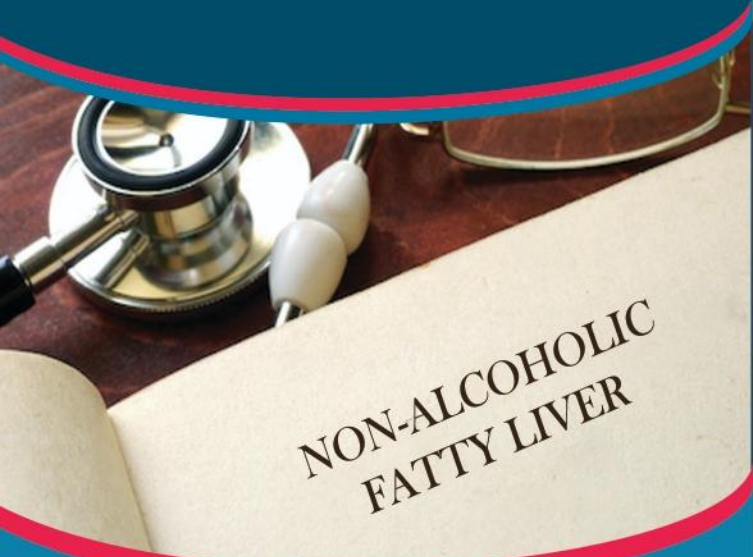




Non-alcoholic fatty liver



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Useful tips in people with

non-alcoholic fatty liver disease

Adopting a healthy lifestyle is the main way to manage non-alcoholic fatty liver disease.

for example:

Weight loss: You should aim for a BMI between 18.5 and 24.9.

Eat a healthy diet: Try a balanced diet that is high in fruits, vegetables, protein and carbohydrates but low in fat, sugar and salt.

Exercise regularly: Do at least 150 minutes of moderate-intensity activity a week, such as walking or cycling.

Quit smoking.

► Diet in non-alcoholic fatty liver disease ◀

Your doctor may advise you to limit fat intake to prevent or treat this condition , Replacing unsaturated fats, especially omega-3 fatty acids in your diet with saturated fats and trans fats, if you have non-alcoholic fatty liver disease can reduce your risk of heart disease ,

Your doctor may suggest other dietary changes to help treat nonalcoholic fatty liver disease and nonalcoholic steatohepatitis:

Eat more low-glycemic foods, such as most fruits, vegetables, and whole grains.

Avoid foods and beverages that contain large amounts of simple sugars (especially fructose).

Avoid heavy alcohol consumption, which can damage your liver (up to 4 drinks per day for men and up to 3 drinks per day for women)



- Pain or discomfort in the upper right abdomen
- Possible signs and symptoms of non-alcoholic steatohepatitis and advanced liver ulcers (cirrhosis)

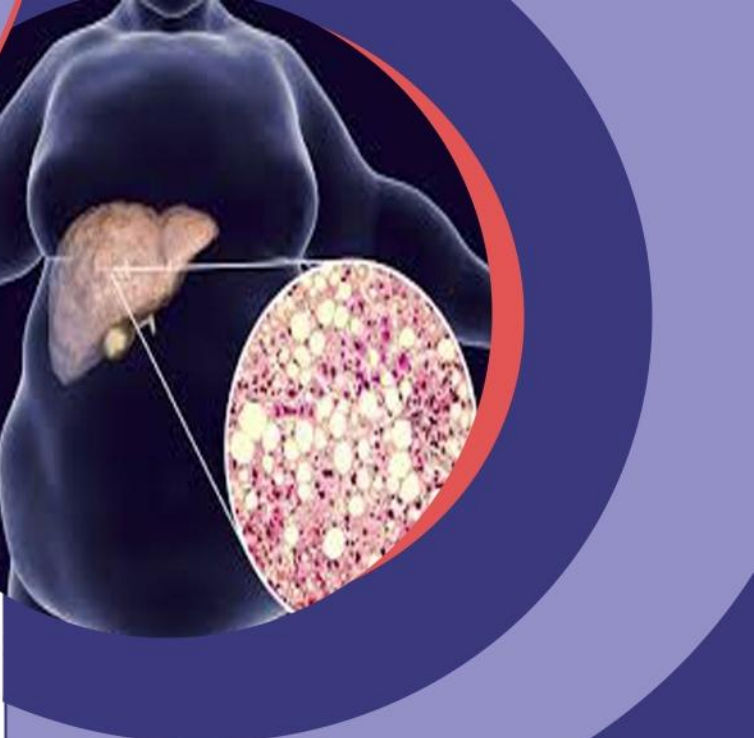
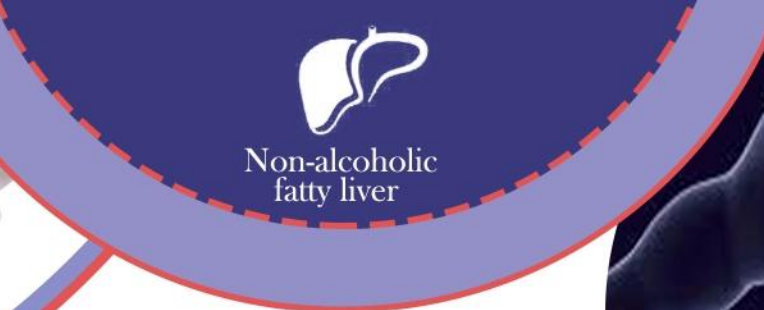
include:

