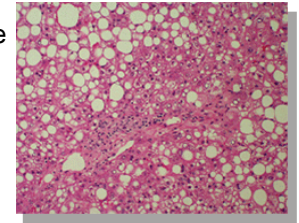


# Nonalcoholic Fatty Liver Disease (NAFLD)

## What Is Fatty Liver Disease?

The liver is the 2nd largest organ in your body. It is under your right rib cage and weighs about 3 lbs and is shaped like a football flat on one side. Livers process food and drink into energy, nutrients and fat that the body can use. It also detoxifies by removing harmful substances from the blood.



Fat Deposits in Liver Tissue

Fatty liver disease is the build up of extra fat in liver cells that is not caused by alcohol. If more than 5% of the liver is fat, then it is called fatty liver. Nonalcoholic steatohepatitis is the most severe form of NAFLD and leads to cirrhosis. NAFLD is highly associated with obesity, insulin resistance and type II diabetes. Fatty liver is a chronic condition and affects 20-30% of Americans. About 70% of people with type II diabetes have fatty liver.

The prognosis depends on the extent of liver damage. New research findings show that fatty liver disease will reach epidemic proportions in the next 10 years if dietary changes are not implemented. The prevalence of the most severe form of NAFLD is estimated to reach 50% by 2030 if the current rates of obesity and diabetes continue.

## Signs and Symptoms

Most people with NAFLD have no symptoms. It is usually discovered when lab tests show elevated liver enzymes. The most common symptoms that bring NAFLD to medical attention are malaise, fatigue, edema and right upper quadrant abdominal discomfort. A hard liver border can be found upon clinical examination. Patients might complain of jaundice.

It is often diagnosed during routine checkups, follow up labs for drug side effects or for nonspecific symptoms. A liver biopsy is needed to confirm the diagnosis.

### Possible Causes:

- Lipid Metabolism Disorders
- Insulin Resistance
- Obesity
- Diabetes
- Metabolic Syndrome
- Medications such as amiodarone, diltiazem, antiretroviral therapy, steroids, tamoxifen
- Refeeding Syndrome
- Severe Weight Loss (weight loss should be at a rate of 1-2 lbs per week)
- Malnutrition
- Toxic exposure

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Empowering You Through  
Education and Medical Support

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods as it is to eat the proper nutrients.

We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

There are many ways to lose weight, but **our program ensures that you are losing body fat and not just "weight"** by weighing on body mass analysis scales weekly and making timely adjustments to your program.

## Treatment of Nonalcoholic Fatty Liver Disease

No specific medical therapies exist to treat nonalcoholic fatty liver disease. But here are 5 tips from experts and recent studies:

1. **Lose weight and exercise** The Journal of Hepatology found that losing weight improved fatty liver condition in patients.
2. **Improve Diet** Avoid carbs with a high glycemic index such as white rice, white bread, sugars and refined grains.
3. **Consider a Glass of Wine** Researchers at University of San Diego found that one glass of wine a day decreased the risk of nonalcoholic fatty liver disease.
4. **Don't Count on Experimental Treatments** Taking vitamins C and E, selenium, betaine or drugs such as metformin are all being studied and no conclusive evidence shows that they improve fatty liver.
5. **Treat the Associated Conditions** Treating the conditions that are associated such as type II diabetes, hypertension or high cholesterol seems to improve the fatty liver condition as well.