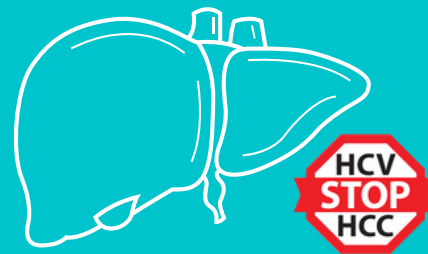


# WHAT YOU NEED TO KNOW ABOUT NON-ALCOHOLIC FATTY LIVER DISEASE

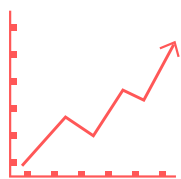


## HOW DOES FAT AFFECT THE LIVER?



- The liver cleans your blood and uses the food you eat
- Fat can seriously hurt the liver
- **Non-Alcoholic Fatty Liver Disease (NAFLD)** is when the liver has too much fat in it
- **Non-Alcoholic Steato hepatitis (NASH)** is when fat is harming the liver (called hepatitis)
- **NAFLD** and **NASH** are diagnosed in people who do not drink alcohol heavily

## HOW COMMON ARE NAFLD AND NASH?



- **NAFLD** affects **75 to 100 million** people including children in the U.S.
- **NASH** affects an estimated **16 million** people
- 1 in 4 people with **NASH** are likely to get severe liver scarring (called cirrhosis)
- **NASH** is a common reason for liver failure and liver transplantation

## WHAT ARE THE RISK FACTORS?

- Diabetes
- Overweight or obesity
- Large amounts of fat (triglycerides) in your blood
- High cholesterol
- Women affected more than men
- Ages 40 – 60 years old but occurs in younger persons and even children



## HOW DO YOU KNOW IF YOU HAVE NAFLD OR NASH?

### Are there symptoms?

- **NAFLD** usually causes no symptoms
- **NASH** causes symptoms of liver damage: tiredness, appetite loss, nausea, weight loss, easy bleeding, leg swelling, yellow skin
- **NAFLD** and **NASH** increase risk of heart disease



### How is it diagnosed?

- Your doctor can order liver function tests
- **NAFLD** is diagnosed after checking for other reasons for abnormal liver tests such as virus infections, side effects of medications, alcohol
- **NASH** is diagnosed if your liver shows damage

## WHAT CAN YOU DO TO STAY HEALTHY?

**No medication can treat NAFLD or NASH but lifestyle changes can reduce liver damage:**

- Avoid fast foods, sodas, juices, fried foods, carbohydrates like bread and pasta, and sugar
- Lose weight through healthy food and exercise
- Stop drinking alcohol
- Keep diabetes under control
- Ask your doctor about Vitamin E

