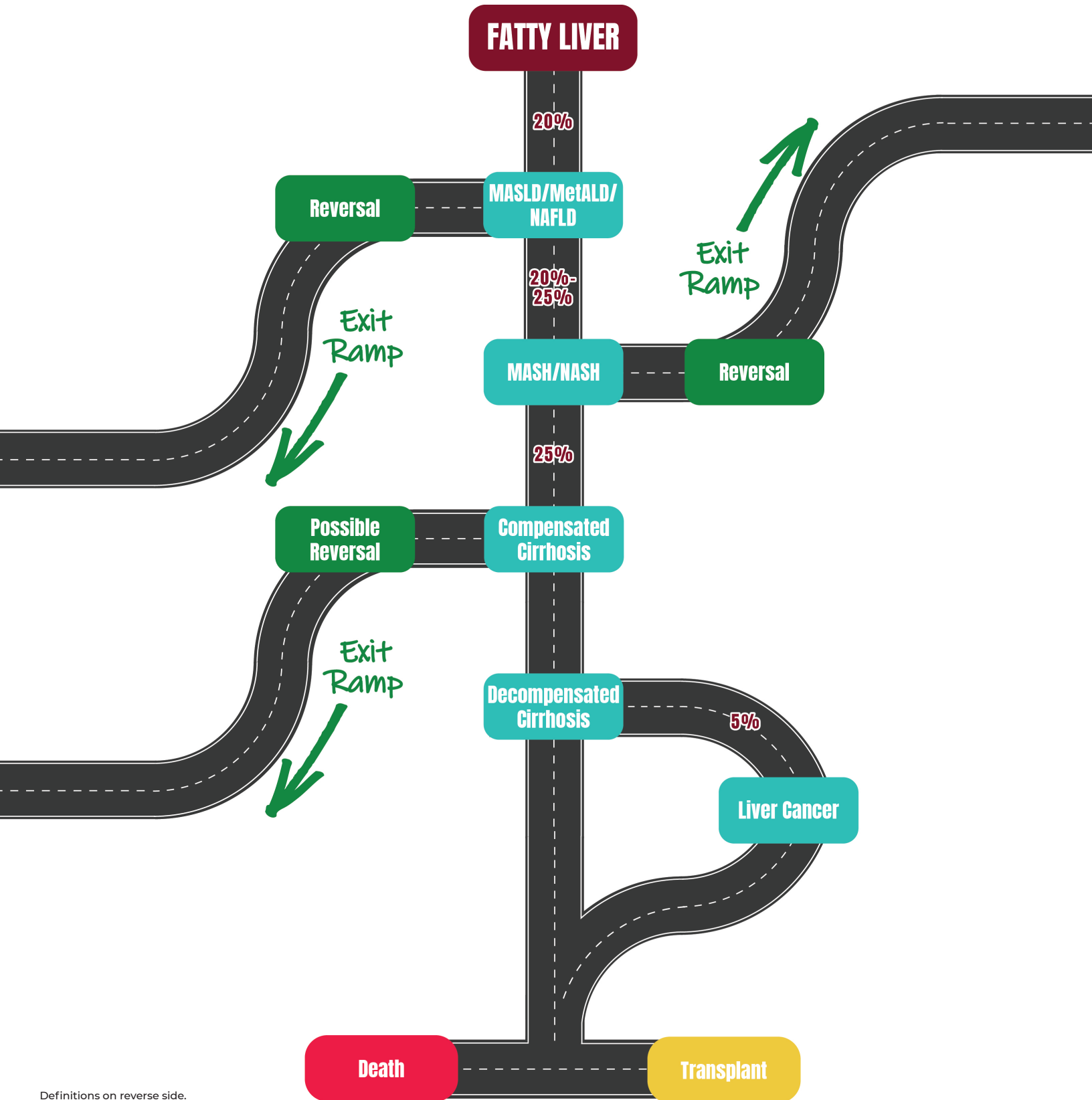


FATTY LIVER ROADMAP



Definitions on reverse side.

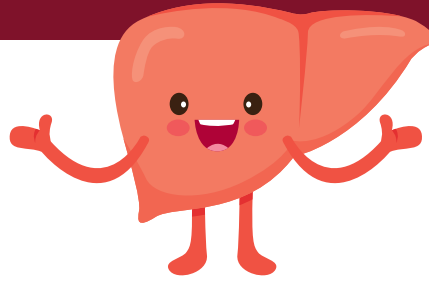


FATTY LIVER ROADMAP

LIVER 101

The liver is located in abdomen under the rib cage on the right side and is the largest solid organ in the human body. You cannot live without a liver.

