

STEATOTIC LIVER DISEASE: WHO'S AT RISK?

① Those with Weight & Metabolic Risk

- *Individuals with overweight or obesity*
- *People with type 2 diabetes or prediabetes*
- *People with metabolic syndrome*
- *Lean individuals with metabolic risk factors*

② Cholesterol, Blood Pressure & Hormones

- *People with high cholesterol or triglycerides*
- *People with high blood pressure*
- *Those experiencing menopause/postmenopause*

③ Lifestyle & Behavior Factors

- *People with sedentary lifestyles*
- *Those consuming diets high in ultraprocessed foods and added sugars*
- *People with sleep disorders*

④ Underlying Health Conditions That Raise Risk

- *Polycystic Ovary Syndrome (PCOS)*
- *Wilson's Disease*
- *Hypothyroidism*
- *Family history of liver disease*