

TAKING THE FIRST STEP: UNDERSTANDING NAFLD/NASH

NAFLD is the buildup of fat in the liver. NASH is a more advanced form of NAFLD – associated with inflammation, which in turn leads to fibrosis and cirrhosis¹.

There are usually no physical symptoms associated with NAFLD/NASH, so the patient never feels sick. Because of this – NAFLD/NASH is difficult to diagnose.

ADDITIONAL INFORMATION

There are many resources out on the internet regarding your liver health, such as www.myliverexam.com.

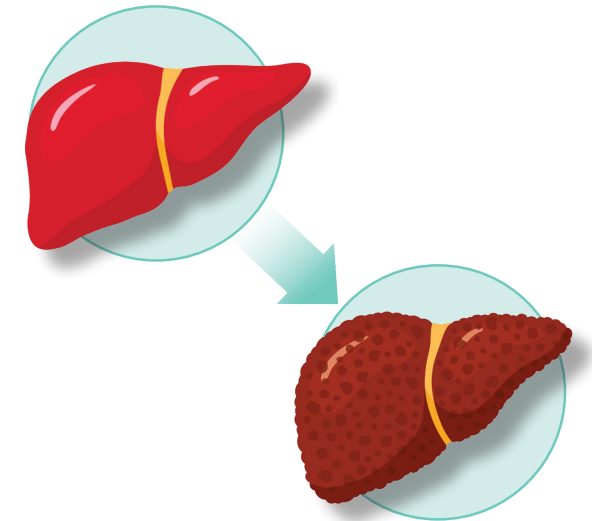
Please be sure to talk to your doctor regarding any concerns you may have.

Sources

1. <https://www.cedars-sinai.edu/Patients/Health-Conditions/Non-alcoholic-Steatohepatitis-NASH-.aspx>
2. <https://www.myliverexam.com>
3. <https://www.the-nash-education-program.com/what-is-nash/key-figures/>

WHAT IS NAFLD/NASH?

Understanding Non-alcoholic Fatty Liver Disease (NAFLD) and Non-alcoholic Steatohepatitis (NASH)



THE LIVER'S PURPOSE

The liver is a crucial organ, with the following functions²:

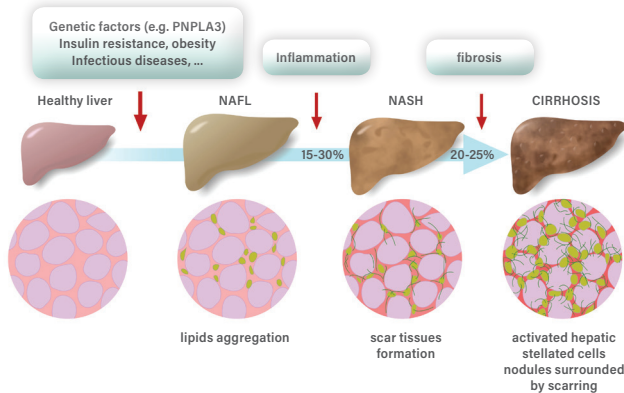
- Filters out toxins in the body
- Extracts nutrients from food
- Stores vitamins and glycogen

DISEASE PROGRESSION

FATTY LIVER TO CIRRHOSIS

It is important to understand how fatty deposits on your liver can lead to inflammation within the liver. Repeated inflammation can lead to fibrosis – or scarring of the liver. Cirrhosis is a more advanced stage of fibrosis and results in complications, such as:

- Ascites, fluid build up in the stomach that may become infected
- Jaundice, the yellowing of skin and eyes
- Hepatic Encephalopathy, the build up of toxins in your body the liver was unable to filter out



NAFLD/NASH progression impact on a liver

AM I AT RISK?

Some people may have a higher likelihood of developing NAFLD/NASH. Genetics, diet, lifestyle, and certain health conditions may increase your chances at having NAFLD/NASH.

COMMON RISK FACTORS

Below you will find a list of common factors indicating a higher risk for NAFLD/NASH:

- BMI \geq 30 (obese)
- Type 2 diabetes
- Elevated liver enzymes
- Certain gene expressions (e.g. PNPLA3)
- Ethnicity
- Sedentary lifestyle

If you have any of the above risk factors, you should consider speaking to your doctor about being screened for NAFLD/NASH.



GLOBAL PREVALENCE

- **1 in 3** Americans have NAFLD³
- **70%** of individuals with Type 2 Diabetes have NAFLD³

TALK WITH YOUR DOCTOR

Early identification is crucial to reverse the disease progression. Consider talking to your doctor about the screening options available to you and any associated risks.

DON'T BE SHY!

- If you are concerned about your liver health – say something! Do not wait until your liver enzymes are abnormal or you are noticing other side effects of advanced liver scarring.
- Current screening methods include blood tests, FibroScan exams, and liver biopsies.
- Speak to your doctor about your risk factors for NAFLD/NASH and determine the correct screening method for you. If NAFLD is found, your doctor will be able to help determine the best course of treatment.

TREATMENT OPTIONS

- Currently, sustainable lifestyle changes are the only way to reverse the fat build up on the liver – if caught early enough.
- Promising results have been shown in patients who lose 10% of their body weight and keep it off.
- Talk with your doctor about lifestyle modification you can make today! These may include:
 - Parking farther away at the grocery store
 - Getting off the bus a stop early
 - Choosing healthier food options
 - Joining an intramural sport