

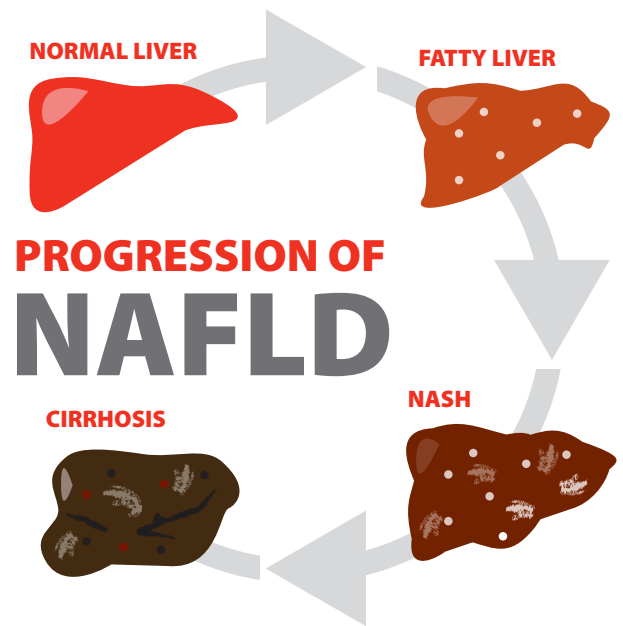
NAFLD

Non-Alcoholic Fatty Liver Disease

NAFLD is the buildup of extra fat in the liver that is **NOT** caused by alcohol. It is normal for the liver to contain some fat. However, if more than 5% - 10% percent of the liver's weight is fat, then it is called a Fatty Liver.

It is estimated that up to **20% of Americans have Fatty Liver.** Fatty Liver can progress to Non-Alcoholic Steatohepatitis (NASH), which means that along with fat, there is inflammation and damage to your liver.

digestive.niddk.nih.gov/ddiseases/pubs/nash



Being overweight or **Obese**, having **Type II Diabetes** or **High Cholesterol** may increase your risk of NAFLD. It is important to maintain a healthy lifestyle, speak to your healthcare provider about ways to lower your risk.



More than one-third of Americans and approximately **12.5 million (17%)** of children and adolescents are obese.

www.cdc.gov/obesity/data/facts.html



Nearly **26 million** Americans have diabetes and an estimated **79 million** adults have pre-diabetes. Type II diabetes accounts for 90% to 95% of cases.

www.cdc.gov/features/diabetesfactsheet



71 million American adults (33.5%) have high or "bad" cholesterol.

www.cdc.gov/cholesterol/facts.htm



NAFLD is the leading cause of **Chronic Liver Disease** in children and adults in the United States.

ncbi.nlm.nih.gov/pubmed/19637286

NAFLD is the third most common reason for **Liver Transplants** in the United States.

ncbi.nlm.nih.gov/pubmed/21726509

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Cirrhosis is the 12th leading cause of death in the United States.

cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_06.pdf



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