- Abdominal swelling (ascites)
- Enlarged blood vessels below the surface of the skin
 - Enlarged spleen
 - Redness of the palms
- Jaundice of the skin and eyes (jaundice)

► Causes of non-alcoholic fatty liver disease ◀

These people are more likely to develop non-alcoholic fatty liver disease - either simple fatty liver or non-alcoholic steatohepatitis :

- Overweight or obesity
- Insulin resistance
- Abnormal levels of fats in the blood
 - Type 2 diabetes



► Non-alcoholic fatty liver ◀

Non-alcoholic fatty liver disease is a condition in which excess fat is stored in a person's liver. Excess fat stored in a person's liver can cause non-alcoholic fatty liver disease. But this accumulation of fat is not due to excessive alcohol consumption. There are several stages of non-alcoholic fatty liver:

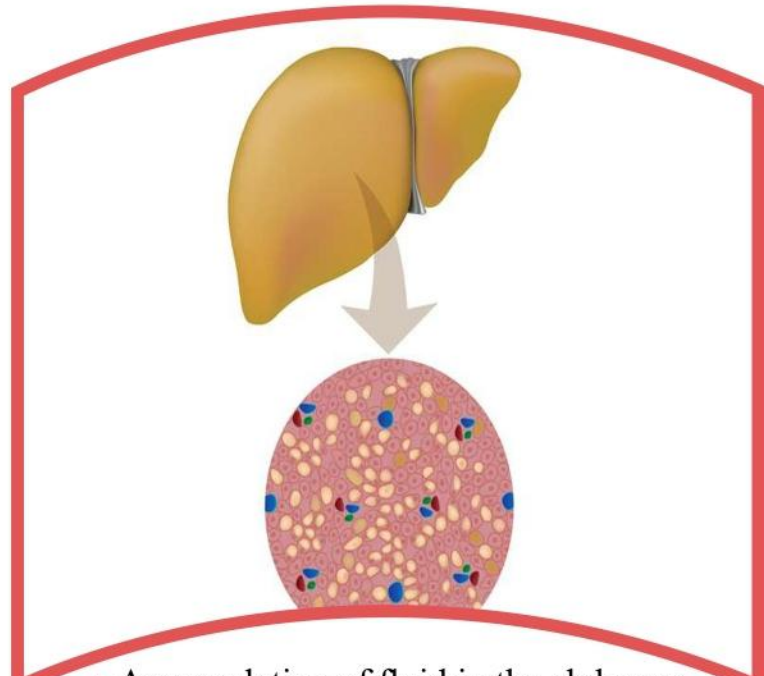
Simple fatty liver: The accumulation of fat in liver cells that is largely harmless and can only be detected in tests performed for other reasons.

- **Non-alcoholic steatohepatitis:** A more serious form of non-alcoholic fatty liver disease in which the liver was inflamed.
- **Fibrosis:** When persistent inflammation causes ulcers around the liver and surrounding blood vessels, but the liver is still able to function normally.

Cirrhosis: The most severe stage that occurs after years of inflammation.

► Complications of non-alcoholic fatty liver disease ◀

Cirrhosis of the liver can lead to the following:



- Accumulation of fluid in the abdomen (ascites)
- Confusion, drowsiness and stuttering (hepatic encephalopathy)

- Swelling of the arteries in the esophagus (esophageal varices); Which can rupture and cause bleeding.
- Confusion, drowsiness and stuttering (hepatic encephalopathy)
- liver cancer
- The final stage of liver failure, which means that the liver loses its function.

Symptoms of non-alcoholic fatty liver disease

Non-alcoholic fatty liver disease usually causes no signs or symptoms. When this happens, the symptoms often include the following:
Fatigue