

DIABETICS AND FATTY LIVER

DID YOU KNOW?

Most Diabetics Have a Fatty Liver

PROBABILITY OF FATTY LIVER

Group	Probability
General Public	Up to 40%
Diabetics	Up to 80%
Obese	Up to 90%

Source: National Institutes of Health

WHAT IS FATTY LIVER?

- Excess fat in liver.
- Affects 100 million Americans.
- Little-known and typically undetected condition.
- Can cause life-threatening liver disease.
- Normal weight people also at risk.



WHY YOU SHOULD CARE

- Can lead to cirrhosis, cancer, high blood pressure & cardiac issues.
- In combination with diabetes, increases risk of serious disease.

WAYS TO DIAGNOSE

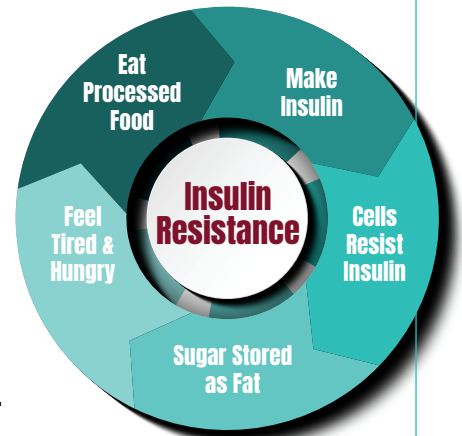
- Blood tests (hepatic panel, etc.)
- Fibroscan (a form of ultrasound)
- Imaging (MRI, etc.)
- Biopsy

THE PROBLEM

- No approved medications
- Improved diet, weight loss & physical activity are only ways to stop disease progression

INSULIN RESISTANCE

- When excessive sugar enters the blood stream, the pancreas makes insulin to reduce blood sugar levels.
- Insulin helps blood sugar enter the body's cells to be used as energy.
- When excess sugar consumption continues, the cells eventually become resistant to the insulin and sugar stays in the blood stream causing high sugar levels and elevated insulin levels, contributing to weight gain.
- Sugar can promote fatty liver and insulin resistance.
- A fatty liver is an insulin resistant liver, releasing its sugar into the blood stream, increasing blood sugar.
- Insulin resistance is a precursor to diabetes.



TAKE ACTION NOW

- HEALTHIER DIET
 - Stop soda and sugar-sweetened beverages, including juice
 - Less fats from processed food: more fats from fish & nuts
 - Replace starchy carbs (e.g., pasta, etc.) with carbs from vegetables
- MORE PHYSICAL ACTIVITY
- MANAGE STRESS
- MORE SLEEP (7-9 HOURS PER NIGHT)
- EXPLORE THERAPEUTIC CARBOHYDRATE RESTRICTION

