

Silent Liver Diseases You Need to Know About MASLD & MASH






WHAT IS IT?

Metabolic Dysfunction-Associated Steatotic Liver Disease

MASLD is a medical condition in which there is an excessive buildup of fat in the liver.

SYMPTOMS

There are **often no symptoms**, but if symptoms begin, they usually include:

-  Weakness
-  Fatigue (extreme tiredness)
-  Discomfort or pain in abdomen

POPULATIONS AT RISK

MASLD often **develops in people who:**

- Are overweight or obese
- Have diabetes, high cholesterol, or high triglycerides

MASLD AT A GLANCE:

- More than **2 in 5 American adults** have obesity.
- Obesity is one of the leading causes of MASLD.
- MASLD **affects 80-100 million Americans.**
- MASLD is present in up to **75% of people who are overweight** and **90% of those considered obese.**
- MASLD is the **most common form of pediatric liver disease.**
- The liver becomes inflamed when it's weight is **5-10% fat.**









DIAGNOSIS

Blood tests that can detect MASLD are not standard. If you have certain risk factors, have your doctor perform a **liver function test.** If your liver enzymes are higher than normal, your doctor will order additional tests, such as an ultrasound, to screen for abnormalities.

MANAGING MASLD

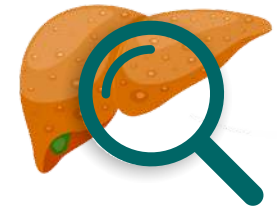
There is **no treatment for MASLD.** You can reverse or **slow the progression** by following these healthy steps:

-  Eat a high protein, low carbohydrate diet
-  Incorporate physical movement into most days of the week
-  Limit or eliminate alcohol
-  Lose 7-10% of bodyweight
-  Consume 800 units of vitamin E daily
-  Control glucose levels in patients who also have diabetes







WHAT IS IT?

Metabolic Dysfunction-Associated SteatoHepatitis

MASH is a dangerously progressive form of MASLD in which patients have inflammation of the liver and liver damage, in addition to excess fat.



RISK FACTORS

-  Overweight or Obese
-  Diabetes
-  High Triglycerides
-  Being 40-60 years of age
-  High Cholesterol
-  Being Female

MASH AT A GLANCE:

- MASH is one of the **leading causes for liver transplantation** in the U.S.
- About **11% of NASH patients** will develop **cirrhosis or liver failure.**
- Nearly **25% of people** with MASLD will progress to MASH.
- There is a **new treatment option for NASH patients** who have progressed to fibrosis.

To learn more about MASLD and MASH, scan the QR code below. For a complete list of all of our free resources, visit: liverfoundation.org/resource-center.

