What is Fatty Liver Disease?

**Fatty liver disease** is a condition characterized by the accumulation of fat in the liver. **Fatty liver disease** increases the risk for diabetes, cardiovascular disease, and kidney disease.

**Basic Facts**

- **Fatty liver disease** is one of the most common causes of liver disease in the U.S.
- **Fatty liver disease** is more common in people who have certain medical conditions, including obesity and type 2 diabetes.
- Other major risk factors include high cholesterol levels, and high blood pressure. People with **hepatitis C** are also at increased risk.

Fatty liver disease is known as Nonalcoholic fatty liver disease (NAFLD) or Metabolic Dysfunction-associated Steatotic Liver Disease (MASLD).

Nonalcoholic fatty liver (NAFL) and nonalcoholic steatohepatitis (NASH) or Metabolic dysfunction-associated steatohepatitis (MASH) are types of NAFLD/MASLD.

Source: cdc.gov
Fatty Liver Disease: What You Need to Know

Symptoms
- Most people have no symptoms. Even so, fatty liver disease can lead to liver damage.

Diagnosis
- Fatty liver disease is usually diagnosed when you have routine blood tests to check your liver.

Treatment
- Fatty liver disease means there is a buildup of extra fat in your liver. The good news: It takes time for fatty liver disease to damage the liver. Therefore, you can take steps to reverse the condition before it becomes more serious.

Diet and Lifestyle Changes
Research suggests that losing weight is the single best thing you can do to control or reverse fatty liver disease. A good goal is to lose 10% of your total body weight, but even a loss of 3% to 5% can improve your liver health.

Source: cdc.gov