



## Significant Role of Liver Health in Maintaining Overall Health

Lazarus Duseja\*

Department of Medicine and Health Sciences, University of Barcelona, Barcelona, Spain

\*Corresponding Author: Lazarus Duseja, Department of Medicine and Health Sciences, University of Barcelona, Barcelona, Spain; E-mail: duseja.l@gmail.com

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### Description

The liver is an essential organ that plays a central role in the overall health and well-being of an individual. Placed in the upper right region of the abdomen, this vital organ performs a myriad of essential functions that are important for maintaining a balanced and healthy body. From detoxification and metabolism to nutrient storage and immune support, the liver's significance cannot be minimized.

### Function of the liver

The liver is a multifunctional organ with a diverse range of responsibilities. One of its primary roles is to detoxify the body by breaking down harmful substances, including drugs, alcohol, and toxins, converting them into less harmful compounds for elimination through urine or bile. Additionally, the liver is responsible for regulating and storing glucose in the form of glycogen, ensuring a steady supply of energy between meals. It also plays an essential role in lipid metabolism, synthesizing and storing fats and cholesterol. Moreover, the liver is involved in the synthesis of essential proteins, such as albumin and clotting factors, which are important for various physiological processes.

### Liver health and metabolic syndrome

A healthy liver is closely associated to metabolic health. Conditions such as obesity, type-2 diabetes, and dyslipidemia can increase the risk of Non-Alcoholic Fatty Liver Disease (NAFLD), a condition where excess fat accumulates in the liver cells. NAFLD can progress to more severe conditions such as Non-Alcoholic Steato-Hepatitis (NASH)

and cirrhosis, potentially leading to liver failure. Therefore, promoting metabolic health through regular exercise, a balanced diet, and weight management is significant in maintaining a healthy liver.

### Common liver conditions and their impact

Several liver conditions can damage liver health and overall well-being. Hepatitis, both viral and non-viral, is a common cause of liver inflammation and it includes a possibility to cause chronic liver damage. Hepatitis B and C are significant contributors that may lead to cirrhosis and liver cancer if it is not effectively managed. Alcoholic liver disease, resulting from excessive alcohol consumption, can lead to fatty liver, alcoholic hepatitis, and cirrhosis, further highlighting the importance of moderation in alcohol intake.

Cirrhosis an advanced liver disease occurs when healthy liver tissue is replaced by scar tissue, impairing liver function. Cirrhosis can be caused by chronic hepatitis, alcohol abuse, or other conditions that cause liver damage. Liver cancer, or hepatocellular carcinoma, is another severe condition associated with chronic liver diseases or long-term exposure to certain toxins.

### Preventative measures and screening

Preventing liver disease involves several measures. Vaccination against hepatitis A and B can protect individuals from these viral infections. For individuals at risk of NAFLD, maintaining a healthy weight, following a balanced diet, and engaging in regular exercise are main preventive measures. Routine liver function tests, such as Alanine Aminotransferase (ALT) and Aspartate Aminotransferase (AST) levels, can help to identify early liver damage. Regular health check-ups can help in the early detection and management of liver conditions.

### Importance of regular exercise

Physical activity plays an important role in liver health. Exercise can help to improve insulin sensitivity, reduce inflammation, and increase weight loss, all of which contribute to a healthier liver. Involving in regular aerobic activities, such as walking, cycling, can have significant benefits for liver health and overall well-being.

### Alcohol consumption and liver health

One of the main causes of liver damage is excessive consumption of alcohol. Alcohol is metabolized by the liver, and chronic alcohol intake can lead to fatty liver, alcoholic hepatitis, and cirrhosis. Limiting alcohol consumption to moderate level is essential in preventing alcohol-related liver diseases and preserving liver function.

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