



# Sheldon Short Guide to Liver Disease

*Mark Greener*

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## **Sheldon Short Guide to Liver Disease** Mark Greener

Liver disease is the leading cause of death in the UK after heart, cancer, stroke and respiratory disease. The good news is that liver disease can often be prevented or to some extent even repaired. This book looks at lifestyle factors and medical interventions that can help. Topics include: the liver and its functions types of liver disease and their symptoms, such as hepatitis, cirrhosis, alcoholic liver disease, non-alcoholic fatty liver disease (NAFLD) and cancer tests and checks treatments from your doctor lifestyle factors, such as cutting out alcohol and eating a healthy diet complementary remedies

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