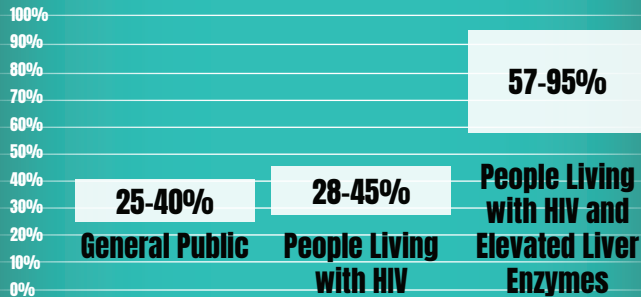


HIV AND FATTY LIVER

DID YOU KNOW?

People Living with HIV Are at Greater Risk for Fatty Liver Than Others

PROBABILITY OF FATTY LIVER



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 & liver transplant.

WAYS TO DIAGNOSE

- Blood tests (hepatic panel, FIB-4, etc.)
- Ultrasound (e.g., Fibroscan)
- Advanced Imaging (MRI, etc.)
- Biopsy

THE PROBLEM

- Medication therapy is limited but slowly becoming available.
- Improved diet, weight loss & physical activity help stop disease progression.

PEOPLE LIVING WITH HIV INFECTION ARE AT INCREASED RISK DUE TO

- Metabolic syndrome
- Hyperuricemia
- HIV-related lipodystrophy
- Genetic polymorphisms
- Medications
- HIV itself



TAKE ACTION NOW

- **HEALTHIER DIET**
 - Eliminate soda and sugar-sweetened beverages, including juices
 - 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**
- **SLEEP AT LEAST 7-9 HOURS PER NIGHT**
- **EXPLORE THERAPEUTIC CARBOHYDRATE REDUCTION**

GET TESTED FOR FATTY LIVER!

