

## Nonalcoholic Fatty Liver Disease (NAFLD)

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### Refers to a spectrum of liver diseases:

**Fatty liver**-an accumulation of fat in the liver (steatosis)

**Nonalcoholic Steatohepatitis (NASH)**- Varying levels of inflammation & scarring in individuals who do not drink a large amount of alcohol

**Cirrhosis**-irreversible, advanced scarring of the liver

*All the stages of NAFLD have accumulation of fat in the liver cells. In NASH the fat accumulation is associated with varying degrees of inflammation and scarring of the liver. NASH can ultimately lead to irreversible and advanced scarring (cirrhosis) of the liver which may lead to liver failure.*

### Diagnosis of NAFLD

- Laboratory studies: liver enzymes (ALT/AST) up to 4 times the upper limits of normal
- Ultrasound of Liver: reveals bright spots which represent fat deposits

### Causes of NAFLD

- Overweight/Obesity/Increase Waist Circumference
- Elevated Cholesterol /Triglycerides
- Insulin Resistance/ Type 2 Diabetes

### Treatment Recommendations

- Increase physical activity
- Dietary modifications-reducing saturated fats, simple carbohydrates & sugars
- Weight Loss-10% weight loss at a rate of no more than 1-2 pounds per week
- Improve diabetic control
- Lower cholesterol/triglycerides through diet, exercise and/or medications
- Consider follow up with Gastroenterologist-physician who specializes in treatment of liver diseases