

Fatty Liver Disease

WHAT IS FATTY LIVER DISEASE?

Fatty liver disease happens when **extra fat builds up in the liver**. Over time, it can lead to liver inflammation, scarring, or serious liver damage.

TYPES OF FATTY LIVER DISEASE

1

MASLD (Metabolic dysfunction-associated steatotic liver disease)

- Linked to metabolic risk factors, such as diabetes, higher body weight, high cholesterol, or high blood pressure.

2

ALD (Alcohol-associated liver disease)

- Liver damage caused by drinking too much alcohol over time.

YOU MAY BE AT HIGHER RISK IF YOU HAVE:

- Type 2 diabetes or prediabetes
- Higher body weight
- High cholesterol or triglycerides
- High blood pressure
- Metabolic syndrome
- A family history of fatty liver disease
- Low physical activity
- Diets high in sugary drinks or highly processed foods



Call your doctor if you notice **yellowing of your skin or eyes; swelling in your belly, legs, or ankles; dark urine or pale stools; easy bruising or bleeding; ongoing fatigue or weakness; belly pain that does not go away; confusion or severe sleepiness; or if you were told your liver tests are abnormal.**

WHY IS FATTY LIVER DISEASE OFTEN “SILENT”?

Many people do not know they have it. The inner part of the liver has no pain-sensing nerves, so it **can experience fat buildup and chronic scarring without causing any physical sensation.**

HEALTHY STEPS FOR YOUR LIVER

- ✓ Move your body regularly
- ✓ Choose balanced meals
- ✓ Limit sugary drinks
- ✓ Work toward a healthy weight if recommended
- ✓ Manage diabetes, cholesterol, and blood pressure
- ✓ Ask before taking supplements or mixing medicines

HOW IS IT CHECKED?

1. **Talk with your doctor:** Discuss risk factors, symptoms, medicines, and alcohol use.
2. **Blood tests:** Liver enzyme tests may show signs of liver irritation.
3. **Imaging tests:** Ultrasound or other imaging may show fat in the liver.
4. **Follow-up testing:** Some people need more tests to check for liver scarring.



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Sources: National Institute of Diabetes and Digestive and Kidney Diseases, Mayo Clinic, Medline Plus, American Association for the Study of Liver Diseases