Facts about Non-Alcoholic Steatohepatitis (NASH)

NASH, a type of non-alcoholic fatty liver disease (NAFLD), is on the rise. Here’s what to know about this disease as well as symptoms and treatment options.

The Main Stages of NAFLD

**Normal Liver**
- No inflammation or damage to the liver cells

**Simple Fatty Liver (Steatosis)**
- Fat in the liver, with little to no signs of inflammation
- 5% to 10% of the liver’s overall weight is fat

**Liver Damage – Fibrosis and Cirrhosis**
- 33% of people with NASH will develop fibrosis, which is scarring of the liver, within 3 years
- 15% to 25% of people with NASH will develop cirrhosis, which is advanced scarring, and liver damage that prevents the liver from working properly
- Cirrhosis is the most common reason for a liver transplant

**Non-Alcoholic Steatohepatitis (NASH)**
- Advanced stage of NAFLD
- A biopsy shows fat in the liver, plus inflammation and signs of liver damage
- 7% to 30% of people with NAFLD will develop NASH

NAFLD and NASH increase your risk of cardiovascular disease, liver cancer and diabetes.

**Risk Factors**

- Inactivity
- Excess weight, especially around the belly
- High cholesterol, high blood sugar or high triglyceride levels
- Type 2 diabetes
- Genetics
- Poor eating habits
- Underactive Thyroid
- Underactive pituitary gland
- Polycystic ovarian syndrome

**Symptoms**

- Fatigue
- Pain/discomfort in the upper right abdomen
- Unexplained weight loss or weakness

Because there are no symptoms, there is no simple way to diagnose the disease. But research is underway.

**Treatments for NAFLD and NASH**

**Diet changes**
- Reduce sugar, particularly high fructose corn syrup
- Avoid processed carbohydrates
- Reduce alcohol use or avoid alcohol completely
- Eat a healthy diet rich in fruits, vegetables, healthy fats and whole grains

**Weight management**
- Get 30 minutes of exercise a day
- Avoid sedentary or yo-yo dieting

**Medical intervention**
- There are currently no FDA-approved medications for NAFLD, but research is underway
- Medications may be prescribed to help with related issues, such as high blood pressure and Type 2 diabetes

**The Main Stages of NAFLD**

- **Normal Liver**: No inflammation or damage to the liver cells
- **Simple Fatty Liver (Steatosis)**: Fat in the liver, with little to no signs of inflammation
- **Non-Alcoholic Steatohepatitis (NASH)**: Advanced stage of NAFLD
- **Liver Damage – Fibrosis and Cirrhosis**: 33% of people with NASH will develop fibrosis, which is scarring of the liver, within 3 years
- **Cirrhosis**: 15% to 25% of people with NASH will develop cirrhosis, which is advanced scarring, and liver damage that prevents the liver from working properly