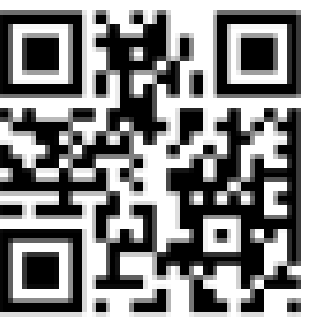


Metabolic Associated Steatotic Liver Disease (MASLD)



What is MASLD?

- Fat in the liver from metabolic risk factors, not alcohol use
- Reversible in early stages but can progress to end stage liver disease (cirrhosis)



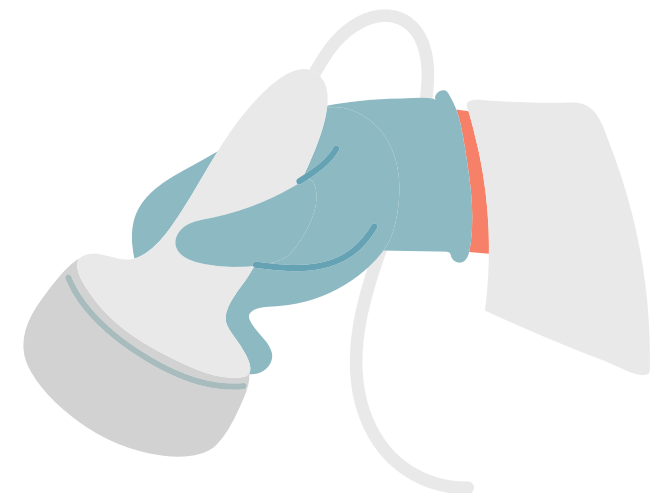
Risk Factors

- 1 in 3 adults in the United States have MASLD, most have no symptoms
- Obesity, diabetes, and high blood pressure increase your risk



How is MASLD diagnosed?

- Screening starts with a blood test to calculate your risk (FIB-4)
- If elevated, the next step is an ultrasound to measure your liver stiffness



How is MASLD treated?

- Diet, exercise, and weight loss
- Treat diabetes and high blood pressure
- Semaglutide and Resmetirom are FDA approved for the treatment of select patients with MASLD



Sources

- <https://www.hepatitis.va.gov/pdf/MASLD-Patient-Handout-Final.pdf>
- <https://professional.diabetes.org/sites/dpro/files/2025-12/251215-ConversationGuide-MASLD-hcp-Final.pdf>



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