

HOW DOCTORS CHECK LIVER HEALTH

Doctors use screening tests to look at two important measures:

- Fat in the liver
- Scarring in the liver

Both help doctors understand how healthy your liver is.

WHAT LIVER FAT (STEATOSIS) MEANS

Fat in the liver shows the amount of stress in your liver.

A small amount of fat is okay. Too much fat can harm liver cells over time.

Fat (Steatosis) Scores

S0: Less than 5% fat (normal)

S1: Mild fat (up to 33% fat in the liver)

S2: Moderate fat (34-66% fat in the liver)

S3: Severe fat (more than 66% fat in the liver)

UNDERSTANDING FAT AND SCARRING SCORES

WHAT LIVER SCARRING (FIBROSIS) MEANS

Scarring occurs when the liver is injured repeatedly over time.

Scars make the liver stiff and stop it from working as necessary for good health.

Scarring (Fibrosis) Scores

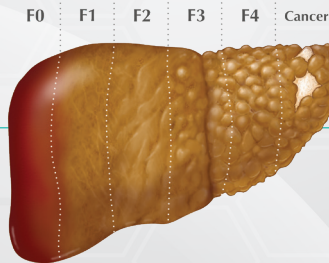
F0: No scarring

F1: Mild scarring

F2: Moderate scarring

F3: Advanced scarring

F4: Cirrhosis (severe scarring)



HOW FAT AND SCARRING ARE RELATED

- Fat often comes first
- Too much fat can cause swelling and damage
- Damage over time can lead to scarring

Important to Know

- Some people get cirrhosis without a lot of fat
- Some people have a lot of fat and never develop cirrhosis
- Scarring stage is the best sign of future liver problems

KEY TAKEAWAYS

- Fat shows current stress on the liver
- Scarring shows long-term damage
- Fat can often improve
- Scarring is harder to reverse
- Finding problems early can protect your liver

