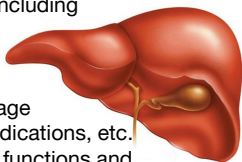


The Liver

Dr. Griffin P. Rodgers
National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

The liver is a vital organ that performs many essential functions in the body, including detoxifying harmful substances, producing bile for digestion, storing nutrients, and regulating blood clotting. It also helps manage cholesterol levels, processes medications, etc. Liver diseases can disrupt these functions and range from mild to serious disorders.



Intrahepatic Cholestasis of Pregnancy

Donna Benavides
ICP Care

Intrahepatic cholestasis of pregnancy (ICP) is a liver disorder that occurs during the third trimester of pregnancy, and affects the flow of bile from the liver. It is caused by hormonal, environmental, and genetic factors. Some effects of ICP are liver dysfunction, jaundice (yellowing of eyes and skin), preterm labor, respiratory issues, and meconium staining.

Although serious, the main effects on the mother are intense itching in the hands and feet which worsens at night, and stillbirth.



ICP is diagnosed through blood work or, sometimes, a liver ultrasound. The main tests include enzyme tests, which measure enzyme activity in blood, urine, or tissue samples.

Treatment and Therapy

Mayo Clinic, 2022
Donna Benavides, ICP Care

Medications

Ursodiol – helps to lower bile levels in the blood.

Drugs

Rifampin
Cholestyramine

Creams

Aqueous cream with menthol

Baby Management

Have the baby around 36-37 weeks
Nonstress testing
Fetal biophysical profile

Getting Physical

Yoga
Walking
Dancing
Swimming
Stretching



You Can Help Spread the Word

Have You Heard About ICP before?

Despite the severity, the awareness of ICP among pregnant women is relatively low. A study indicated that while itching is a common symptom during pregnancy, affecting 23%, many are unaware that it could be ICP. This lack of awareness can lead to delays in seeking medical attention and receiving appropriate care.

Want ways to improve the awareness of ICP using Social Media? View Our Website!



Patient Advocacy Group

Donna Benavides
ICP Care

ICP Care

ICP Care was founded by Donna Benavides, June 10th 2003. ICP Care's mission is to provide patients with support and education, raise public awareness, support the advancements of research and improve health care practices. ICP Care helps to connect, support, educate, and empower those affected by ICP. ICP Care has specialists from around the world that research medical diseases, diagnosis monitoring, treatments, etc.

Policies Impacting ICP

Lauren Underwood Alma Adams
Black Maternal Health Caucus

Momnibus Act

The Momnibus Act is designed to improve maternal health, especially for Black, Indigenous, and other women of color. It was introduced by the Black Maternal Health Caucus to address health disparities. The goal is to reduce maternal mortality and morbidity, particularly in communities disproportionately affected by these issues.

Extended Medicaid Coverage

This bill allows new mothers to stay covered by Medicaid for up to 12 months after giving birth, instead of the usual 60 days. This helps to ensure they get the necessary medical care, including mental health issues, reducing risks of complications after childbirth. The goal is to improve maternal health outcomes, especially for those at higher risks of postpartum health problems.