

## **NASH** **Patient Bill of Rights**



### **Don't let your NASH diagnosis leave you feeling powerless.**

As a patient who has been diagnosed with non-alcoholic steatohepatitis (NASH), you have specific rights that can help empower you throughout your NASH journey. Although every person's diagnosis and treatment plan are different, these rights can help you examine the best path forward with your doctor. If you have any questions or concerns, talk to your doctor about how to best meet your needs.

### **As someone living with NASH, you have the right to...**

**Receive the best care and treatment possible** at all points during your NASH journey, with the goal of keeping your liver healthy for longer and gaining a better understanding of how your liver functions.

**Take as much time as necessary with your healthcare team** to understand what your diagnosis means, what treatment options you can consider, and ways you can manage your symptoms.

**Ask your doctor for a specialist referral for a second opinion.** A gastroenterologist and/or a hepatologist could provide helpful information and ways to improve your treatment plan.

**Partner with your doctor to create a multidisciplinary team** that supports your treatment plan, and perhaps includes a dietician and exercise specialist.

**Expect ongoing coordination of your care** between and among your primary care physician, the specialists you see, and other members of your multidisciplinary care team.

**Request non-invasive tests (NITs)**, which are simple, repeatable and sometimes free, as part of your NASH diagnosis and management.

**Know your cholesterol and triglyceride levels**, because high levels can cause further damage to your liver. Discuss with your doctor methods you can use to keep both levels low.

**Discuss all treatment options** beyond losing weight, including potential participation in clinical trials of new treatments.

**Ensure your doctor provides your caregiver with your specific treatment information**, as well as with information on what symptoms you could be experiencing as a result of your NASH diagnosis.

**Engage with other NASH patients** for emotional support, either one-on-one or as a member of a patient support group, to help you through your NASH treatment journey, and encourage your caregiver to seek peer-to-peer support to help handle the challenges of their loved one's diagnosis.

For more information on NASH, including resources you can use to help with your discussion with your healthcare team, visit [liverfoundation.org](https://liverfoundation.org).

To speak directly to a specialist about liver wellness and disease, or for emotional support during times of crisis, contact the American Liver Foundation Helpline at 1-800-465-4837.