

# 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

## MASLD AT A GLANCE:

- **MASLD occurs** when fat makes up **more than 5%** of the liver weight.
- MASLD affects **80-100 million Americans**.
- It is the **most common chronic liver disease** among veterans, **affecting as many as 2.7 million**.
- **MASLD** is present in up to **75% of people** overweight and **90%** of people considered **obese**.
- **70%** of Veterans with **type-2 diabetes** are **at risk for MASLD**.

**DID YOU KNOW?**

## DIAGNOSIS

**Blood tests that can detect MASLD are not standard.** If you have these risk factors, ask your provider for your FIB-4 test result. A value of 1.3 or higher may indicate you need additional testing such as an ultrasound, or Fibroscan, to screen for abnormalities.

## MANAGING MASLD

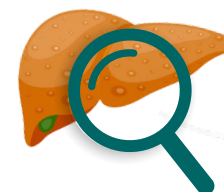
You can **reverse** or **slow disease progression** by following these steps:

- Eat a healthy, low carb diet
- Incorporate physical movement into most days of the week
- Eliminate alcohol
- Lose 7-10% bodyweight
- Maintain normal blood sugar levels as often as possible if you are living with prediabetes or diabetes

## WHAT IS IT?

Metabolic dysfunction-  
Associated  
Steato**h**epatitis

**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

## 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.
- People with MASLD are at increased risk for heart disease
- Losing 10% of your weight can cure MASH and MASLD.

## LIVER HEALTH FOR VETERANS -

an American Liver Foundation Facebook Support Group

Join today and connect with other Veterans affected by liver disease nationwide. Scan the QR code now.

