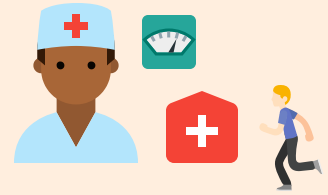




FATTY LIVER



Fatty liver disease occurs when excess fat is stored in liver cells. It often develops in people who are overweight or obese, but it can also occur in those with normal weight due to metabolic issues like diabetes. Fatty liver can lead to more serious liver conditions, like cirrhosis (liver scarring) or liver cancer, if not managed properly.

1

Symptoms

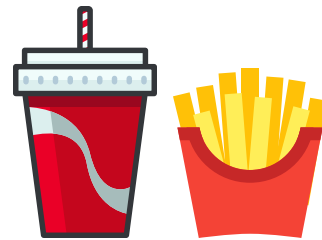
In many cases, fatty liver disease doesn't cause noticeable symptoms. Some individuals might experience fatigue or discomfort in the upper right side of the abdomen. Advanced stages can lead to more serious symptoms like jaundice.



2

Risk Factors

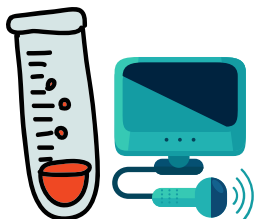
Risk factors include being overweight or obese, having high blood sugar levels or diabetes, or elevated blood triglycerides.



3

Diagnosis

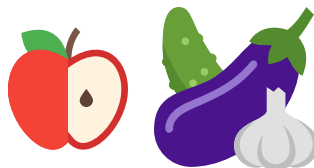
Diagnosis typically involves blood tests, imaging tests such as an ultrasound or MRI, and sometimes a liver biopsy to assess the extent of liver damage.



4

Treatment

The most effective treatment is lifestyle modification, including weight loss, healthy eating, and regular exercise. While there are no specific medications for fatty liver, managing related conditions like diabetes and obesity can be beneficial.



5

Prevention

Preventive measures include maintaining a healthy weight, engaging in regular physical activity, following a plant-forward diet like the Mediterranean diet, and limiting alcohol intake. Your doctor may recommend regular blood tests and ultrasounds.

