

Case Study: Liver Disease Fatima, a 42-year-old female, came to the clinic complaining of fatigue, abdominal pain, and yellowing of the skin. Fatima was educated on the importance of early detection and the role of lifestyle changes in managing chronic liver disease. An ultrasound of the abdomen indicated inflammation and fatty changes in the liver, suggesting steatosis. Blood tests showed elevated liver enzymes, and bilirubin levels were abnormally high. Physical examination revealed hepatomegaly and signs of jaundice. Her medical history included chronic hepatitis B infection. A liver biopsy was performed to confirm the diagnosis. She was started on antiviral therapy to manage the viral infection and was advised to avoid alcohol and follow a low-fat diet. Results revealed early signs of cirrhosis, but no evidence of cancer.