



# STUDY OF HEALTHY NUTRITION IN PATIENTS WITH CHRONIC HEPATITIS AND CIRRHOSIS OF THE LIVER

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## SUMMARY

Healthy eating is essential to human health and learning about proper nutrition is important in the origin and prevention of diseases. A total of 125 patients with chronic hepatic diseases (47 with chronic hepatitis and 78 with hepatic cirrhosis) were examined on the basis of a WHO questionnaire. The results revealed that patients consumed animal fat, meat products more frequently in their diets, and low consumption of dairy products and vitamin-rich wet fruits and vegetables, especially in patients with hepatic cirrhosis compared with patients with chronic hepatitis. These indications are of diagnostic importance and appropriate diet therapy recommendations will be developed.

**KEYWORDS:** true nutrition, diet, cirrhosis of the liver, chronic hepatitis, healthy eating.

## INTRODUCTION

In addition to pharmacotherapy, diet therapy and the actual nutritional status of patients throughout their lives are important in the treatment of chronic liver disease. Therefore, the search for new treatments with pathogenetic effects remains relevant. Complete and pathogenetic treatment of the disease - in the complex of preventive measures, it is important to carry out dietary treatment correctly and purposefully, because a well-founded and properly prescribed diet increases the effectiveness of other (pharmaceutical, physiotherapeutic) treatments and its remission. can also be recommended for a longer period of time. The study of proper nutrition in the development and clinical course of the disease also helps to shed light on the pathogenesis of liver disease and to differentiate the clinical course.

The liver is actively involved in the management of complex metabolic changes associated with the process of digestion and ensuring their normal passage.

It is known that in order to properly organize dietary treatment in chronic hepatitis, which is

common among liver diseases, attention to the causes and clinical course of liver disease is also important in developing solutions to its relevance.

## THE AIM OF THE STUDY

To assess the status of proper nutrition in patients with chronic hepatitis and liver cirrhosis.

## MATERIALS AND RESEARCH METHODS

A total of 125 patients with liver disease were observed in the follow-up. Of these, 47 were patients with chronic hepatitis and 78 were patients with liver cirrhosis. The patients were 19–75 years of age, and their mean age was  $M + m = 55.9 \pm 2.1$ .

In conducting the research, questionnaires (questionnaires provided by WHO), clinical, laboratory, nutritional value determination and biostatistical methods were used.

The following is the distribution of patients by diagnosis, etiology, and developmental period.

### Division by diagnosis of chronic hepatitis

Total number	Etiology		
	Uncertain	HbsAg	HCV
47	-	22	25



**Division by diagnosis of liver cirrhosis**

Total number	Etiology			Period		
	uncertain	Virus		compensation	subcompensation	decompensation
		HbsAg	HCV			
78	-	26	52	-	26	52

**CONCLUSIONS AND DISCUSSION**

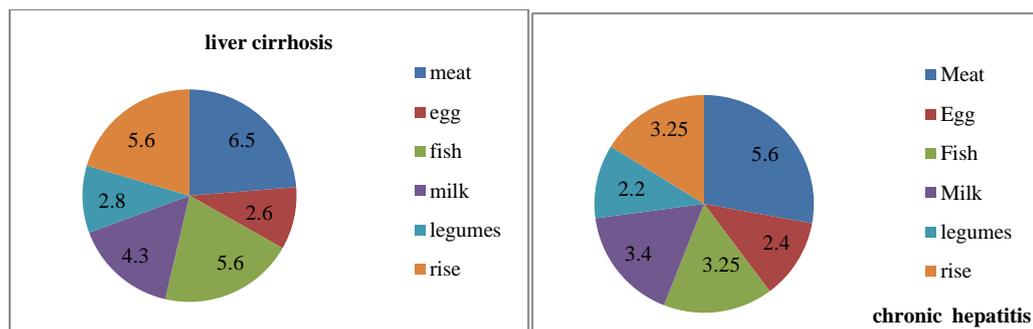
Based on a questionnaire recommended by the World Health Organization, the nutritional status of 125 patients (78 chronic hepatitis, 47 liver cirrhosis) was studied and analyzed. Diagnosis in patients was confirmed using methods adopted in clinical hepatology (total bilirubin in the blood, ALT,

AST, total protein, viral antigens, and UTT). The study of the nutrition of the patients in the follow-up, i.e., actual nutrition, was performed on the basis of a 24-hour feeding timeline.

The data obtained during the diet of patients with chronic hepatitis and cirrhosis of the liver were as follows:

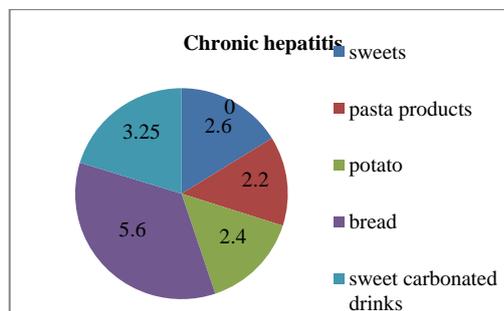
**Consumption of protein-rich products in patients with chronic hepatitis and cirrhosis of the liver:**

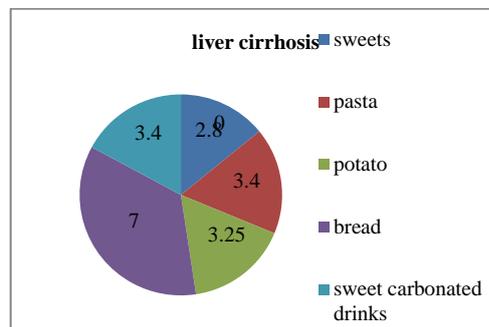
**Figure 1**



**Consumption of carbohydrate-rich products in patients with chronic hepatitis and cirrhosis of the liver:**

**Figure 2**





Consumption of fat-rich products in patients with cirrhosis of the liver is moderately 20-25% higher than in patients with chronic hepatitis due to animal fats (sheep and cattle) and margarine and butter.

The results show that high intake of protein and fat-rich foods, especially mutton, was found to be 1.25 times higher in patients with cirrhosis of the liver than in those with chronic hepatitis, and less in fish products. In the analysis of carbohydrate-rich products, patients with cirrhosis of the liver consumed 1.4 times more bread, 1.2 times more sweetened carbonated drinks, 1.5 times more pasta and 1.3 times more colostrum. It has also been observed that patients with chronic hepatitis consume more vegetable foods and wet fruits.

## CONCLUSION

1. *In patients with chronic hepatitis and cirrhosis of the liver, proper nutrition is not normal in most respects, especially due to protein and fat products*

2. *Consumption of milk and dairy products, vitamin-rich wet fruits and vegetables is below the norm.*
3. *Negative indicators of proper nutrition are important in the development of chronic hepatitis and cirrhosis of the liver, and it is advisable to optimize them.*

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