Have TWO friends? Chances are, one of you has Non-Alcoholic Fatty Liver Disease (NAFLD).

Concerned? Take Action.
- Ensure your diet is healthy for your liver and exercise more. If you are obese or possess excess abdomen fat it is vitally important to begin losing weight.
- Include liver tests in your next blood work.
- Ask your doctor to prescribe a NASH Fibrosure blood test.
- Seek a referral to a specialist and ask for a noninvasive Fibroscan that measures scarring and fat in your liver.
- Some specialists might suggest a liver biopsy.

Did you know?
- People who DO NOT abuse alcohol can develop cirrhosis.
- Men, women, AND children of all ages can be affected by NAFLD.
- Most people who have Fatty Liver Disease have no idea and show NO SYMPTOMS.

The Silent Epidemic
- According to the National Institute of Diabetes and Digestive & Kidney Diseases, an estimated 100 million Americans, representing 30-40% of the US population, have Non-Alcoholic Fatty Liver Disease (NAFLD).
- Of those, up to 25 million have Non-Alcoholic Steatohepatitis (NASH), and most don’t know it.
- NASH is frequently undetected until it reaches an advanced stage.
- Cases of NASH are rapidly increasing in parallel with diabetes and obesity and its prevalence is expected to increase by over 60% by 2030.
- Experts say that up to 25% of NASH patients will end up with cirrhosis.
- 17.6 million Americans abuse alcohol or are alcohol dependent, with 90-100% of them having fatty livers.
**Principal Risk Factors**

**MEDICAL FACTORS**
- Overweight or Obese
- Diabetes
- Metabolic syndrome which occurs when any 3 of the following are present:
  - Abdominal Fat
  - High Blood Pressure
  - Elevated Sugar Levels
  - Abnormal Cholesterol
- Heart Disease
- Sleep Apnea
- Insulin resistance related to obesity and physical inactivity.

**OTHER FACTORS**
- Genetics
- Ethnicity
  - Hispanics are most likely to have NASH followed by Caucasians, and then African Americans.
  - Slim Asians are also at risk.
- Gender
  - Males are more likely to be diagnosed with NASH than females.

**Your Liver**
- If your liver fails you will die.
- It is the hardest working organ in the human body, performing over 500 functions.
- The most important functions:
  - Eliminating toxins.
  - Processing food and drinks into energy and nutrients.
  - Helping control blood pressure.
  - Assisting the immune system.
  - Aiding blood clotting.

**Children Are Not Immune**
- It's estimated that up to 10% of children have fatty liver, largely due to obesity.

**Liver Health Tips**
- Control your weight, exercise, and follow a healthy diet.
- Don’t smoke, limit alcohol, and don’t overmedicate.
- Avoid opioids and other drugs.
- Avoid touching or breathing toxins such as pesticides.

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**Fatty Liver Disease occurs when more than 5 to 10% of the liver is infiltrated by fat.**
- NAFLD is Fatty Liver Disease not caused by alcohol, with little to no inflammation.
- NASH occurs when the liver swells and there is damage to liver cells.
- Cirrhosis occurs when the scar tissue impairs the liver’s ability to function.
- The liver is a forgiving organ and damage is reversible by:
  - Losing weight with diet and exercise.
  - Eliminating alcohol.
  - Aerobic exercise.
  - Taking Vitamin E with doctor consent.
  - Controlling blood pressure, cholesterol, and blood sugar.
- Early detection is critical.
- As scar tissue replaces healthy tissue, liver disease becomes harder to reverse.
- Presently, there are no drugs that address NASH or cirrhosis, but several are in testing.