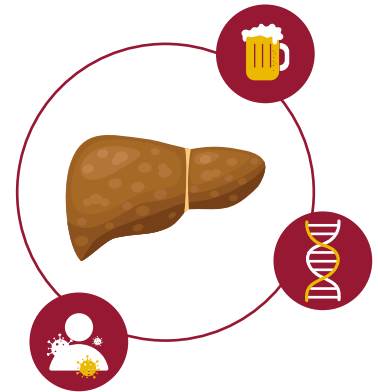


HAVE YOU BEEN DIAGNOSED WITH STEATOTIC (FATTY) LIVER DISEASE?

WHAT IS FATTY LIVER DISEASE?

Fatty liver disease, also called Steatotic Liver Disease (SLD), is when too much fat builds up in your liver. Common types are:

- **Metabolic dysfunction-associated steatotic liver disease (MASLD):** This type happens in people with health problems like being overweight, type 2 diabetes, high blood pressure, or high cholesterol. It's also called *metabolic dysfunction-associated fatty liver disease, or MAFLD*, in some places.
- **Metabolic dysfunction-associated steatohepatitis (MASH):** This is a more serious type of MASLD where the liver is inflamed or scarred in addition to having too much fat.
- **Metabolic and alcohol-associated liver disease (MetALD):** This happens when someone has MASLD and also drinks more alcohol than is considered safe.



THE GOOD NEWS: YOU CAN TAKE CONTROL

Fatty liver disease often gets better with healthy lifestyle changes. Many people are able to stop or even reverse the damage by making changes like:

1 Setting a goal to improve your nutrition

- Healthy food choices - Focus on vegetables, fruits, whole grains, lean proteins, and healthy fats
- Limiting portion sizes
- Read the nutrition labels to look for hidden fat, sugar, and sodium
- Have a goal of 5 portions of fruit and vegetables a day
- Eat foods high in fiber including whole grains
- Use extra virgin olive oil as main added fat
- Consume fish 2-3 times per week
- Switch sugary drinks and sodas for water or low-calorie beverages
- Avoid processed food and fast food
- Avoid saturated fats

2 Being more active

- Choose an activity that works for you (like walking, swimming, dancing, or cycling)
- Aim for at least 150 minutes of physical activity per week

3 Getting enough sleep

Poor sleep can worsen liver health and increase fat buildup.

4 Losing weight (if needed)

Losing just 5–10% of your body weight can make a big difference.

TREATMENT OPTIONS

Start by Managing Related Health Conditions

Fatty liver disease is closely linked to other health issues like **type 2 diabetes, obesity, high blood pressure, and high cholesterol**. Managing these conditions is an important part of protecting your liver.

Your doctor may recommend treatments that:



Lower blood sugar

if you have diabetes (e.g., metformin, GLP-1 receptor agonists like semaglutide)



Help with weight loss

if you are overweight or obese



Control blood pressure

to reduce strain on your liver and heart



Improve cholesterol levels

with statins or other medications

Even though these treatments may not be labeled for fatty liver disease, they help reduce liver fat, lower inflammation, and improve overall health.

LIVER-TARGETED THERAPIES

Some medications may directly help with liver disease:

1

Vitamin E

May reduce liver inflammation in people without diabetes. Should only be used under a doctor's supervision.

3

Saroglitazar

Used in India to treat high triglycerides, and sometimes prescribed off-label for MASLD/MASH.

2

Pioglitazone

Used for people with type 2 diabetes, it may help reduce liver fat and inflammation.

4

Resmetirom

Approved by the FDA in the U.S. and Europe to treat MASH with liver scarring and is a major step forward in liver treatment, though it's not yet available in all countries.

Talk to your doctor about whether any of these options may be right for you.

WHAT'S COMING NEXT? CLINICAL TRIALS

Many new treatments for MASLD and MASH are in clinical trials. These studies test new medications and therapies that may:

- Stop or reverse liver scarring
- Reduce liver fat and inflammation
- Improve quality of life

Ask your doctor about clinical trial opportunities, or visit

[WHO International Clinical Trials Registry Platform \(ICTRP\)](#): A global database that brings together trials from around the world, including developing countries.

[ClinicalTrials.gov](#) : U.S.-based but includes international trials in over 200 countries. Search by condition, location, and phase.