

TYPE 2 DIABETES (T2D) AND FATTY LIVER

DID YOU KNOW?

Most of Those With T2D Have a Fatty Liver

PROBABILITY OF FATTY LIVER

Group	Probability
General Public	Up to 40%
Those with T2D	Up to 80%
Those who are Obese	Up to 90%

Source: National Institutes of Health

WHAT IS FATTY LIVER?

- Excess fat in liver.
- Affects 100 million Americans.
- Little-known and typically undetected condition.
- Can cause life-threatening liver disease.
- Normal weight people also at risk.



WHY YOU SHOULD CARE

- Can lead to cirrhosis, cancer, high blood pressure, cardiac issues & liver transplant.
- In combination with T2D, increases risk of serious disease.

WAYS TO DIAGNOSE

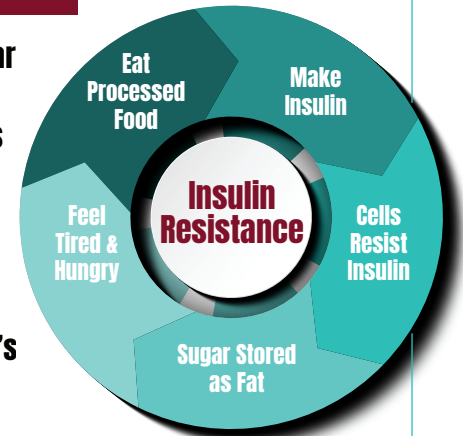
- Blood tests (hepatic panel, etc.)
- Fibroscan (a form of ultrasound)
- Imaging (MRI, etc.)
- Biopsy

THE PROBLEM

- No approved medications
- Improved diet, weight loss & physical activity are only ways to stop disease progression

INSULIN RESISTANCE

- When excessive sugar enters the blood stream, the pancreas makes insulin to reduce blood sugar levels.
- Insulin helps blood sugar enter the body's cells to be used as energy.
- When excess sugar consumption continues, the cells eventually become resistant to the insulin and sugar stays in the blood stream causing high blood sugar levels and elevated insulin levels, contributing to weight gain instead of being used for energy.
- The fructose component of sugar can itself promote fatty liver and insulin resistance.
- A fatty liver is an insulin resistant liver, releasing its sugar into the blood stream, increasing blood sugar.
- Insulin resistance is a precursor to T2D.



TAKE ACTION NOW

- HEALTHIER DIET
 - Eliminate soda and sugar-sweetened beverages, including juices
 - Less fats from processed food: more fats from fish & nuts
 - Replace starchy carbs (e.g., pasta, etc.) with carbs from vegetables
- MORE PHYSICAL ACTIVITY
- MANAGE STRESS
- SLEEP AT LEAST 7-9 HOURS PER NIGHT
- EXPLORE THERAPEUTIC CARBOHYDRATE REDUCTION