The liver performs over 500 vital functions including eliminating toxins, process food into energy and nutrients, assisting in the immune system and aiding in blood clotting.



METABOLIC HEALTH

Metabolic Health means having satisfactory blood sugar levels, triglycerides, HDL cholesterol, blood pressure, and waist circumference. In addition to a fatty liver, abnormal levels of these factors directly affect a person's risk for heart disease, diabetes, stroke, multiple cancers and dementia.

LIVER GLOSSARY

Following is a list of terms used in the road map and a few others you may hear. More extensive descriptions of the conditions described can be found on the internet.

Ascites is the result of retaining an abnormal amount of fluid in the abdomen. This occurs in about 50% of those with cirrhosis. A paracentesis is the procedure used to drain excess fluids from the abdomen.

Cirrhosis occurs when scar tissue impairs the liver's ability to function.

Compensated Cirrhosis means that, despite being cirrhotic, the liver is functioning relatively well and a patient may not have any symptoms

Decompensated Cirrhosis occurs when the liver is unable to effectively carry out its functions and symptoms begin to present themselves.

Edema is swelling caused by excess fluids in the body's tissues.

Fatty Liver is a condition where there is too much fat in the liver.

Fibrosis is the formation of an abnormally large amount of scar tissue in the liver.

Hepatic Encephalopathy (or HE) occurs when the liver loses, in whole or in part, the ability to prevent toxins from reaching the bloodstream. This can result in ammonia making its way in the blood system and your brain. HE causes brain fog and in its most extreme cases can lead to a coma and even death. It is estimated that 30- 40% of those with decompensated cirrhosis will get HE.

Hepatocellular Carcinoma (or HCC) is a cancer that originates in the liver. If it spreads beyond the liver the patient will no longer be considered for a transplant. It is estimated that less than 10% of those with decompensated cirrhosis will get HCC.

Jaundice is the yellowing of the skin due to the buildup of bilirubin, a waste material, in the blood.

MASH is the acronym for Metabolic Dysfunction-Associated Steatohepatitis and is inflammation of the liver caused by excess liver fat. It is the more progressed form of MASLD.

MASLD is the acronym for Metabolic Dysfunction-Associated Steatotic Liver Disease and is Fatty Liver caused by factors other than excess alcohol.

MELD stands for Model for End-Stage Liver Disease and is used to measure the severity and extent of liver disease. MELD is calculated based on the results of bloodwork and ranges from 6 (healthy) to 40 (no liver functionality).

MetALD is the term for those with MASLD who consume moderate amounts of alcohol. Moderate is considered as no more than 140 grams of alcohol for females and 210 grams for males.

NAFLD is the acronym for Non- Alcoholic Fatty Liver Disease and is Fatty Liver not caused by Alcohol. This term has been replaced by the term MASLD.

NASH is the acronym for Non-Alcoholic Steatohepatitis and occurs when the liver swells and there is damage to liver cells. This term has been replaced by the term MASH.

Reversal means that fatty liver disease can be reversed through lifestyle changes.

Simple Fatty Liver is a benign condition that does little damage to the liver.

Splenomegaly is an enlarged spleen resulting from the increase of blood pressure in the spleen caused by cirrhosis.

Varices are swollen veins in the abdomen or the esophagus. The veins are fragile and susceptible to rupture.

REVERSING LIVER DISEASE

The liver is a very forgiving organ and damage can often be reversed if caught early and lifestyle changes are made. As liver disease progresses it can become more difficult to reverse. The early stages of NASH can be reversed but once it advances to decompensated cirrhosis reversal is rare.

Actions that can be taken include:

- Control your weight, exercise and follow a healthy diet. A healthy diet limits carbohydrates and fructose and has adequate fiber.
- Don't smoke, limit alcohol and don't overmedicate.
- Avoid opioids and other drugs.
- Avoid touching or breathing toxins such as pesticides.

Diet information is available at a variety of internet sources, but there is a lot of misinformation out there. The simplest advice is to follow a Mediterranean diet. Scan the QR code to see the Nutrition page on our website for more information.



STAGES OF FIBROSIS

F0/F1

Mild or no liver scarring

F2

Moderate liver scarring

F3

Severe liver scarring

F4

Advanced liver scarring – cirrhosis

