

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).

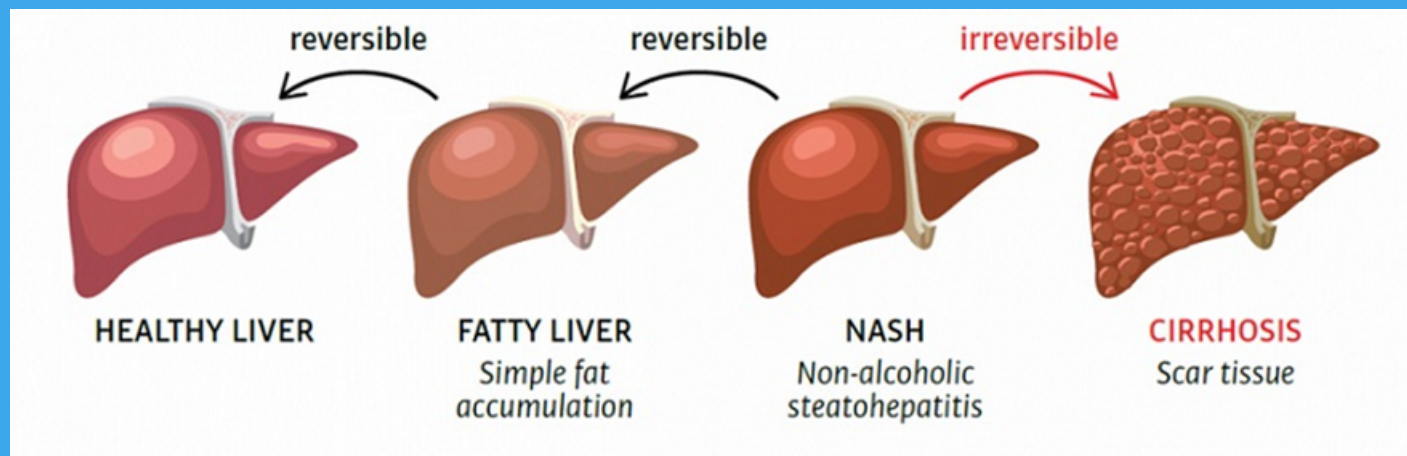
WHAT ARE THE RISK FACTORS?

- 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.

