

## **Non-Alcoholic Fatty Liver Disease**

### **What is Non-Alcoholic Fatty Liver Disease (NAFLD)?**

This is a disease where fat collects in the liver. It is often just referred to as “fatty liver”. The picture shows a healthy liver on the left and a fatty liver on the right. A fatty liver can become inflamed and lead to more serious liver damage.

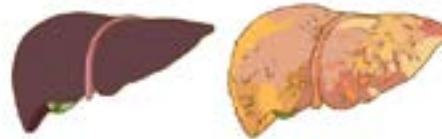
### **Who gets Fatty Liver?**



**Children and adolescents as well as adults – mainly from being overweight and inactive**

### **What are the Main Causes of Fatty Liver?**

Overweight  
High blood pressure  
Diabetes, pre-diabetes and high blood sugar  
High cholesterol, etc



**Are there symptoms?** There are usually no symptoms with fatty liver. However, some people say they have pain in the upper right belly area. Some have fatigue and generally do not feel well.

### **What happens when you have fatty liver?**

About 25% of people with fatty liver get a type of liver inflammation (hepatitis). Over years, this can lead to liver failure. It can also lead to liver cancer. Fatty liver increases your risk of getting diabetes, heart disease and stroke.

### **Treatment: What can you do for your condition?**

There are no drugs that can treat fatty liver. Vitamins and “detoxing” do not work.

### **Here is what you can do:**

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| <ul style="list-style-type: none"><li>✓ 30 minutes a day of “exercise” (get sweaty and breathing hard!) PLUS other activities to “get moving”</li><li>✓ Eat healthy – Canada’s NEW Food Guide: mostly plant-based foods</li><li>✓ Lose 7 to 10% of your body weight gradually by combining the above measures</li><li>✓ If you have diabetes, high blood pressure or high cholesterol: CONTROL these to limit the damage of fatty liver</li><li>✓ Black Coffee “may” be helpful to limit the damage of fatty liver</li></ul> | <ul style="list-style-type: none"><li>✗ Pop and other sugary drinks and candy</li><li>✗ Processed foods – particularly with additives or preservatives</li><li>✗ “Pre prepared” meals / Fast foods</li><li>✗ Foods containing “fructose” (e.g., corn syrup)</li><li>✗ Sitting: Limit screen time to &lt; 2 hours / day</li><li>✗ If your fatty liver is more “advanced” (i.e., not just simple) you should AVOID alcohol entirely</li></ul> |
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### **Can I drink alcohol – how much is “too much?”**

If you have **simple** fatty liver it is likely safe to drink but stay BELOW these safe guidelines

#### **Reducing the amount of alcohol that you drink is very important**

- Safe drinking levels: no more than 2 drinks per day for women – max 10 per week, and 3 drinks per day for men - max 15 per week
- It is important to have days with no alcohol
- One standard drink is equal to:
  - 341 ml (12 oz) bottle of 5% alcohol beer, cider or cooler
  - 142 ml (5 oz) glass of 12% alcohol wine
  - 43 ml (1.5 oz) serving of 40% spirits

### **Where to get help about fatty liver on the internet:**

Canadian Liver Foundation – <https://www.liver.ca> – Information on liver disease for Patients and their Caregivers.

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August 2019

