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Non-alcoholic fatty liver disease association with glomerular filtration rate (NAFLD GFR)

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Anatomy: Symptoms and treatment of hepatic dystrophy. What is fatty liver disease - what can it cause, symptoms and treatment. This article provides detailed information about the signs and symptoms of non-alcoholic liver dystrophy!

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Of course, the fruit should be consumed in whole pieces, and not in juice, as it is ineffective. In any case, ideally consume foods low in fructose, glucose...like berries, strawberries, and so on.

Similarly, just because we need to eliminate glucose from our diet does not mean that the muscles can convert enough glucose into energy. The problem is that a large amount of carbohydrates, convenience foods, sugar and so on. we consume every day. Up to the fact that for many people they form the basis of the diet.

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Why our liver?

The liver is the largest organ in our body. It performs over 500 functions in our body, including detoxification of the body, the creation of proteins, its role in the immune system, or indigestion.

An interesting fact is that even if most of this liver is damaged, it still works, and even before it is really damaged (about 90%), symptoms begin to appear that indicate problems in this organ. The liver can recover even if it is severely damaged, but this is a slow process depending on the damage.

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When the liver is inflamed, it presses on it because of its proximity to the heart. This can lead to high blood pressure, arrhythmia, or a very high heart rate. When sleeping on your side, on your left side, breathing problems may occur, because when you sleep on this side, the liver flows into the heart.

Who is at high risk for liver fat?

There are some predisposed people who tend to suffer from fatty liver, such as:

Type 2 diabetes or pre-diabetes.

Obesity.

Middle and older people.

bad cholesterol

Consumption of medications such as corticosteroids or certain anti-cancer drugs.

metabolic diseases

Hepatitis C

Exposure to toxins.

What to do to get well?

One of the main things we need to do is eliminate alcohol and sugar from our diet. Usually they are difficult to control because you don't know all the products,

содержащих углеводы. Также следует избегать гидрогенизированных масел (подсолнечного, кукурузного и т. д.), поскольку они очень токсичны для нашей печени.

Мы также должны стараться избегать приема безрецептурных лекарств изо дня в день, если они не являются строго необходимыми.

Нужно иметь в виду, что если мы страдаем ожирением печени, слово «норма» нужно убрать из рациона. Ничто нельзя пить в меру, сахар нужно употреблять в меру.Если мы хотим быть здоровыми в этом органе, нам нужно исключить то, что повреждает нашу печень.

Что потреблять?

Первое, что нужно знать, это то, что ожирение печени не возвращается, когда в наш рацион добавляют некоторые из следующих продуктов или добавок. Чтобы лечить его, мы должны сначала устранить все, что ему вредит, а затем помочь нам с пищей, чтобы добиться наиболее оптимального выздоровления и сохранить свое здоровье с течением времени.

Ешьте полезные жиры, такие как кокосовое масло, животный жир, сливочное масло и многое другое.

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Пряные овощи Они являются очень хорошим средством для восстановления здоровья нашей печени. Горький лучше. Эти:

Петрушка

распятый

Яблочный уксус — отличный союзник для решения многих проблем в нашем организме и поддержания его здоровья. Подробнее о яблочном уксусе мы поговорим в следующей статье: Мы говорим о яблочном уксусе: разве это не хорошо? Какой из них я должен получить?

Чайный гриб. Это ферментированный напиток, который создает ощущение алкогольного опьянения, потому что он успокаивает, а также имеет вкус пива. Это хороший вариант для замены пива, которое многие люди не хотят уничтожать изо дня в день.

Расторопша является ежедневной добавкой.

Ко всему этому нам нужно избегать сидячего образа жизни, двигаться всем телом во время движения и приносить массу пользы.

Мы также должны проконсультироваться с врачом, особенно если мы страдаем от сильного жира в печени.

Разработана программа для определения индекса жировой дистрофии печени.

Жировая дистрофия – болезненное изменение печени, когда вместо гликогена в печени накапливается жир. В таких случаях печень часто увеличена.

Очевидно, что оба случая жировой дистрофии связаны с употреблением алкоголя. В других случаях это может быть вызвано различными факторами, такими как некомпенсированный сахарный диабет, нарушения жирового обмена, прием лекарственных препаратов и вредных веществ в производстве.

Важным аспектом программы является то, что она предназначена для определения индекса жировой дистрофии печени. Программа идентифицирует больных с алкогольной болезнью печени и неалкогольной жировой болезнью печени по индексу жировой дистрофии печени, позволяющему определить влияние этилового спирта на стеатозное поражение печени.

Кратковременное воздержание от алкоголя не оказывает существенного влияния на индекс жировой дистрофии печени, поэтому индекс жировой дистрофии печени полезен для определения латентного употребления алкоголя у пациентов с некоторыми алкогольными заболеваниями печени.

Для избавления от этого заболевания требуется лечение под наблюдением врача, соблюдение диеты до восстановления клеток печени.

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Авторам программы выдано свидетельство ДГУ 13319 в соответствии с Законом Республики Узбекистан «О правовой охране программ и баз данных, созданных для ЭВМ».

Стеатоз печени: 8 симптомов, которые нельзя пропустить

Стеатоз печени представляет собой накопление в клетках избыточного жира, который занимает до 10% всего объема тела и приводит к развитию хронических заболеваний печени. Наиболее распространенной причиной избыточного жира в печени является алкоголь. Но за последнее десятилетие люди, которые вообще не употребляли алкоголь, также чаще страдают ожирением печени. Заболевание, которое может вызвать цирроз печени или рак, протекает бессимптомно и может быть диагностировано только после обычного обследования органов брюшной полости. Вот некоторые факторы и симптомы, которые могут значительно увеличить риск жировых отложений в печени.

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WORDLY KNOWLEDGE

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One of the main things we need to do is eliminate alcohol and sugar from our diet. Usually they are difficult to control because you don't know all the products,

increased appetite

The first sign of a developing disease is a constant feeling of hunger. There is also an increase in demand for sweets and fatty foods. If these symptoms are not eliminated in time or their consumption is increased, there is an accumulation of fat in the liver and the disease develops.

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Accumulation of fat in the abdomen

The fat that accumulates around the internal organs not only causes a number of problems, but is also considered dangerous. People over 40 centimeters tall have a higher risk of heart disease, type 2 diabetes, and fatty liver. If so, you should check your internal organs at least once a year. You should also consult with a specialist about ways to lose weight.

high cholesterol

Elevated levels of triglycerides or cholesterol in the blood can be a sign of fat accumulation in the liver. It is the liver that produces cholesterol and distributes it through the blood. So when the diet is high in saturated fat, the liver produces even more cholesterol. As this value increases, not only the heart and blood vessels, but also the liver need special attention.

The second category of diabetes

If a patient is diagnosed with diabetes, regular liver tests and medical supervision should be performed. A 2016 study by UCLA researchers found that 65% of patients with type 2 diabetes had fatty liver disease.

High blood pressure

Arterial hypertension is three times more common in patients with fatty liver than in those without it. If high blood pressure is observed, it is important to check the liver. Blood pressure and heart health should also be monitored if hepatic steatosis is diagnosed.

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