

# MDJunction Cirrhosis Support Group Newsletter



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HELPING PEOPLE

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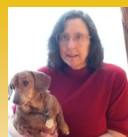
[Hemochromatosis Group](#)

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## Happy Summer!

We decided to take a break this month since the summer is filled with so many activities and we felt everyone just needed a rest. Don't worry, we will be back with all of our corners, tips and calendars in September! Susie had already written her August Corner and it is most appropriate for a summer article. We hope that everyone is as healthy as possible and are able to enjoy the nice days that are bound to happen, hopefully before we get to autumn!!!

## The Dog Days of Summer



Susie "dachsiefan"  
Cryptogenic  
(Idiopathic) Hepatitis

*I am a married woman who was first diagnosed in 1990 with giant cell hepatitis that had now evolved to cirrhosis. In 2008, I developed HE and edema. In 2011, I had the TIPS procedure to remove a portal vein clot and restore blood flow. I am currently on the UNOS waiting list for a liver.*

The recent hot spells of 90 plus degree weather has wreaked havoc across the entire nation. Uncontrolled wildfires have destroyed hundreds of homes and thousands of acres in the West, tropical storm development has exceeded last year's pace and communities from the Great Plains to the urban East coast have become mired in extreme heat in June and July.

Local weather forecasters and medical correspondents warn citizens to limit the amount of time they are exposed to the extreme heat, seek shade when available, keep hydrated, and stay in air-conditioned spaces. For a person dealing

with chronic liver disease and cirrhosis, these warnings are of even more critical importance as our health situation can worsen dramatically in a short amount of time.

For me, I find I have to adjust my daily routine. I now do my daily exercise upon first arising in the morning. It is the coolest part of the day, and our treadmill is located in our basement family room, which is the coolest part of the house. Following my 60-minute workout, I take a brief 15-minute shower in cool to lukewarm water. It's a great refresher for the start of the day. I then go upstairs and have a small breakfast, take my medication as directed and start my day.

Most days, I stay indoors and only go outside to air my 15-year-old Daschie and to pick up the mail. I keep a lot of bottled water in the fridge, and I always have one by my side as I read the posts on MDJunction on my iPad. Because we are trying to keep our electric cost from skyrocketing through the roof, we run a small box fan in the family room to supplement the central air conditioning. Both my dog and I enjoy the cool gentle breeze it provides.

One of the annoying side effects of the heat and increasing my daily fluid intake is an increase in my feet and ankle edema. Edema is the abnormal retention of fluid beneath the skin. I am already prone to edema due to my chronic liver disease, my high output heart failure (due to my liver) and my TIPS shunt. My ankles are pudgy where I used to feel my anklebone, and the tops of my feet swell making standing and walking uncomfortable and painful at times. I sit with my feet elevated to try to lessen the swelling, but it always recurs.

In the past, my doctors have tried altering my doses of diuretics to help ease the edema. I am wary of them doing this, however, because I have a history of dehydration and electrolyte imbalance. Last year, I was in the hospital for 3 days due to an abnormally low potassium level caused by a newly prescribed diuretic. Even though I am on potassium supplements now, my doctors are in agreement not to change my diuretic dosages, as my health has been relatively stable the last six months.

I have one more month of this horrendous heat to struggle through until temperatures drop to more manageable levels. These are the days I wish I lived in a place with a cooler summer climate, although lately, these have been few and far between.

(For those who suffer from edema, there is an Edema Support Group here on MDJunction.)

### Disclaimer:

We are **not** doctors! Always consult with your own physicians before making any changes to your treatments.

We are **not** lawyers! Get appropriate legal advice when it is necessary.

We aren't even experts! We are patients and former patients that have been doing our own research on our common disease, trying to help other travelers on the roller coaster of dealing with cirrhosis.



## Recipe Corner

*We know you don't really want to bake in the heat we have been experiencing, but this recipe sounded too good to pass up!*

### Baked Cinnamon-Thyme Chicken

This entrée packs plenty of flavor — and health benefits

Serves 8

Cinnamon gives this chicken dish a sweet, nutty flavor. Combined with thyme, it makes for a healthy, herb-friendly entrée filled with:

- **Antioxidants** to protect healthy cells from damage (cinnamon, thyme)
- **Iron** to provide us with energy (chicken, parsley, thyme)
- **Infection fighters** to keep us healthy (cinnamon has antiseptic properties; cinnamon and thyme have antibacterial properties)
- **Inflammation fighters** to quiet the inflammation associated with conditions such as arthritis, asthma and heart disease (cinnamon)
- **Blood-sugar busters** to lower glucose, important if you have diabetes
- **Vitamin C** to fight off colds by boosting the immune system (parsley and thyme)

#### Ingredients

2 lbs..... boneless, skinless chicken breasts  
 4 tbsp .....olive oil  
 2 tsp .....reduced sodium soy sauce  
 2 cloves ..minced garlic  
 1 tsp .....cinnamon  
 1 tsp .....thyme  
 2 oz .....white wine  
 1 tsp .....honey  
 1 tbsp .....fresh Italian parsley leaves, chopped

#### Preparation

1. Rub chicken with garlic.
2. Brush chicken with reduced-sodium soy sauce and olive oil.
3. Sprinkle with cinnamon and thyme. Bake in 375-degree oven 15 minutes.
4. Pour mixture of white wine, honey and parsley over chicken. Bake another 15 to 20 minutes. Juices should run clear when done.

*Sorry the nutrition information is fuzzy! Can't seem to cut/paste well between MS Excel & Publisher!*



Nutrition Facts	
8 Servings	
Amount Per Serving	
Calories	172.2
Total Fat	7.5 g
Saturated	0.9 g
Polyunsaturated	0.6 g
Monounsaturated	5.0 g
Cholesterol	55.0 mg
Sodium	258.1 mg
Potassium	9.2 mg
Total Carbohydrate	26.4 g
Dietary Fiber	0.3 g
Sugars	0.7 g
<b>Protein</b>	<b>128.1 g</b>
Vitamin A	0.1 %
Vitamin B-12	0.0 %
Vitamin B-6	0.2 %
Vitamin C	0.3 %
Vitamin D	0.0 %
Vitamin E	4.2 %
Calcium	0.8 %
Copper	0.2 %
Folate	0.1 %
Iron	2.1 %
Magnesium	0.3 %
Manganese	4.8 %
Niacin	0.1 %
Pantothenic Acid	0.0 %
Phosphorus	0.2 %
Riboflavin	0.1 %
Selenium	0.0 %
Thiamin	0.1 %
Zinc	0.2 %

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.