Non-alcoholic fatty liver disease (NAFLD) affects 1 in 3 U.S. adults... and it's cause for concern.

**What is NAFLD?**

**RISK FACTORS**

- Poor diet
- Physical inactivity
- Gut dysbiosis
- Corticosteroids
- Toxin exposure
- Advanced age
- Genetics
- Oxidative stress
- Immune dysfunction
- Errors of metabolism
- Obesity
- Insulin resistance
- Hyperlipidemia

**Non-alcoholic fatty liver disease** is the accumulation of significant amounts of excess fat in the liver not related to alcohol consumption.

**Fatty liver (steatosis)**

**Non-alcoholic steatohepatitis (NASH)**

**Cirrhosis**

- Scar tissue replaces liver cells
- Damage is irreversible
- Cirrhosis within 10 years...

**80 million**

Americans with NAFLD

- ~20% of NAFL cases progress to NASH
- ~25% of NASH cases progress to cirrhosis

**7%**

Develop hepatocellular carcinoma (liver cancer)

Among those with NAFLD-related cirrhosis

**20%**

Experience liver-related death

- 50% require a liver transplant
- 17% of patients on the transplant waitlist die annually

**3.5x**

Higher risk of developing NAFLD among persons with obesity, compared to those without obesity

There is currently no cure for advanced liver disease.

The American Liver Foundation recommends these steps to reverse or slow the progression:

- Consume 800 units of vitamin E daily
- Minimize alcohol consumption
- Weight loss diet, with low carbohydrates
- Regular aerobic activity of at least 50 minutes, 3 times per week
- If diabetes is present, tight control of glucose level
- Lose 7-10% of excess body weight