

MASLD/MASH at a glance

MASLD is one of the most common causes of



in the U.S.

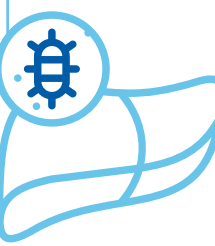


ABOUT 25-30% OF ADULTS IN THE U.S. HAVE MASLD

MASLD occurs with a greater frequency in certain races and ethnicities



It increases the risk for cardiovascular disorders and cancers



MASLD is one of the primary causes of **CIRRHOSIS** (permanent scarring of the liver)



MASLD is more common in women than men



The prevalence of MASLD has increased by over 20% since 1990

MASLD is expected to become the leading cause for liver-related deaths and liver transplantation in the U.S.

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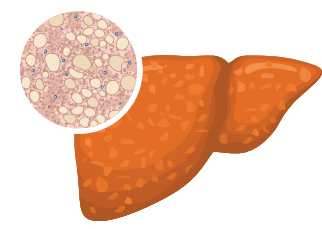
FATTY LIVER DISEASES: MASLD & MASH



What is “fatty liver disease” (aka hepatic steatosis)?

HEPATIC means related to the liver  
STEATOSIS means fat buildup

HEPATIC STEATOSIS is a condition where too much fat builds up in your liver cells. It’s like having a bit of extra baggage in your liver cells! It is commonly called a “fatty liver”



Basically hepatic steatosis is when **more than 5% of the liver cells have fat in them**, which isn’t normal.

What causes hepatic steatosis?

- Alcohol
- Medications
- Hereditary factors
- Nutritional and lifestyle factors

NOTE: NAFLD and NASH have been renamed. NAFLD is now called MASLD (metabolic dysfunction associated steatotic liver disease) and NASH has been renamed MASH (metabolic dysfunction associated steatohepatitis).

# Understanding classifications

Fatty liver or steatotic liver disorders can be classified based on their underlying causes. The amount of alcohol consumed is the primary factor.

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| <ul style="list-style-type: none"><li>• Metabolic-Associated Steatotic Liver Disease (MASLD): This type is not caused by alcohol or any other specific factors</li></ul>   |
| <ul style="list-style-type: none"><li>• Metabolic-Associated Steatotohepatitis (MASH): A subtype of MASLD characterized by both fatty liver and liver inflammation. It carries a higher risk of developing cirrhosis and other serious liver complications</li></ul> |
| <ul style="list-style-type: none"><li>• Alcoholic Steatotic Liver Disease: This is primarily caused by excessive alcohol consumption</li></ul>   |
| <ul style="list-style-type: none"><li>• Metabolic-Associated Steatotic Liver Disease due to alcohol (MetALD): This is a combination of both MASLD and alcohol-related factors</li></ul>  |

## Am I at risk?

MASLD is most commonly found in people who:

- Are overweight or obese
- Have type 2 diabetes
- Have high blood lipids (cholesterol, triglycerides, etc)
- Consume a poorly balanced diet
- Have metabolic syndrome\*

\*High blood pressure, high blood sugar, too much body fat around the waist and high cholesterol or triglyceride levels

Though less common, it is possible to develop MASLD without any of these risk factors.



# Common symptoms

MASLD/MASH are silent diseases with few or no symptoms. It can be present for years before symptoms appear. The most common symptoms are fatigue and mild pain in the mid or right upper abdomen.

If MASLD progresses, symptoms can include:

- Bleeding easily
- Bruising easily
- Itchy skin
- Yellow discoloration in the skin and eyes (jaundice)
- Swollen belly
- Loss of appetite
- Nausea
- Swelling in your legs
- Drowsiness
- Confusion
- Slurred speech
- Spider-like blood vessels on your skin



## How would I be diagnosed?

MASLD/MASH are often discovered during routine blood tests or screening for other medical conditions.

Your doctor will use a variety of methods such as:

- Review your medical history
- Review use of all medications and supplements
- Review your nutritional habits and lifestyle (types of foods and beverages, level of physical activity, alcohol use)
- Physical exam
- Blood tests
- Imaging tests (Ultrasound, CT Scan, MRI, etc.)
- Non-invasive tests to assess liver damage (elastography)
- Liver biopsy

## How can I manage it?

If you're diagnosed with MASLD without any other medical issues, specific treatment may not be necessary.

However, implementing lifestyle changes can effectively manage or even reverse the accumulation of fat and inflammation in your liver.

- Educate yourself about your condition
- Avoid alcohol
- Avoid consuming more calories than what you need
- Aim to participate in 150 to 200 minutes of moderate physical activity per week
- Always inform all your health care providers about any medications you are using, including over-the-counter drugs, dietary supplements, and vitamins.
- See a liver specialist



### IMPROVE YOUR NUTRITION:

- Limit intake of sugars, starches, fast foods, and processed foods
- Increase intake of green vegetables and plant-based proteins
- Consider adopting a Mediterranean type diet
- Avoid sugary drinks

To learn more, please visit

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