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

We are on the onset of an epidemic of NAFLD and NASH. Never heard of NAFLD or NASH? You aren't alone and that's part of the problem. Potentially affecting the livers of

MORE THAN 100 MILLION AMERICANS.

NAFLD and it's more severe form, NASH can lead to cirrhosis of the liver and liver cancer is not caught early. The good news is that NAFLD is reversible if caught in the early stages.

Get the facts so you can prevent these diseases.



NORMAL LIVER



NAFLD > > > > > >



NASH ▶ ▶ ▶ CIRRHOSIS



WHAT IS IT?

NON-ALCOHOLIC FATTY LIVER DISEASE is the accumulation of significant amounts of excess fat in the liver, which is not caused by alcohol

FATTY LIVER:

Liver becomes inflamed and 5% - 10% of liver's weight is fat



PEOPLE WHO ARE:



overweight



diabetic



high cholesterol or triglycerides

SYMPTOMS

Typically there are **no symptoms of NAFLD**. If they appear, symptoms include fatigue, weakness, weight loss, limited appetite, nausea, abdominal pain, jaundice, swelling in the legs and abdomen, and mental confusion²

DIAGNOSIS

The blood tests that catch NAFLD in the early stages are not standard. If you have certain risk factors, ask your doctor to perform a liver function test.

MANAGING NAFLD

There is currently no treatment for NAFLD. You can reverse or slow the progression by following these healthy steps:

Consume 800 units of vitamin E daily





Eliminate alcohol

Weight loss diet, with low carbohydrates





If diabetic, tight control of the glucose level

Regular aerobic exercise of at least 50 minutes three times per week





Lose 7-10% of body weight

NAFLD AT A GLANCE



BETWEEN 30 AND 40 PERCENT of adults in the U.S. have NAFLD³

NAFLD is one of the **MOST COMMON CAUSES** of liver disease in the U.S.³



WHAT IS IT?

When NAFLD becomes severe it progresses to a condition called non-alcoholic steatohepatitis (NASH), cause 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 age²



More common in women than men

NASH AT A GLANCE

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By 2030, NASH will be the most frequent reason for liver transplants in the United States.¹

NASH affects between **2 – 5%** of Americans⁴ which equals between **6.5 – 16.3 million** people.



Experts estimate that **ABOUT 20%** of people with NAFLD have NASH³



UP TO 25% of adults with NASH may have cirrhosis²

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



References: