

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

Cirrhosis: Cirrhosis is a condition characterized by scarring of and damage to the liver. Cirrhosis inhibits normal liver function.

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



Become an Advocate for Liver Health

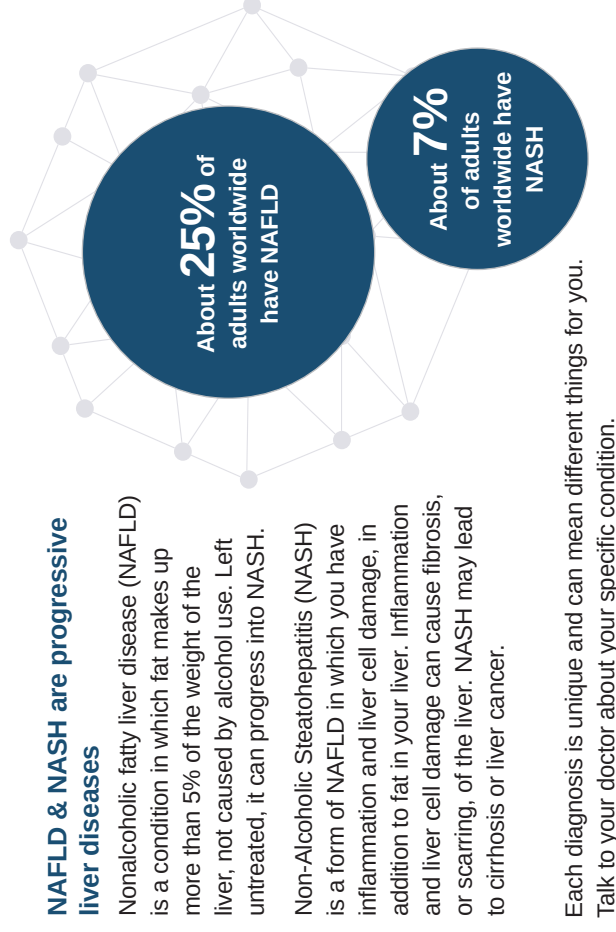
Learn more about what it means to be a patient advocate and how to get involved in GLI's work by visiting our website globalliver.org/A3.

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.

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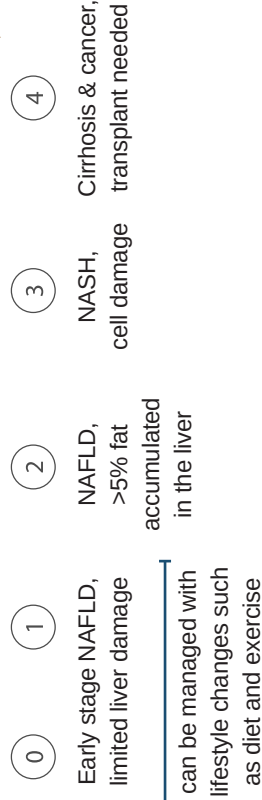
I have been diagnosed with NAFLD or NASH



Liver status



Stages of Fibrosis



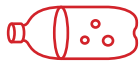
Why is it important?

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



Eat foods high in fiber, including whole grains, vegetables, and fruits



Stay away from fast food and fried food



Use extra virgin olive oil as main added fat



Try not to eat processed foods



Consume fish 2-3 times per week



Avoid excess alcohol consumption



Drink coffee, 2-4 cups per day



Avoid snacking on foods high in sugar



Consume nuts and seeds as snacks daily

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? Expected benefits?

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