



October
Know Your Liver
Non-Alcoholic Fatty Liver Disease

1. NAFLD is characterized by fat accumulation in the liver.
 2. It can affect individuals who consume little to no alcohol with progression similar to alcohol related liver diseases.
 3. Approximately 25-30% of Americans are affected by this disease, including 10% of school age children.
 4. NAFLD can be present for many years with no visible symptoms.
 5. Prolonged untreated NAFLD can lead to cirrhosis, liver cancer, or liver failure.
 6. Risk factors include being overweight/obese, diabetes, high blood pressure, high cholesterol and high triglycerides.
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Doctor's Tip

Diet and lifestyle modification are the cornerstone in prevention and treatment of NAFLD.

- Dr. Zohair Ahmed, University of Illinois at Chicago



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Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division.
Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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