Obesity Awareness
Non-Alcoholic Steatohepatitis (NASH)

1. Obesity is one of the main causes of liver disease, especially non-alcoholic fatty liver disease (NAFLD).

2. Genetics, age, and gender are common overlapping risk factors between obesity and liver disease.

3. Non-alcoholic steatohepatitis (NASH) is a type of non-alcoholic fatty liver disease. It is associated with liver inflammation and injury, in addition to fat build-up in the liver.

4. Patients with NAFLD are typically obese, as many as 25% of patients with NAFLD have a normal BMI.

Doctor's Tip
Weight loss is the best treatment for non-alcoholic steatohepatitis and/or non-alcoholic fatty liver disease.
- Dr. Bianca Chang, University of Chicago Hospital

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes

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