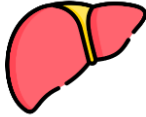


Fatty Liver

What is Fatty Liver Disease?

Fatty liver is a condition in which fat builds up in your liver.



Healthy Liver



Unhealthy Liver

There are mainly 2 types of Fatty liver Disease:

1 Non-alcoholic Fatty Liver Disease (NAFLD)

1. Simple fatty liver

- Increased fat stores without inflammation of liver

2. Non-alcoholic steatohepatitis (NASH)

- Inflammation of the liver occurs, which can lead to liver scarring and hardening
- Over time, this may result in permanent liver damage where healthy liver cells are replaced by scar tissue (cirrhosis)
- It can also result in liver cancer

2 Alcoholic Fatty Liver Disease (AFLD)

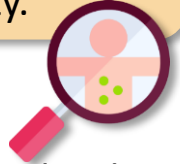
- AFLD is due to heavy alcohol use
- The process of breaking down alcohol generates harmful substances, which damage liver cells and promote inflammation
- Leading to irreversible scarring (cirrhosis)

Fatty Liver



Who gets Fatty Liver Disease?

Fatty liver most often occurs in people with high blood sugar, high cholesterol, or obesity.



What are the symptoms?

Most patients have no noticeable symptoms. Some develop complications of liver scarring (cirrhosis). This may cause symptoms such as tiredness, confusion, jaundice, weight loss, loss of appetite, abdominal pain and swelling.

Diagnosis

Your doctor will review your medical history and perform a physical examination. Blood tests, and in some situations an abdomen ultrasound, may be ordered.

What can I do if I have fatty liver?



- 1. Aim for healthy BMI of 18.5-23kg/m²** --- Weight loss can reduce fat in the liver and reverse inflammation
- 2. Exercise** --- Go for 30-min brisk walks for 5 days per week
- 3. Avoid alcohol** --- Do not consume more than 2 drinks a day for men, or 1 drink a day for women
- 4. Healthy diet** --- limit salt and sugar intake; consume more fruits, vegetables and whole grains
- 5. Treat high blood sugar and high cholesterol** --- medications can lower blood sugar levels and cholesterol, which also help to reduce fats in the liver