surface of the skin, swelling or tenderness of the abdomen, and yellowing of the skin or eyes known as

jaundice.

There are three stages of alcohol-related liver disease. The first is fatty liver disease which is the beginning stage. In this stage, the liver becomes enlarged due to fat buildup. If drinking stops, the damage can be reversed. The next stage is alcoholic hepatitis. The liver becomes inflamed and liver cells die off, leading to permanent scarring. Still, at this stage, if drinking is stopped the damage can be reversible. The final stage is cirrhosis, and is a serious liver condition. Healthy liver tissue is replaced with scar tissue, and the damage is often permanent. It is possible to work with a doctor to manage symptoms and keep them from progressing, as long as drinking alcohol has stopped.

?Abstaining from alcohol goes a long way toward reversing or controlling liver damage. But even with this knowledge, stopping drinking can be a huge challenge and something you?d rather put off until later. Seeking treatment from a caring detox and recovery facility can help you overcome those hurdles more quickly so you can avoid doing further damage to your liver,? the article continues.

There are different ways to test for alcohol-related liver damage. Certain blood tests can show liver function, but not all doctors will order these tests. Being honest about drinking and concerns will allow the doctor to gauge what test is needed. Ultrasounds, CT scans, and MRIs can also be used to detect enlargement or damage within the liver. In order to lower the chances of liver damage, alcohol consumption should be kept to less than 2.5 ounces per day.

Clean Recovery Centers has been working to help those with alcohol use disorder find their recovery. With staff trained in both medical and emotional health, they are able to help those who are managing both addiction and mental health conditions. Their dedicated team can address concerns with liver function and steer clients in the right direction to prevent further damage.

For those wanting to learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.
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Clean Recovery Centers - Largo

Located on the beautiful Suncoast of Florida, Clean Recovery Centers provides the full spectrum of treatment options for

drug and alcohol addiction.

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