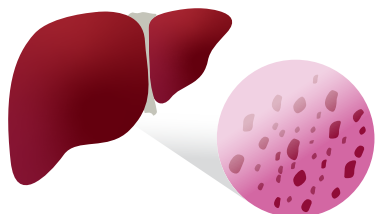


WHAT IS NAFLD?

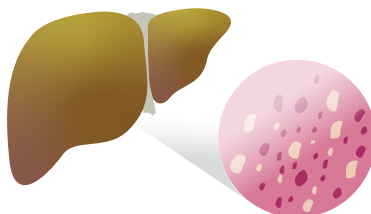
NONALCOHOLIC FATTY LIVER DISEASE

NAFLD is excess fat stored in the liver
not caused by alcohol use¹



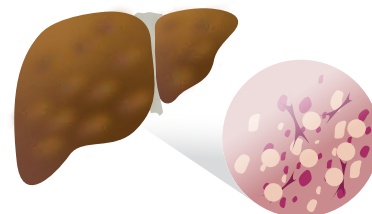
Healthy Liver

Filters blood, regulates sugar levels and blood clotting, and performs hundreds of other vital functions²



Nonalcoholic Fatty Liver (NAFL)

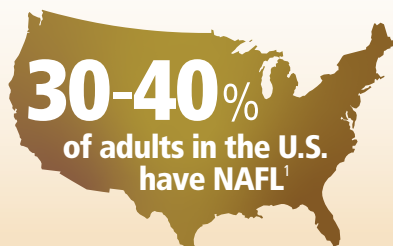
Fat in the liver with little or no inflammation or cell damage, can progress to NASH¹



Nonalcoholic Steatohepatitis (NASH)

Fat in the liver with inflammation and cell damage, can lead to cirrhosis or liver cancer¹

NAFLD in the United States



1 in 5
people with NASH will
progress to liver cirrhosis³



NASH
is expected to be
the leading cause
of liver transplant
in the U.S. between
2020-2025⁴

Risk factors and disparities

Risk factors for NAFLD and liver cancer include overweight and obesity (BMI > 25), diabetes or insulin resistance, and other metabolic factors^{5,6}

Racial disparities exist in many aspects of NAFLD, including prevalence, severity, genetic predisposition, and overall chance of recovery⁷

Hispanics and Asian Americans have higher prevalence of NAFLD compared with other ethnic and racial groups⁷

How can I lower my risk of NAFLD?⁸



Maintain a healthy weight and exercise most days of the week



Limit sugar; choose a plant-based diet rich in fruits, vegetables, whole grains and healthy fats



Ask your physician about screening for NAFLD and NASH