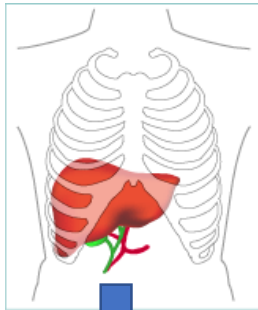


What is **nonalcoholic fatty liver disease (or NAFLD)**?

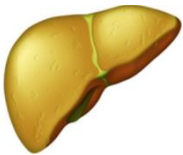
- How do you get it?
- What happens if you have fatty liver disease?
- How can you make it better?



Your liver...

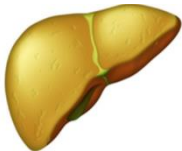
- is a **large organ** under your right ribs
- helps to **keep** your **blood sugar normal**
- makes **proteins to help you heal** and clot your blood
- helps you **digest** your food AND a LOT more!

Ask your provider about **fatty liver disease** if...

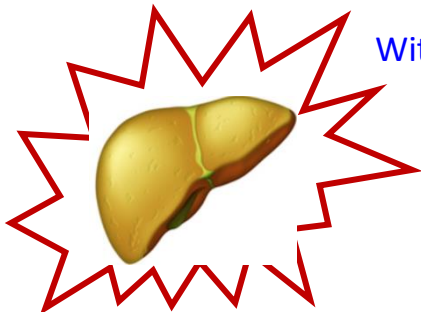


- you have **high blood sugar** or **diabetes**
- are **overweight** or **obese**
- have **high lipids** or **fats**
- have X-rays showing **fatty liver**

**Nonalcoholic fatty liver disease (NAFLD)** is...



- when **fat stores increase** in the liver
- affects **1 in 3 people**
- frequently seen with **high blood sugar** and **obesity**
- seen on X-rays or images



With **fatty liver disease** ...

- the liver can get **swollen**
- 
- **most people do not feel sick**
- 
- some people feel tired, confused, or turn yellow

With **fatty liver disease** ...



- **heart disease and stroke** are more common
- **high blood sugar and diabetes** are more common
- **1 in 4 people** develop **liver inflammation**, called nonalcoholic steatohepatitis (or **NASH**)

**Fatty liver disease** can get much worse in **1 in 20** people...



Without weight loss or physical activity, **fatty liver disease** can  
cause **scarring or liver cirrhosis** in **1 in 20** people



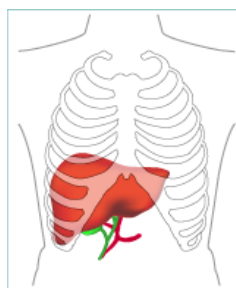
**Good news – this can be prevented!**

- **Fatty liver disease** is **improved** by **losing weight**:
  - if you're 200 pounds, lose 14 or more pounds
  - if you're 300 pounds, lose 21 or more pounds
- start with a **short brisk walk** and **build up to 30 minutes** for **5 days each week**

With **weight loss and exercise**, **fatty liver disease** can **get better** ...



**fatty liver disease**  
goes away



You **feel better**,  
and have **more energy!**

**Your provider** may suggest:

- the **MOVE program**
- working with a **dietician** or **exercise trainer**
- **liver X-ray** or imaging test

**Take action NOW to improve your health!**

**Stop fatty liver disease** by:

- **losing weight** : 14 pounds (if 200 lbs) or 21 pounds (if 300 lbs) **makes a difference!**
- **increase your physical activity** - start with a **5-10 minute brisk walk** and **build up**

**Prevent fatty liver disease...**

**Exercise 30 minutes** for **5 days each week**

Help family be a **healthy weight** with **healthy eating**

**Avoid sugary drinks. Limit alcohol** to no more than 1-2 drinks per day.