

Living with Cirrhosis – Staying Safe & Managing Complications

About This Resource

These programs provide education, support, and clinical services for individuals living with cirrhosis and its complications — including ascites, hepatic encephalopathy, varices, malnutrition, and fatigue. Support ranges from medical management and nutrition counseling to social and home-based assistance. Whether you're newly diagnosed or managing long-term cirrhosis, these resources can help you stay healthy, informed, and supported.

Specialized Medical Care

- **Texas Liver Care**

Comprehensive management of cirrhosis and portal hypertension including medication, imaging, paracenteses and coordination of endoscopy and transplant evaluations.

 (682) 427-0200 |  texaslivercare.org | Dallas & Fort Worth

- **Baylor Scott & White Liver Consultants of Texas**

 (214) 820-1756 (Dallas) | (817) 922-1790 (Fort Worth) | (1-844) 279-3627 (General) |  bswhealth.com Liver

- **UT Southwestern Liver Disease Clinic - Hepatology**

 (214) 645-1919 |  UTSW Liver utswmed.org | Dallas

Nutrition, Home Safety & Lifestyle Support

- **Texas Liver Care — TLC Wellness Program**

Personalized medical and nutritional guidance for metabolic health.

 (682) 427-0200 |  texaslivercare.org | Dallas & Fort Worth

- **Tarrant County Public Health – Health Classes**

Free exercise, cooking, and chronic-disease classes.

 Tarrant County Health Classes tarrantcountytexas.gov

- **Meals on Wheels of Tarrant County**

 (817) 336-0912 |  mealsonwheels.org

- **North Central Texas Aging & Disability Resource Center**

 (855) 937-2372 |  nctadrc.org

Medication, Lactulose & Prescription Support

- **GoodRx** —  goodrx.com

- **NeedyMeds** —  needymeds.org

- **Pharmaceutical Assistance Programs:**

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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- Salix (Xifaxan) —  bauschhealthpap.com

Patient Education & Peer Support

- American Liver Foundation —  liverfoundation.org
- Cirrhosis Care Canada —  cirrhosiscare.ca

Research & Clinical Trials

- **ClinicalTrials.gov**
National database of ongoing studies cirrhosis, portal hypertension, and complications of advanced liver disease, including new therapies to prevent decompensation and hospitalizations.
- **Evidentis Clinical Research**
Clinical trial center offering opportunities to participate in clinical studies related to liver and metabolic health.
 (682) 651-1112 |  evidentisresearch.com
- **Texas Liver Care** can also connect you with studies offered through Evidentis and other collaborating research networks.

Participation in clinical research helps advance future treatments and may expand access to promising therapies under expert medical supervision.

TLC Tips for Cirrhosis

- Avoid NSAIDs. No ibuprofen, naproxen, or similar unless your liver team explicitly approves. Use acetaminophen safely (max usually 2,000 mg/day, unless instructed otherwise).
- Keep sodium \leq 2,000 mg/day. Stick to low-salt choices, avoid canned/processed foods. Weigh yourself daily and report sudden increases (\geq 2–3 lbs in 24–48 hrs).
- Stay on lactulose & rifaximin. Take exactly as prescribed. Track bowel movements and aim for your individualized target to prevent confusion/HE symptoms.
- Keep all EGD/imaging appointments. Don't skip ultrasounds, MRIs, or variceal surveillance. Staying on schedule prevents complications.
- Avoid alcohol completely. Review all medications, vitamins, and supplements with your care team before taking them.

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