**Non-Alcoholic Fatty Liver Disease**

**Did You Know?**
- NAFLD is a chronic disease associated with obesity?
- The incidence of NAFLD is higher amongst adults of Mexican Origin?
- NAFLD is not necessarily related to alcohol consumption?

It is a chronic condition associated with obesity.

**What is NAFLD?**
Consists of a spectrum of conditions, ranging from fatty liver disease to cirrhosis or potentially liver cancer.

**Where is the Liver?**
The liver is located in the upper part of the stomach right beneath your lungs (mostly on the right side).

**What Are The Risk Factors?**
- Liver Injuries
- Genetic Predisposition
- Obesity
- Type 2 Diabetes
- High cholesterol/triglycerides
- Lack of physical activity
- Consumption of sugar-sweetened beverages
- Chronic use of medications that are liver-toxic
**WHY IS THE LIVER IMPORTANT?**

The liver is a very important organ. Here are some of its functions:

- Produces bile, carries waste, and breaks down fat in the small intestine during digestion.
- Stores and releases glucose as needed.
- Fights infection.
- Eliminates toxins.
- Maintains healthy blood sugar levels.
- Regulates blood coagulation.
- Cleans the blood.

**WHAT CAN I DO?**

- Lifestyle changes that result in body weight loss greater than 5% can improve liver fat levels, helping reverse NAFLD.
- Avoid or limit alcohol consumption.
- Control your cholesterol and blood pressure.
- Include physical activity throughout the day.
- Consult your doctor before taking any over-the-counter supplements.