Non-alcoholic fatty liver disease (NAFLD)
Fat accumulates, makes up more than 5% of the liver's weight

Non-alcoholic steatohepatitis (NASH)

I may be at high risk of developing Fatty Liver Disease

Non-alcoholic fatty liver disease (NAFLD)
Fat accumulates, makes up more than 5% of the liver’s weight

Non-alcoholic steatohepatitis (NASH)
In addition to >5% fat in liver, the liver has inflammation and cell damage

Control the controllable risk factors

Diet & exercise
Losing at least 10% of your body weight can be very beneficial. Your BMI should be in the range of 21 to 25

Limited drug and medical options
Vitamin E and Pioglitazone have been identified as useful in the treatment of NAFLD/NASH

Talk to your doctor about lowering your numbers
Blood pressure should be at or below 120/70, and cholesterol should be less than 200 milligrams per deciliter

Get a good night’s sleep
Sleeping at least 7 uninterrupted hours per night can reduce stress and make you less likely to overeat

Ask your doctor questions
• Am I at high risk for liver disease?
• Which diagnostic tools will we use to determine my level of fibrosis?
• How will we incorporate liver health considerations in my treatment plan?

Share your story
To stay truly patient-driven, the Global Liver Institute needs you, your stories, your insights, the hard-won expertise from your lived experience as a patient or caregiver dealing with liver disease.

Please contact patients@globalliver.org if you are interested in:
• Sharing your story in writing or video
• Participating in a focus group
• Helping develop patient education materials

The Global Liver Institute is a 501(c)(3) tax exempt not-for-profit organization, headquartered in Washington, D.C., United States. Our Mission is to improve the effectiveness of the liver community by promoting innovation, collaboration, and scaling optimal approaches to eradicating liver disease.

About 25% of adults worldwide have NAFLD

Non-alcoholic Fatty Liver Disease, or NAFLD, is a lifestyle disease that is caused by an accumulation of fat in the liver. It can be reversed, but left untreated, it can progress into a more serious condition.
What can I do?

Get diagnosed

NASH is a silent disease. Consequently, NASH patients can remain unaware of their liver condition until the disease progresses to more serious stages.

1. **Determine your risk factors**
   
   Your doctor will take note of your family history and symptoms.

2. **Bloodwork**
   
   Elevated liver enzymes can begin to determine the level of fibrosis in the liver:
   - Alanine transaminase (ALT)
   - Aspartate transaminase (AST)
   - Alkaline phosphatase (ALP)
   - Gamma-glutamyl transpeptidase (GGT)

3. **Serum-based algorithms**
   
   The information found in your bloodwork can be entered into special calculators to determine your level of fibrosis:
   - FIB-4 Index
   - NAFLD score
   - Enhanced Liver Fibrosis score

4. **Liver imaging**
   
   The next step is to get a visual image of the fibrosis. These tests are non-invasive:
   - FibroScan
   - Ultrasound (or MRI, transient elastography, ultrasound elastography, MRE)

5. **Liver biopsy**
   
   This is the ultimate confirmation of your diagnosis. It is the removal and examination of a small piece of liver tissue.