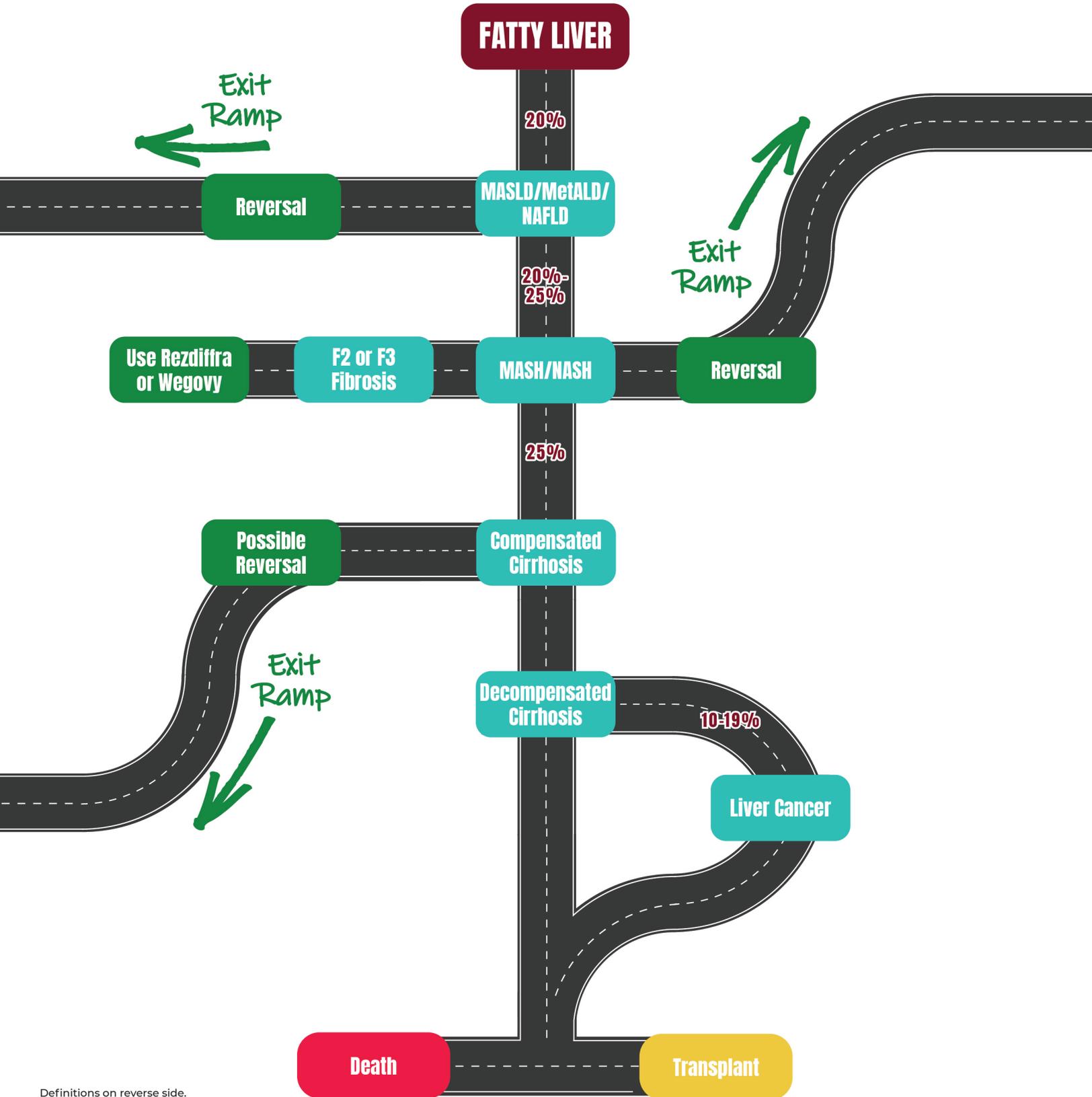


FATTY LIVER ROADMAP



Definitions on reverse side.



FATTY LIVER ROADMAP

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.

Cardiometabolic factors are health characteristics or conditions that affect both the cardiovascular system and metabolic processes in the body.

Cirrhosis occurs when excessive scar tissue accumulates in the liver. Eventually, cirrhosis may impair 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 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 cirrhosis will get HE.

Hepatocellular Carcinoma (or HCC) is a cancer that originates in the liver. Patients will not be considered for transplant if the cancer spreads to other organs. It is estimated that less than 10% of those with cirrhosis will develop 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 and not caused by 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 (normal) and 40.

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.

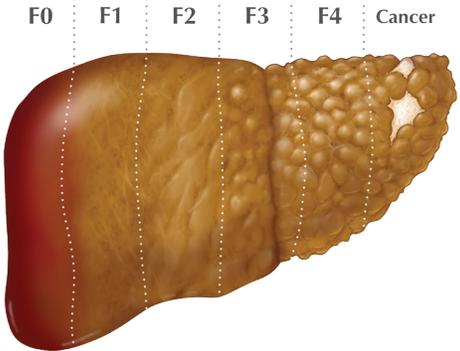
NASH is the acronym for Non-Alcoholic Steatohepatitis and occurs when the liver swells and there is damage to liver cells. This term has been replaced by the term MASH.

Paracentesis is a medical procedure in which a needle or catheter is inserted into the abdomen to remove ascites (fluid in the the abdomen).

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.

FIBROSIS STAGES



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.

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.

Actions that can be taken include:

- Control your weight, exercise and follow a healthy diet. A healthy diet limits added sugar and processed food and has adequate fiber.
- Don't smoke, limit alcohol and don't overmedicate.

Additional lifestyle information is available on our website. Scan the QR code to visit the Lifestyle section of our website.

