

Fatigue and Vascular Liver Diseases

Living with a vascular liver disease is often associated with fatigue, which can have a significant impact on everyday life.

What the LIVES project shows, a European project on health-related quality of life in these diseases

In 2024, a questionnaire-based study was conducted among 488 people with portal vein thrombosis or Budd–Chiari syndrome, followed in 3 countries (France, Spain and Switzerland).

15%

of participants reported **significant fatigue**

5%

of participants reported **extreme fatigue**

2x

Fatigue scores were twice as high among participants with depressive symptoms.

Some factors were associated with greater fatigue:



being a woman



experiencing financial difficulties



having comorbidities or a history of hepatic encephalopathy



being born outside the European Union

What the LIVES project shows, a European project on health-related quality of life in these diseases

In 2024–2025, 27 in-depth interviews were conducted by peer researchers (patients or caregivers themselves) with people with portal vein thrombosis or Budd–Chiari syndrome, followed in 4 countries (France, Spain, Switzerland and the Netherlands).

Participants described several ways in which fatigue affects their daily lives:

The unpredictability of fatigue, which can sometimes be more difficult to manage than its intensity.

The invisibility of fatigue, which can lead to feelings of being misunderstood and cause some people to limit their social interactions to avoid having to explain themselves or face judgement.

Difficulties in family life and in the parental role, reported more frequently by women, which can lead to feelings of guilt.

“ Sometimes I can do things with my children, but at other times I have so little energy that I simply can't. ”

Strain on couple relationships, particularly when fatigue leads to greater dependence on a partner or a redistribution of household responsibilities.

Scan the QR codes below to access the scientific publications from the LIVES project:



Ramier C, et al. JHEP Reports, 2026



Alary A, et al. Health expectations, 2026