



Non-Alcoholic Fatty Liver Disease

What to know:

NAFLD is when fat collects around the liver increasing the risk of causing damage. Prolonged damage to the liver can cause:

- NASH
- Fibrosis
- Cirrhosis
- End Stage Liver Disease

NAFLD is usually associated with overweight and obesity. There are usually no symptoms of fatty liver, but it may be detected with lab work at regular provider visits.

Updated terminology:

- MAFLD: Metabolic dysfunction Associated Fatty Liver Disease (MAFLD)
- MASH: Metabolic dysfunction Associated Steatohepatitis
- MetALD: Combination of metabolic and alcohol associated hepatitis

Risk Factors:

- Overweight/obesity
- Pre-diabetes
- Type 2 Diabetes
- High Cholesterol
- High Blood Pressure

Self-Care Tips:

- Manage a healthy weight.
- Follow a well-balanced diet.
- Limit or avoid alcohol intake.
- Engage in physical activity.
- Manage any other health conditions.
- Schedule annual check-ups with your doctor.

References:

Mayo Clinic. (2024). Nonalcoholic fatty liver disease. Retrieved March 17, 2025 from <https://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/diagnosis-treatment/drc-20354573> MedlinePlus. (2023). Nonalcoholic fatty liver disease. Retrieved March 17, 2025 from <https://medlineplus.gov/ency/article/007657.htm>