

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 F1-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