

SILENT EPIDEMIC

FATTY LIVER DISEASE



CHILDREN

With rising childhood obesity rates, fatty liver is the most common cause of chronic liver disease in children between the ages of 2 and 19.



ADULTS

Liver disease is the 4th leading cause of death in the 45-54 age group and 6th leading cause for ages 35-74.



ETHNIC GROUPS

Hispanics are most likely to have fatty liver, followed by Asians, Caucasians and then African Americans.



FATTY LIVER ENABLERS

- Carbonated Beverages
- Refined Sugar
- Artificial Flavors & Sweeteners
- Processed Foods
- Genetics
- Those with Type 2 Diabetes or Obesity are particularly at risk

POTENTIAL CONSEQUENCES

Early detection is critical to preventing fatty liver and stopping its progression. Fatty liver can advance to cirrhosis and cancer, often leading to transplant or death.

STEPS YOU CAN TAKE

If you believe you are at risk ask your doctor to perform liver blood tests and other diagnostics. Take action and eat a liver healthy diet and exercise.

