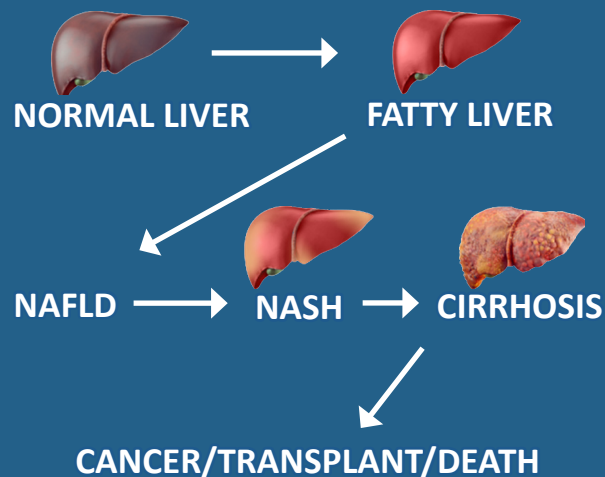


- Liver disease is the 4th leading cause of death in the 45-54 age group and 6th leading cause for ages 35-74.
- NASH is more likely to result in a liver transplant than alcoholism and is expected to surpass hepatitis by 2020.

NASH is the *silent* disease because there are usually no symptoms and most people have *not* heard of it.

Disease Progression



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.



We are a 501(c)(3) corporation. Our mission is to increase public awareness of Non-Alcoholic Fatty Liver Disease, a 21st Century epidemic. Reach out to us to learn how you can sponsor this brochure.

For more information:

✉ info@nash-now.org
nash-now.org
 f @NASHKnowledge
 t @KnowledgeNash

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Have TWO friends?

Chances are, one of you has **Non-Alcoholic Fatty Liver Disease (NAFLD)**.

www.nash-now.org



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.

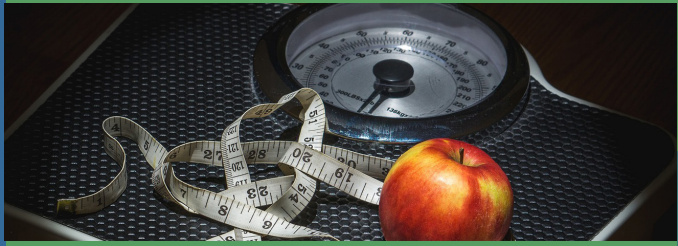
The ONLY way NASH can be reversed is through lifestyle changes.

- 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.

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.

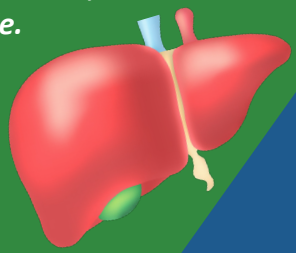


OTHER FACTORS

- 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.
- It’s located in the abdomen, under the rib cage on the right side.
- The liver is shaped like a football and weighs roughly three pounds.



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.



Children Are Not Immune

- It’s estimated that up to 10% of children have fatty liver, largely due to obesity.



- Fatty liver in children is exacerbated by the excessive intake of sugar.

It affects:

- 38% of obese children.
- 1% of 2 to 4-year-olds.
- 17% of 15 to 19-year-olds.
- 8% of lean teens.