



The First Year: Cirrhosis: An Essential Guide for the Newly Diagnosed

James L. Dickerson

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More than 25 million Americans and 92 million worldwide suffer from liver disease and cirrhosis, a degenerative and potentially fatal condition in which liver cells are damaged and then replaced by scar tissue, impeding liver function. The disease is most commonly caused by excessive alcohol consumption, hepatitis, or complications from prescription drugs. Immediately after his diagnosis, James Dickerson set out to educate himself on all of his options — and found there is hope for recovery. Now, he offers *The First Year: Cirrhosis*, the first guide for patients and their families to understanding and managing this chronic condition. In clear, accessible language, the book walks readers step-by-step through everything they need to do each day of the first week after a cirrhosis diagnosis, each subsequent week of the first month, and the following eleven months of the crucial first year. From understanding causes to coping with complications, *The First Year: Cirrhosis* provides medically-sound, empathetic guidance. The book includes advice on treating symptoms, extending longevity, managing stress, and getting the best care possible for anyone affected by this condition.

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