

SILENT EPIDEMIC

The liver disease NASH

Up to 25 million Americans have NASH and it is expected to grow 60%+ by 2030.



CHILDREN

With rising childhood obesity rates, NASH is the most common cause of chronic liver disease in children between the ages of 2 and 19.



ADULTS

Liver disease is the 4th leading cause of death in the 45-54 age group and 6th leading cause for ages 35-74.



ETHNIC GROUPS

Hispanics are most likely to have NASH, followed by Caucasians and then African Americans.

YOUR LIVER



HEALTHY



UNHEALTHY

NASH ENABLERS

- Carbonated Beverages
- Refined Sugar
- Alcohol
- Fast Foods
- Salt
- Red Meat
- Genetics

Those With Diabetes Or Obesity Are Particularly At Risk

POTENTIAL CONSEQUENCES

Early detection is critical to preventing NASH and stopping its progression. NASH can advance to cirrhosis and cancer, often leading to transplant or death.

STEPS YOU CAN TAKE

If you believe you are at risk ask your doctor to perform liver blood tests and other diagnostics. Take action and eat a liver healthy diet and exercise.



NASH knowledge
THE SILENT EPIDEMIC

DONATE NOW!

<https://nash-now.org>