

NON-ALCOHOLIC FATTY LIVER DISEASE

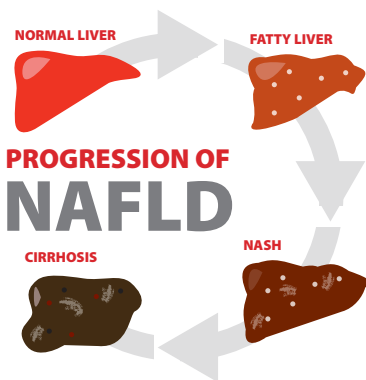
(NAFLD)



At-a-Glance

Non-Alcoholic Fatty Liver Disease (**NAFLD**) is the build-up of extra fat in the liver that may cause the liver to swell. Over time, **NAFLD** may lead to *NASH* (Nonalcoholic Steatohepatitis), which can cause scarring of the liver (cirrhosis), liver cancer or liver failure.

NAFLD affects 25% of Americans, including children.



Who is at risk?

NAFLD tends to develop in people who are overweight or obese or have diabetes, high cholesterol or high triglycerides. Poor eating habits also may lead to **NAFLD**.

Many Americans are at risk:

- Over 30 million Americans are obese
- Obesity now affects 17% of all children and adolescents in the United States
- Nearly 26 million Americans have diabetes and approximately 79 million Americans have pre-diabetes
- 71 million Americans have high or “bad” cholesterol

THE GOOD NEWS IS THAT WE CAN BREAK THE CYCLE!

NAFLD may be reversed or prevented by:



Maintaining a healthy weight



Eating a healthy diet of fruits, vegetables, proteins, grains and dairy and limiting “junk food”



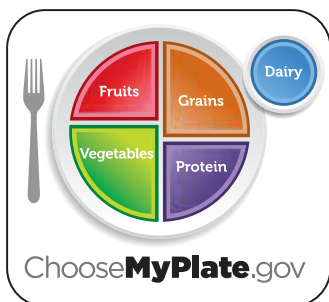
Exercising regularly



Limiting alcohol intake



Only taking medicines that you need and in the correct amounts



Learn about healthy eating at
ChooseMyPlate.gov.

For more information about **NAFLD** and other liver diseases:



LiverFoundation.org

1-800-GO-LIVER (1-800-465-4837)

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