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American Liver Foundation Recognizes International NASH Day with Activities to Address Silent Killer

Foundation hosts events to educate about a potentially deadly liver disease affecting more than 100 million Americans

NEW YORK – Millions of Americans are at risk of developing a potentially deadly liver disease and they don't know it. It's called non-alcoholic fatty liver disease (NAFLD) and its more severe form, non-alcoholic steatohepatitis (NASH), can lead to cirrhosis of the liver, liver cancer and increased risk of cardiovascular events.

In recognition of the 2nd International NASH Day on June 12, 2019, the American Liver Foundation (ALF) is urging those with the following risk factors to talk with their doctor: obesity, high cholesterol, type 2 diabetes and other metabolic conditions. ALF also will host a series of online and community activities to educate about NAFLD and NASH.

"International NASH Day is important for increasing NASH awareness so Americans can take steps to keep their liver healthy," said Tom Nealon, president and CEO of the American Liver Foundation. "As the largest liver patient-focused group in the U.S., we are committed to working in conjunction with other non-profit and industry partners to educate the public about their risk."

NASH is potentially reversible and early diagnosis can lead to meaningful interventions through diet, nutrition and exercise. There are currently no approved treatments available for NASH.

"If not caught early, NASH can lead to cirrhosis, liver cancer, liver transplantation and even death," said Dr. Douglas Dieterich, director of the Institute for Liver Medicine, Mount Sinai Health System and member of the National Medical Advisory Committee for the ALF. "This progressive liver disease is silent and symptomless, meaning millions of Americans who are overweight, diabetic or living with high cholesterol are at risk for liver failure and they don't know it."

The ALF will host several events during June to bring greater NASH awareness and education to the American public:

NASH Education Webinar

This webinar will feature Dr. Tuan Pham of The University of Utah who will discuss the risk factors for NASH, information about screening and diagnosis and the landscape of NASH. David Frank will speak on his experience as a NASH caregiver. [Register today](#).

Date: Wednesday, June 12, 2019

Time: 12:00 - 1:00 p.m. Eastern Time

This webinar was made possible by an educational grant from Intercept Pharmaceuticals and Genfit.

NASH Program for Veterans—Bronx, NY

The ALF Greater New York Division will conduct an interactive workshop on NASH and liver health for a Caregiver Support Group comprised of veterans and their spouses at the James J. Peters Bronx VA Medical Center in the Bronx, a borough of New York City. The Hispanic Health Network, a program of the Latino Commission on AIDS, will provide Spanish translation. Contact Paul Bolter at pbolter@liverfoundation.org for more information.

Date: Monday, June 10, 2019

Time: 12:00 p.m. Eastern Time

Location: James J. Peters Bronx VA Medical Center, 130 W Kingsbridge Rd, The Bronx, NY 10468

NASH Day Event—Indianapolis, Ind.

In Marion County, where the obesity rate has hit 40 percent, the ALF Heartland Division is endorsing and supporting an International NASH Day event coordinated by NASH caregiver Nancy Paul to raise awareness about the disease and its risk factors. The featured speaker is Dr. Naga P. Chalasani, Assistant Dean of Clinical Research IU Medical School and IU Health Physicians Gastroenterology. The event is open to the general public. Contact Katrina Homer at khomer@liverfoundation.org for more information.

Date: Tuesday, June 12, 2019

Time: 12:00 - 2:00 p.m. Eastern Time

Location: Soldiers and Sailors Monument, 1 Monument Cir, Indianapolis, IN 46204

These events are made possible by an educational grant from Genfit.

NASH Video Series

This month, ALF unveiled a new video series on YouTube featuring the stories of people living with NAFLD/NASH and their caregivers. The series also includes videos addressing common questions about NAFLD/NASH and advice from patients and caregivers.

- [NAFLD/NASH Patient and Caregiver Stories](#)
- [NAFLD/NASH Questions & Answers](#)

These videos were made possible by an educational grant from Allergan Foundation.

Join the NASH Day conversation online using hashtag **#NASHDAY**. More information about NASH and related resources can be found here: <https://liverfoundation.org/nashday2019/>

About the American Liver Foundation

Founded in 1976, the American Liver Foundation (ALF) is the nation's largest patient advocacy organization for people with liver disease. ALF reaches more than 2 million individuals each year with health information, education and support services via its national office, 16 U.S. divisions and an active online presence. Recognized as a trusted voice for liver disease patients, ALF also operates a national toll-free helpline (800-GO-LIVER), educates patients, policymakers and

the public, and provides grants to early-career researchers to help find a cure for all liver diseases. ALF is celebrating more than 40 years of turning patients into survivors. For more information about ALF, please visit www.liverfoundation.org.

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