

# Metabolic Dysfunction-Associated Liver Disease (MASLD)

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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.**



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## 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](http://liveradvocates.org)



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