

Metabolic Dysfunction-Associated Liver Disease (MASLD)

WORLD
LIVER
DAY



What is MASLD?

- **Excess fat** in the liver (5-10 % of the liver's weight).
- There are usually **no symptoms** associated with the condition until it advances, and, as a result, most are unaware they have MASLD.
- MASLD is too often dismissed as not being a serious condition.
- **20-25% of people with MASLD will see the condition become more serious.**

Are you at risk?

- If you have **type 2 diabetes**, are **obese** or have **elevated liver enzymes** you should be screened for MASLD.
- Ask your primary health care physician or your diabetes doctor to order **more blood tests** or **an ultrasound**.
- **MASLD can be reversed through lifestyle changes.**

Suggested diet changes

- Drink **water** instead of soda, sport drinks and juices.
- Cut back or **eliminate alcohol**.
- **Eat fruit**, don't drink it.
- **Reduce red meat** and replace with tuna, shellfish, chicken and turkey.
- Replace white rice with **brown rice**.
- Snack on **nuts and seeds**, not chips or baked goods.
- Eat **more fruits and vegetables**.
- Replace white flour pasta with **whole wheat pasta**.
- Replace sugary cereals with **oatmeal and eggs**.



An action plan

- **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 a FIB-4 to determine if you are at risk for advanced liver disease.
- If the tests confirm you are at risk, ask for a referral to a liver specialist.
- The specialist may suggest additional blood tests such as the ELF (Enhanced Liver Fibrosis test) or imaging tests including ultrasounds and MRIs to further assess and monitor your condition.

Did you know?

Have two friends? Chances are, one of you has MASLD, not due to alcohol.

People who **DO NOT** abuse alcohol can develop cirrhosis.

UNHEALTHY DIET CHOICES can lead to MASLD. Men, women, **AND** children of all ages can be affected by MASLD.

Most people who have MASLD have no idea and show **NO SYMPTOMS**.

Disease progression

- MASLD starts when too much fat (5-10% of the liver's weight) builds up in the liver. **Medical term: MASLD**
- Continued fat buildup causes the liver to swell, leading to damaged liver tissues. **Medical term: MASH**
- Over time, scar tissue develops and replaces healthy tissue. **Medical term: Fibrosis or FI-F3**
- Scar tissue causes the liver to stiffen and reduces blood flow, affecting the liver's ability to function. **Medical term: cirrhosis or F4**
- **Cirrhosis can lead to liver cancer, the need for a liver transplant, or can be fatal.**

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 develop MASLD, followed by Asians, Caucasians and then African Americans.
- Gender: **Males** are more likely to have MASLD than females
- Exposure to toxins.

MASLD can be reversed through lifestyle changes

- **Losing 5-10% of your body weight**, though difficult, is usually the best thing you can do.
- **Other changes are also effective:**
 - Reducing sugar in your diet.
 - Cutting back on processed food.
 - Eliminating alcohol.
 - 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.
- **Reversal is unlikely once cirrhosis develops.**



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Is a non-profit founded by a liver patient with a mission to increase awareness and provide education related to MASLD. for more information visit liveradvocates.org



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