I have been diagnosed with NAFLD or NASH

NAFLD (Nonalcoholic Fatty Liver Disease) and NASH (Nonalcoholic Steatohepatitis) are progressive liver diseases. NAFLD is a condition in which fat makes up more than 5% of the weight of the liver, not caused by alcohol use. Left untreated, it can progress into NASH.

NASH is a form of NAFLD in which you have inflammation and liver damage, in addition to fat in your liver. Inflammation and liver cell damage can cause fibrosis, or scarring, of the liver. NASH may lead to cirrhosis or liver cancer.

Normal
Fat accumulation
Advanced Fibrosis
Permanent damage
Stages of Fibrosis
Liver Status

Early stage NAFLD, limited liver damage
NAFLD, >5% fat accumulated in the liver
NASH, cell damage
Cirrhosis & cancer, transplant needed

Table of Fibrosis

Learn the lingo
Inflammation: Inflammation is part of the body’s immune response. Chronic inflammation can eventually cause several diseases and conditions.
Fibrosis: Fibrosis is the formation of scar tissue in place of normal tissue. It inhibits normal liver function.
Liver: The liver is the main organ for processing and removing toxins from the body.

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

Become an Advocate for Liver Health
Learn more about what it means to be a patient advocate and how to get involved in GLI’s work by visiting our website.

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Each diagnosis is unique and can mean different things for you. Talk to your doctor about your specific condition.

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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.
Why is it important?
Untreated, NASH and NAFLD can progress into liver cancer, or the need for a liver transplant, or result in death

What can I do?
Follow recommended dietary guidelines
Your diet should be discussed with your doctor. Follow a diet high in antioxidants and anti-inflammatory foods.

- Limit excess fructose consumption; such as sugary beverages
- Stay away from fast food and fried food
- Try not to eat processed foods
- Avoid excess alcohol consumption
- Avoid snacking on foods high in sugar

Take medication
Two medications identified as useful in the treatment of NAFLD/NASH are Vitamin E and Pioglitazone

Exercise
Aim for 150 minutes per week of moderate activity or 75 minutes per week of vigorous activity (30 minutes per day broken into 10 minute chunks) including cardio and strength training

Ask your doctor a lot of questions
- What stage is my disease now and how quickly do we expect it to progress?
- What is the schedule of lab tests, imaging and visits I should expect over the course of the next year?
- How much weight loss will I need to achieve to show results for my liver condition?
- Does your clinic/office/hospital offer nutritionist counseling, social work or other services?
- Does my insurance cover health coaching, gym membership or other supports for lifestyle change?
- Are clinical trials available? Should I participate?
- What medications, if any, are you prescribing me? What are the side effects?
- Would I be a candidate for liver transplant?

Participate in a clinical trial or observational study
Clinical Trial
Clinical trials are research studies that explore whether a medical strategy, treatment, or device is safe and effective for humans. Participating in a clinical trial benefits the greater good by aiding in safe drug development.

The best way to be a participant in trials is to speak with your doctor, or visit clinicaltrials.gov. Some helpful search terms are: NAFLD, NASH, CIRRHOSIS, FIBROSIS

Observational Study
In an observational study, a sample of a population is observed, or certain outcomes are measured, without manipulation or intervention by the researcher.

An example of an observational study is Target-NASH. To learn more, visit targetpharmasolutions.com/focus-area/nonalcoholic-steatohepatitis-nash