

Liver Cancer

Liver cancer, widely found among Thai people, is categorized into

1. Hepatocellular Carcinoma, caused by the Hepatitis B virus, the Hepatitis C virus or aflatoxin.
2. Cholangiocarcinoma, caused by liver flukes and a carcinogen called nitrosamine.

Causes of Cholangiocarcinoma

1. Cholangiocarcinoma is caused by liver flukes, which live inside the bodies of fresh-water fish mostly found in the northeast of Thailand, such as Indian River Barbs, *Puntius brevis*, Oriental sweetlips and Smith's Barbs, etc.
2. Nitrosamine is a carcinogen found in fermented protein, such as fermented fish, pickled fish, pickled pork, sour pork, etc and meat mixed with potassium nitrate, such as Chinese sausages, sausages, salted meat, salted fish, etc.

Symptoms of Cholangiocarcinoma

1. Appetite suppression, stomach discomfort and constipation
2. Fatigue, weight loss and a low fever.
3. Pain in the lower right side. Sometimes the affected liver can be palpated.
4. Jaundice, ascites and swollen legs.

Diagnosis of Cholangiocarcinoma

The diagnosis of cholangiocarcinoma should be done at an early stage by using:

1. Special equipment: ultrasound, computed tomography or magnetic resonance imaging.
2. Endoscopic retrograde cholangiopancreatography.
3. Liver biopsy for a pathological diagnosis.

Treatment of Cholangiocarcinoma

1. Surgery.
2. Inserting a T-tube for patients in the progressive stage.
3. Chemical medicines to lessen the symptoms.

Prevention of Cholangiocarcinoma

Liver cancer treatment is very difficult since the patient mostly come to see doctors at late stage, so prevention is very important.

1. Completely stop eating freshwater fish with scales that are not well cooked.
2. Avoid food containing a carcinogen called nitrosamine which is found in fermented protein, such as fermented fish, pickled fish, pickled pork, sour pork, etc and meat mixed with potassium nitrate, such as Chinese sausages, sausages, salted meat, salted fish, etc.
3. Opisthorchiasis prevention and treatment are necessary.
4. Excretion must be done in a hygienic place.
5. Stop drinking alcohol and smoking.
6. Eat fresh vegetables and fruits regularly.
7. Do a lot of exercises and reduce stress.

Unusually signs that need to be seen by a doctor

1. Having opisthorchiasis.
2. Regular dyspepsia, constipation and flatulence.
3. Causeless appetite suppression. Always have a slight fever.
4. Fatigue and rapid weight loss
5. Pain in the lower right side. Sometimes the affected liver can be palpated.