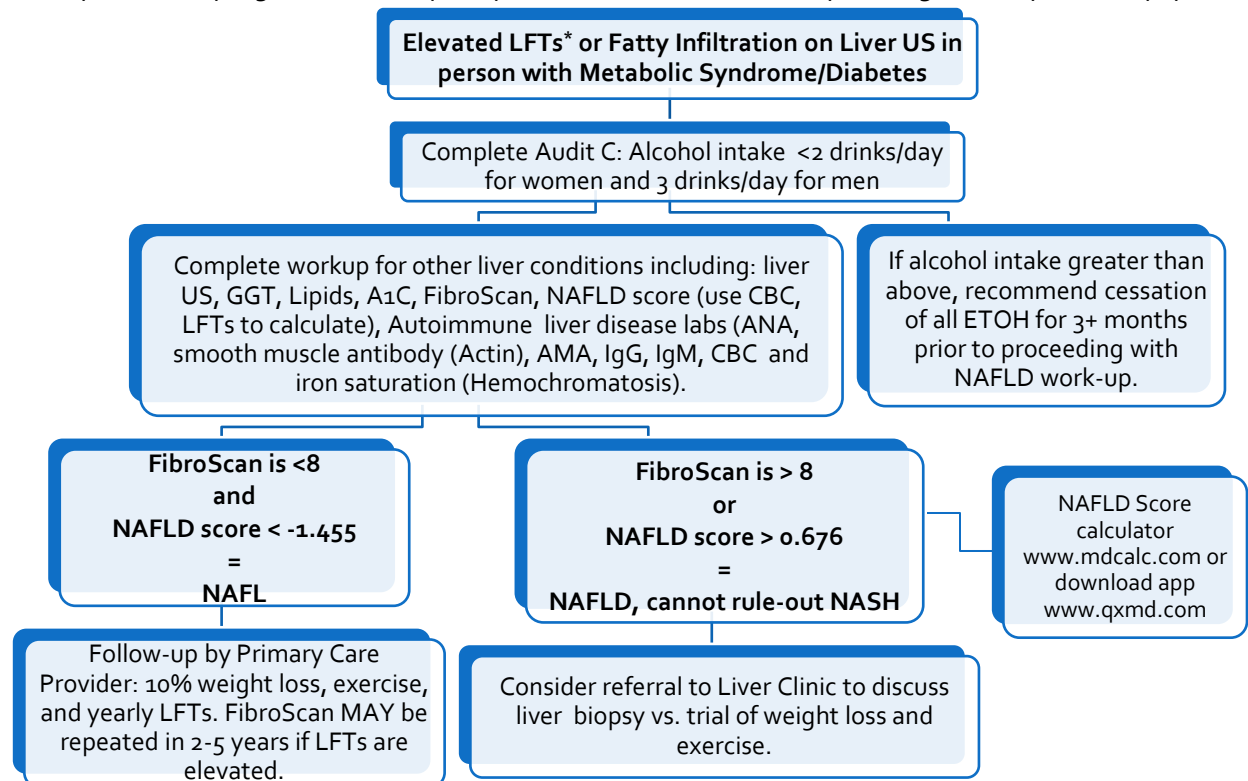


NAFLD CARE

WORKUP

Nonalcoholic Fatty Liver Disease (NAFLD) is initially suspected when blood tests show elevated levels of liver enzymes and tests for hepatitis B, C, and autoimmune liver disease are negative in persons who do not drink alcohol or drink in no more than moderate amounts. Nonalcoholic Steatohepatitis (NASH) is fatty liver that progresses more quickly to cirrhosis. NASH can only be diagnosed by liver biopsy.



TREATMENT

There are no medical treatments yet for NAFLD. Recommendation includes:

Diet: Gradual weight loss of 1 lb. a week (500 calories reduction/day). The Mediterranean diet is recommended to decrease steatosis, fibrosis, and improve insulin sensitivity.

Exercise: 30-60 minutes daily 5 times a week.

Vitamin E: 800 IU daily improves liver histology in non-diabetic patients with biopsy proven NASH. It is not recommended in diabetic patients or cirrhosis.

Bariatric Surgery: Foregut bariatric surgery can be considered in obese individuals with NAFLD or NASH as it can improve steatosis, liver histology and fibrosis.

HAVE A QUESTION? WHO TO CALL

Liver Disease & Hepatitis Program – Call 907-729-1560 or 800-655-4837 and ask for a nurse or provider.

*ALT > 25 female; > 35 male