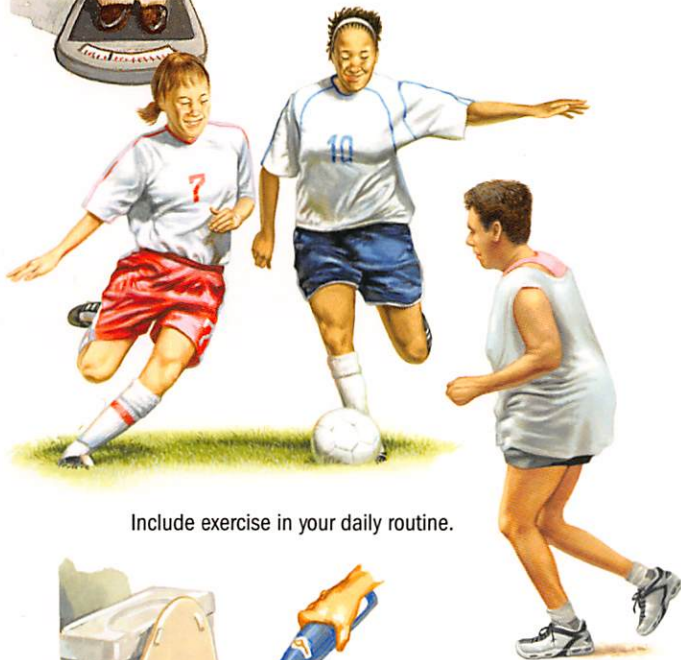




Manage fatty liver by keeping to a normal weight and eating a healthy low-fat diet.



Include exercise in your daily routine.



Avoid alcohol!

How Is Fatty Liver Treated?

Weight loss and avoiding alcohol are the best ways to treat fatty liver.

If you have NASH and are obese or diabetic or have high cholesterol, you should lose weight and control your blood sugar and lipid levels by eating a good diet and exercising.

Your doctor may try drugs to reduce the liver's fats and inflammation.

DOs and DON'Ts in Managing Fatty Liver:

- ✓ **DO** realize that often a liver biopsy is not done and fatty liver or NASH is diagnosed by ruling out other causes such as alcohol or virus (called a diagnosis of exclusion).
- ✓ **DO** ask your doctor about drugs that can hurt the liver, such as acetaminophen and some used for diabetes and high cholesterol.
- ✓ **DO** lose weight if you are obese.
- ⊘ **DON'T** drink alcohol. Avoiding alcohol may help get rid of the fat stored in liver cells.
- ⊘ **DON'T** forget that a few patients with NASH can get liver cirrhosis and have complications from liver failure, for example, yellow skin color (jaundice), fluid in and swelling of the belly (ascites), and swelling (edema) of the legs.

FROM THE DESK OF

NOTES

FOR MORE INFORMATION

Contact the following sources:

National Digestive Diseases Information Clearinghouse

Tel: (800) 860-8747

Web: www.niddk.nih.gov/health/diabetes/diabetes.htm