

PRACTICAL STRATEGIES TO ADDRESS NUTRITION AND LIFESTYLE FOR PEOPLE LIVING WITH CIRRHOSIS

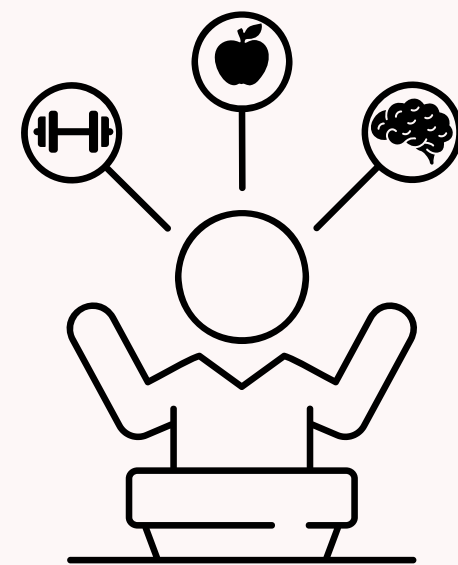
Cirrhosis is advanced liver scarring categorized as compensated and decompensated; decompensated cirrhosis is a severe form of cirrhosis that leads to complications, such as malnutrition and sarcopenia.

Sarcopenia is the progressive loss of muscle mass and function and physical ability; this occurs because the liver is no longer able to break down nutrients and begins to break down muscle for energy.

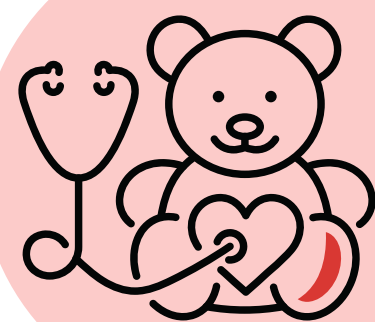
Managing daily health needs such as nutrition and physical activity can become increasingly more difficult for people living with cirrhosis. As a result, patients, caregivers, and healthcare providers require personalized strategies to support patients' health and quality of life. Consult your healthcare professionals about the tips below.

Prehabilitation helps patients prepare for a treatment (e.g. transplant) and aims to improve their physical, mental health, and nutrition. You can also use **digital tools & technology** for prehabilitation

PREHABILITATION IMPROVES QUALITY OF LIFE, EXERCISE CAPACITY, AND NUTRITION POST-TRANSPLANT.



- ✓ **Wellness** should be addressed holistically throughout the transplant process.
- ✓ Includes **patient empowerment** and **education**, building **community** and **support networks** to sustain long-term health.



WHAT ABOUT **PEDIATRIC** TRANSPLANT RECIPIENTS?

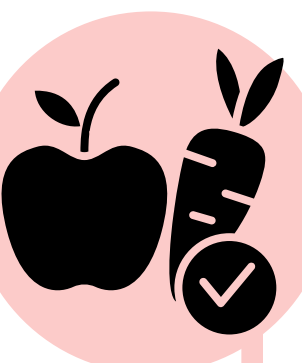
- ✓ Children with end-stage liver disease have **higher rates of loss of muscle mass**.
- ✓ In some cases, this can persist for **up to 10 years post-transplant**.

CHILDREN ARE NOT JUST MINI ADULTS

They **require** distinct approaches from adults to address nutrition and lifestyle for cirrhosis.

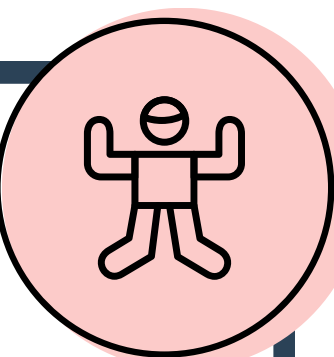
TIPS FOR NUTRITION

- ✓ Choose balanced, sustainable habits rather than restrictive diets.
- ✓ Eat adequate calories and proteins in the day.
- ✓ Reduce added sugars and refined carbohydrates to lower liver fat.
- ✓ Choose water or unsweetened beverages instead of sugary drinks.
- ✓ Coffee is good for the liver, MASLD guidelines recommend 3 black coffees per day!
- ✓ Don't hesitate to "upgrade" your oral nutritional supplement! Have it cold, blended with ice, adding protein powder, yogurt or fruits to make it a wonderful smoothie!
- ✓ Prioritize a diet rich in vegetables, whole grains, legumes, lean proteins, and healthy fats.
- ✓ Eating later in the evening has been shown to increase muscle mass by up to 2kg over the year.



TIPS FOR LIFESTYLE

- ✓ **Believe in yourself! You have the strength to exercise a bit more!**
- ✓ Build habits gradually - small changes compound over time.
- ✓ Ask your healthcare team for what resources are available near you.
- ✓ Maintain regular sleep patterns (7-9 hours/night).
- ✓ Manage stress with mindfulness, breathing exercises, or social support.
- ✓ Limit alcohol intake, total abstinence in those with liver fibrosis.



TIPS FOR EXERCISE

- ✓ Target 150 minutes/week of moderate aerobic activity (e.g., brisk walking, cycling).
- ✓ Add 2 days/week of resistance training to improve muscle mass and metabolism.
- ✓ Short daily activity bursts (10-15 minutes) help reduce liver fat and improve insulin sensitivity.



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