Liver disease is the 4th leading cause of death in the 45-54 age group and 6th leading cause for ages 35-74.

NASH is more likely to result in a liver transplant than alcoholism and is expected to surpass hepatitis by 2020.

NASH is the **silent disease** because there are usually no symptoms and most people have **not heard of it**.

Disease Progression

- NORMAL LIVER
- FATTY LIVER
- NAFLD 🔄 NASH 🔄 CIRRHOSIS 🔄 CANCER/TRANSPLANT/DEATH

Liver Transplants

- Transplants are the *only* cure for liver cirrhosis and liver cancer from cirrhosis.
- 2X as many men than women are on the transplant waiting list.

Almost 20% of those on the waiting list will die before receiving a transplant and about 10% will become too sick to transplant.

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Have TWO friends? Chances are, one of you has a **fatty liver**.

We’re a resource to help you learn how to prevent Fatty Liver Disease and stop its effects.

Did you know?

Fatty liver can occur in **NON-ALCOHOLICS** just as easily as it can in those who abuse alcohol.

Men, women, **AND** children can be affected by Fatty Liver Disease.

Most people who have Fatty Liver Disease have no idea and show **NO SYMPTOMS**.

The Silent Epidemic

- According to the National Institute of Diabetes and Digestive & Kidney Diseases, an estimated 100 million Americans, representing 30-40% of the US population, have Non-Alcoholic Fatty Liver Disease (NAFLD).
- Of those, up to 25 million have Non-alcoholic Steatohepatitis (NASH), and most don’t know it.

- NASH is frequently undetectable until it reaches an advanced stage.
- Cases of NASH are rapidly increasing in parallel with diabetes and obesity and its prevalence is expected to increase by over 60% by 2030.
- Experts say that up to 25% of NASH patients will end up with cirrhosis.
- 17.6 million Americans abuse alcohol or are alcohol dependent, with 90-100% of them having fatty livers.
The only way to manage NASH is to treat the underlying risk factors.

**Risk Factors**

- Overweight or Obese
- Diabetes
- Metabolic syndrome triples the risk for NASH and severe fibrosis. It occurs when any 3 of the following are present:
  - Abdominal Fat
  - High Blood Pressure
  - Elevated Sugar Levels
  - Abnormal Cholesterol
- Heart Disease
- Sleep Apnea
- Insulin resistance related to obesity and physical inactivity.
- Males are more likely to be diagnosed with NASH than females.
- Hispanics are most likely to have NASH followed by Caucasians.
- Hypothyroidism
- Hypopituitarism
- Hypogonadism
- Pancreatoduodenal
- Psoriasis
- Genetics

**Your Liver**

- If your liver fails you will die.
- It is the hardest working organ in the human body, performing over 500 functions.
- The most important functions:
  - Eliminating toxins.
  - Processing food and drinks into energy and nutrients.
  - Helping control blood pressure.
  - Assisting the immune system.
  - Aiding blood clotting.

**Children Are Not Immune**

- It’s estimated that up to 10% of children have fatty liver, largely due to obesity.

**The Keys to a Healthy Liver**

- Control your weight, exercise, and follow a healthy diet.
- Don’t smoke, limit alcohol, and don’t overmedicate.
- Avoid opioids and other drugs.
- Avoid touching or breathing toxins such as pesticides.

- Losing weight with diet and exercise.
- Eliminating alcohol.
- Aerobic exercise.
- Taking Vitamin E with certain provisions.
- Controlling blood pressure, cholesterol, and blood sugar.

**Fatty Liver Disease** occurs when more than 5 to 10% of the liver is infiltrated by fat.

NAFLD is Fatty Liver not caused by alcohol, with little to no inflammation.

NASH occurs when the liver swells and there is damage to liver cells.

Cirrhosis occurs when the scar tissue impairs the liver’s ability to function.

As scar tissue replaces healthy tissue, liver disease becomes harder to reverse.

The liver is a forgiving organ and damage is reversible by:

- Losing weight with diet and exercise.
- Eliminating alcohol.
- Aerobic exercise.
- Taking Vitamin E with certain provisions.
- Controlling blood pressure, cholesterol, and blood sugar.

Early detection is critical.

Presently, there are no drugs that address NASH or cirrhosis, but several are in testing by pharmaceuticals.