

September

Fatty Liver Disease

Obesity Awareness

Non-Alcoholic Steatohepatitis (NASH)

- 1** Obesity is one of the main causes of liver disease, especially non-alcoholic fatty liver disease (NAFLD).
- 2** Genetics, age, and gender are common overlapping risk factors between obesity and liver disease.
- 3** Non-alcoholic steatohepatitis (NASH) is a type of non-alcoholic fatty liver disease. It is associated with liver inflammation and injury, in addition to fat build-up in the liver.
- 4** Patients with NAFLD are typically obese, as many as 25% of patients with NAFLD have a normal BMI.



Doctor's Tip

Weight loss is the best treatment for non-alcoholic steatohepatitis and/or non-alcoholic fatty liver disease.

- Dr. Bianca Chang, University of Chicago Hospital



LIVE FIT. LIVER FIT.
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