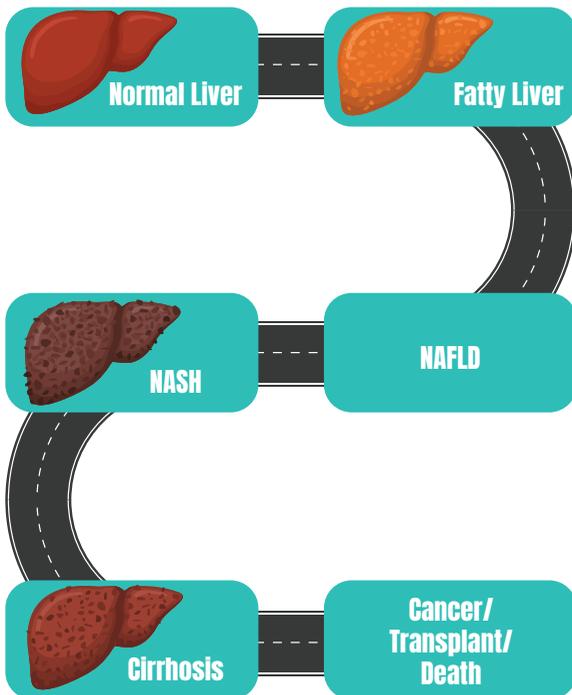


NASH is the Silent Disease because there are usually no symptoms and most people have not heard of it

Chronic liver disease and cirrhosis is the 4th leading cause of death in the 35-64 age group

NASH is the fastest growing indication for liver transplantation in adults

DISEASE PROGRESSION



CONCERNED? TAKE ACTION

- Ensure your diet is healthy for your liver and exercise more. If you are obese or possess excess abdomen fat it is vitally important to begin losing weight
- Talk to your doctor about your concerns and ask for a test such as FIB-4 to determine if you have NAFLD or NASH
- If NASH is confirmed, consider asking your doctor about assessing your risk of disease progression with tools such as the ELF™ test
- If you're at risk for advanced liver disease, ask for a referral to a hepatologist
- The hepatologist may suggest additional imaging tests including ultrasounds and MRIs to further assess and monitor your condition



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NASH KNOWledge
THE SILENT EPIDEMIC

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HAVE TWO FRIENDS?
Chances are, one of you has Non-Alcoholic Fatty Liver Disease (NAFLD).



DID YOU KNOW?

- People who DO NOT abuse alcohol can develop cirrhosis
- Men, women, AND children of all ages can be affected by NAFLD
- 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 undetected 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



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
- It's located in the abdomen, under the rib cage on the right side
- The liver is shaped like a football and weighs roughly three pounds

LIVER HEALTH TIPS

- Limit processed food, fast foods and sugar
- 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

PRINCIPAL RISK FACTORS

Medical Factors

- Overweight or Obese
- Type 2 Diabetes
- Metabolic syndrome which 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

Other Factors

- Genetics
- Ethnicity
 - Hispanics are most likely to have NASH followed by Caucasians, and then African Americans
 - Slim Asians are also at risk
- Gender
 - Males are more likely to be diagnosed with NASH than females

CHILDREN ARE NOT IMMUNE

- It's estimated that up to 10% of children have fatty liver, largely due to obesity
- Fatty liver in children is exacerbated by the excessive intake of sugar
- It affects:
 - 38% of obese children
 - 1% of 2 to 4-year-olds
 - 17% of 15 to 19-year-olds
 - 8% of lean teens

NASH can be reversed through lifestyle changes

- Fatty Liver Disease occurs when more than 5 to 10% of the liver is infiltrated by fat
- NAFLD is Fatty Liver Disease 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 scar tissue impairs the liver's ability to function
- 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 doctor consent
 - Controlling blood pressure, cholesterol, and blood sugar
- Early detection is critical
- As scar tissue replaces healthy tissue, liver disease becomes harder to reverse
- Presently, there are no drugs that address NASH or cirrhosis, but several are in testing

