

RESOURCES TO HELP YOU MANAGE NUTRITION AND EXERCISE FOR CIRRHOSIS

WHAT IS CIRRHOSIS?

Cirrhosis is advanced liver scarring that is categorized as compensated and decompensated; decompensated cirrhosis is a severe form of cirrhosis that leads to complications, such as malnutrition and sarcopenia (loss of muscle mass and function). Some available resources to manage cirrhosis are below.

CIRRHOSIS CARE CANADA

User-friendly resources that cover key concepts including nutrition, exercise, and liver diseases.

LIVER CANADA

Accessible information on liver diseases, lifestyle recommendations, and patient education tools.

DIABETES CANADA

Information on guidelines to manage liver complications associated with diabetes. This is known as MASLD.

OBESITY CANADA

Evidence-based obesity management guidelines, webinars, and patient education material.

AMERICAN LIVER FOUNDATION

Liver focused educational tips; includes tips for back to school lunches for children with liver disease.

PEN NUTRITION SYSTEM

Practice-based Evidence in Nutrition (PEN) system provides nutrition practitioners with ready access to timely, current guidance on food and nutrition.

CAN-RESTORE

Network dedicated to achieving optimal well-being in transplant patients through exercise and rehabilitation.

OPAL STUDY

The OPAL study recruited eligible liver transplant candidates across Canada. This video provides info on the study and includes contact info of the research team.

FATTY LIVER CANADA

Canadian advocacy and patient-support organization focused on MASLD awareness. Useful for community outreach and patient engagement in research.

ABOUT KIDS HEALTH

Health education website for children, youth and caregivers.

WELLNESS TOOLBOX CA

User-friendly resources that cover key concepts including nutrition and exercise to manage liver diseases.



**SCAN TO
LEARN MORE**