

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.



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



It is more common among

PEOPLE WHO ARE:

- overweight
- diabetic
- high cholesterol or triglycerides

SYMPTOMS

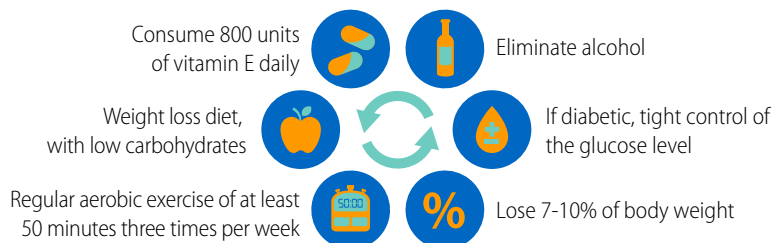
Typically there are **no symptoms of NAFLD**. If they appear, symptoms include fatigue, weakness, weight loss, limited appetite, nausea, abdominal pain, jaundice, swelling in the legs and abdomen, and mental confusion²

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.

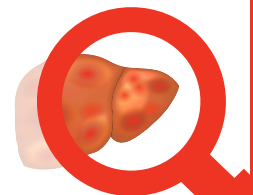
MANAGING NAFLD

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



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

#1 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.



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



References:
1 World Journal of Gastroenterology, "Liver transplantation for nonalcoholic fatty liver disease: New challenges and new opportunities." May 14, 2014. Accessed on August 8, 2017. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4017047/>
2 American Liver Foundation, "NAFLD." Dec. 2016. Retrieved from: <http://www.liverfoundation.org/abouttheliver/info/nafl/>

3 National Institutes of Diabetes and Digestive and Kidney Diseases, "Definition & Facts of NAFLD & NASH." Nov. 2017. Retrieved from: <https://www.niddk.nih.gov/health-information/liver-disease/nafl-d-nash/definition-facts>. Accessed on June 8, 2017.
4 National Institutes of Diabetes and Digestive and Kidney Diseases, "Nonalcoholic Steatohepatitis." Nov. 2006. Retrieved from: <https://www.niddk.nih.gov/-/media/00F92108F7104341B3F03ABFA132C5A8.ashx>.

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

