

# Silent Liver Diseases You Need to Know About MASLD & MASH



## WHAT IS IT?

Metabolic dysfunction-  
Associated  
Steatotic  
Liver  
Disease

**MASLD** is a condition in which there is an excessive buildup of fat in the liver.

## SYMPTOMS

There are **often none**, but if symptoms occur they **may include**:

- Weakness
- Fatigue (extreme tiredness)
- Discomfort or pain in abdomen

## POPULATIONS AT RISK

MASLD often **develops in people**:

- Who are overweight or obese
- Living with prediabetes, diabetes, hypertension, or high cholesterol

## DIAGNOSIS

**Blood tests that can detect MASLD are not standard.** If you have certain risk factors, **ask your doctor perform a liver function test.** If your liver enzymes are higher than normal, your doctor will order additional tests, such as an ultrasound, to screen for any abnormalities.

## MANAGING MASLD

You can **reverse** or **slow disease progression** by following these steps:

- Eat a healthy, low carb diet
- Incorporate physical movement into most days of the week
- Limit or eliminate alcohol
- Lose 7-10% bodyweight
- Maintain normal blood sugar levels if you have prediabetes or diabetes.

**DID YOU KNOW?**

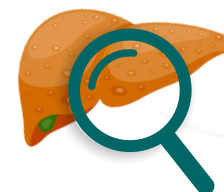
## MASLD AT A GLANCE:

- MASLD occurs **when fat makes up more than 5%** of the liver's weight
- More than **2 in 5 American adults have obesity**
- **Obesity** is one of the **leading causes of MASLD**
- MASLD **affects 80-100 million** Americans
- MASLD is **present in up to 75% of people** who are **overweight** and **90%** of those considered **obese**
- MASLD is the **most common form of pediatric liver disease.**

## WHAT IS IT?

Metabolic dysfunction-  
Associated  
Steato**he**patitis

**MASH** is a more severe form of MASLD which causes inflammation in the liver and can lead to cirrhosis or liver failure.



## RISK FACTORS

- Overweight or obese
- Prediabetes or diabetes
- High triglycerides
- Being 40+ years of age
- High cholesterol
- Being Female

## MASH AT A GLANCE:

- MASH is a **leading cause** for **liver transplants** in the U.S.
- Nearly **25% of people** with MASLD progress to MASH.
- About **11% of people** with MASH **develop cirrhosis.**
- There is a **new treatment for people with MASH** who have progressed to fibrosis.

For more information about MASLD and MASH, scan the QR code.

For a full list of our free resources, visit:  
[liverfoundation.org/resource-center](https://liverfoundation.org/resource-center).

