The Silent Liver Diseases You Need to Know About: NAFLD and NASH

**WHAT IS IT?**

**NAFLD (Non-Alcoholic Fatty Liver Disease):**
- Liver becomes inflamed and 5% - 10% of liver’s weight is fat
- More common among people who are:
  - Overweight
  - Diabetic
  - High cholesterol or triglycerides

**NASH (Non-Alcoholic Steatohepatitis):**
- Progression of NAFLD; involves inflammation, cell death, and scarring of the liver
- Rises with obesity and metabolic syndrome
- More common in women than men
- By 2030, NASH will be the most frequent reason for liver transplants

**CIRRHOSIS:**
- End-stage liver disease characterized by extensive fibrosis and nodules

**DIAGNOSIS**

**SYMPTOMS**
- NAFLD typically presents no symptoms
- NASH may exhibit fatigue, weakness, weight loss, limited appetite, nausea, abdominal pain, jaundice, swelling in the legs and abdomen, and mental confusion

**MANAGING NAFLD**
- No treatment for NAFLD; can reverse or slow progression with healthy steps:
  - Consume 800 units of vitamin E daily
  - Weight loss diet, with low carbohydrates
  - Regular aerobic exercise of at least 50 minutes three times per week
  - Eliminate alcohol
  - Lose 7-10% of body weight
  - If diabetic, tight control of the glucose level

**WHAT IS IT?**

When NAFLD becomes severe it progresses to NASH, caused by the swelling of the liver leading to liver damage.

**RISK FACTORS**
- Obesity or overweight
- Diabetes
- High cholesterol
- High triglycerides
- People between the ages of 40 and 60 years of age
- More common in women than men

**NASH AT A GLANCE**

- Between 30 and 40 percent of adults in the U.S. have NAFLD
- NASH affects between 2 - 5% of Americans which equals between 6.5 - 16.3 million people.
- Experts estimate that about 20% of people with NAFLD have NASH
- Up to 25% of adults with NASH may have cirrhosis

To learn more about NAFLD, NASH and other liver diseases, visit LiverFoundation.org or call 1-800-GO-LIVER.

References: