



Metabolic Dysfunction-Associated Steatohepatitis (MASH) Patient Bill of Rights

Don't let your MASH diagnosis leave you feeling powerless.

As a patient who has been diagnosed with metabolic dysfunction-associated steatohepatitis (MASH), you have specific rights that can help empower you throughout your MASH journey. Although every person's diagnosis and treatment plan are different, these rights can help you examine the best path forward with your doctor. If you have any questions or concerns, talk to your doctor about how to best meet your needs.

As someone living with MASH, you have the right to...

1. **Receive the best care and treatment possible** at all points during your MASH journey, with the goal of keeping your liver healthy for longer and gaining a better understanding of how your liver functions.
2. **Take as much time as necessary with your healthcare team** to understand what your diagnosis means, what treatment options you can consider, and ways you can manage your symptoms.
3. **Ask your doctor for a specialist referral for a second opinion.** Seeing a hepatologist could provide helpful information and ways to improve your treatment plan.
4. **Partner with your doctor to create a multidisciplinary team** that supports your treatment plan and perhaps includes a dietitian and exercise specialist.
5. **Expect ongoing coordination of your care** between and among your primary care team, the specialists you see, and other members of your multidisciplinary care team.
6. **Request non-invasive tests (NITs)**, which are simple, repeatable and often covered by insurance, as part of your MASH diagnosis and management.
7. **Know your cholesterol and triglyceride levels**, because high levels can cause further damage to your liver. Discuss with your doctor methods you can use to keep both levels low.
8. **Discuss all treatment options** that are currently available. Ensure your doctor provides both you and your caregiver with your specific treatment information, as well as with information on what symptoms you could be experiencing as a result of your MASH diagnosis.
9. **Engage with other MASH patients** for support, either one-on-one or as a member of a patient support group, to help you through your MASH treatment journey and encourage your caregiver to connect with supportive resources to help them navigate the caregiving journey.

For more information about MASH, including resources you can use to help guide your discussion with your healthcare team, scan the QR code or visit liverfoundation.org. If you have additional questions about liver disease, or would like information about ALF support groups, please call our free National Helpline at 1 (800) 465-4837.



Please note American Liver Foundation employees are not medical professionals and therefore cannot interpret medical test results, provide medical advice, or make treatment recommendations. For questions regarding your health, please consult your medical provider or a registered dietitian.