

FATTY LIVER

is a global health concern

THE LIVER



After the skin, the liver is the second largest organ in your body.

The liver processes what we eat and drink into energy and nutrients.

It removes harmful substances from the blood.

NON-ALCOHOLIC FATTY LIVER (NAFL) OFTEN HAS NO SYMPTOMS!



Being overweight or obese, having type II diabetes or high cholesterol may increase the risk for fatty liver.



If more than **5-10%** of the liver's weight is fat, then it is called a fatty liver.



A NAFL is the accumulation of extra fat in liver that is not caused by alcohol.



Rapid weight loss and poor eating habits also may lead to a **NAFL**.

WORLDWIDE

THERE ARE APPR. **1.5 BILLION** PEOPLE OVERWEIGHT OR OBESE.



THE GLOBAL PREVALENCE OF RAISED CHOLESTEROL AMONG ADULTS IS **39%**.

THERE ARE MORE THAN **344 MILLION** PEOPLE WITH DIABETES TYPE II (TYPE II ACCOUNTS FOR **90%** OF DIABETES CASES).

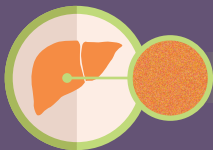
...THE PREVALENCE OF NAFL IN THE GENERAL POPULATION OF WESTERN COUNTRIES IS **20-30%**.



FATTY LIVER PROGRESSION

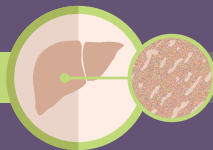
Over time, a **NAFL** may lead to inflammation, and may later lead to liver cancer or liver failure.

HEALTHY LIVER



Reversible

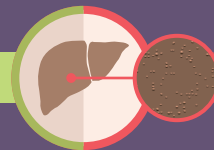
FATTY LIVER



Simple fat Accumulation

Reversible

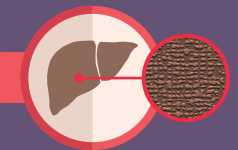
NASH (Non- Alcoholic Steato Hepatitis)



Fat plus inflammation and scarring

Irreversible

CIRRHOSIS (Scar tissue)



CANCER

VITAMIN E...

... acts as antioxidant and anti-inflammatory compound



...and helps overcome the issue of fatty liver for specific patient groups.



3 STEPS TO A HEALTHY LIVER



Maintaining a **healthy lifestyle** ... **and exercising** regularly may help prevent liver damage



A good diet and an adequate **vitamin E** intake may help reduce the risk of a **NAFL**



Talk to your doctor ... about ways to improve your liver health