

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.

100 MILLION

U.S. individuals are estimated to have NAFLD

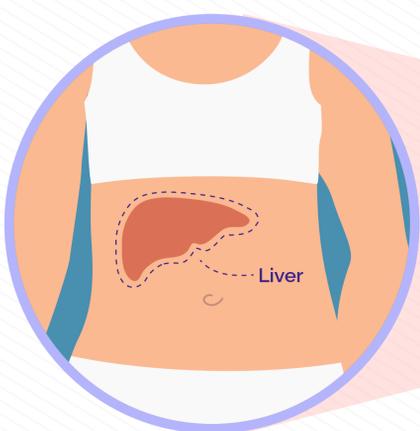
The number of NASH cases is projected to increase from 16 million to 27 million by 2030.

NAFLD: Non-Alcoholic Fatty Liver Disease

- Occurs when **excess fat** is stored in the liver
- The **most common form** of chronic liver disease in the United States
- Affects up to **75%** of people who are overweight
- Not caused by drinking excessive alcohol

Risk Factors

- Inactivity
- Excess weight, especially around the belly
- High cholesterol, high blood sugar or high triglyceride levels
- Type 2 diabetes
- Genetics
- **Rapid weight loss** (less common cause)
- Poor eating habits
- Underactive thyroid (hypothyroidism)
- Underactive pituitary gland (hypopituitarism)
- Polycystic ovary syndrome (PCOS)
- Sleep apnea



Symptoms

There are often no symptoms of NASH, even at the advanced stages.

Some symptoms may include:



Extreme fatigue



Pain/discomfort in the upper right abdomen



Unexplained weight loss or weakness

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

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



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



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



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

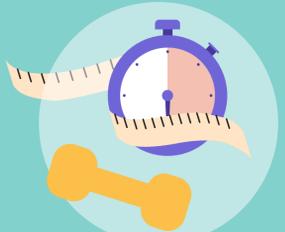
Treatments for NAFLD and NASH

If you are diagnosed with fatty liver in its early stages, you can try to prevent its progression to more advanced stages. Lifestyle changes are the no. 1 recommendation.



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 extreme or yo-yo dieting



Medical intervention

- There are currently no FDA-approved medications for NASH, but research is underway
- Medications may be prescribed to help with related issues, like high blood pressure and Type 2 diabetes