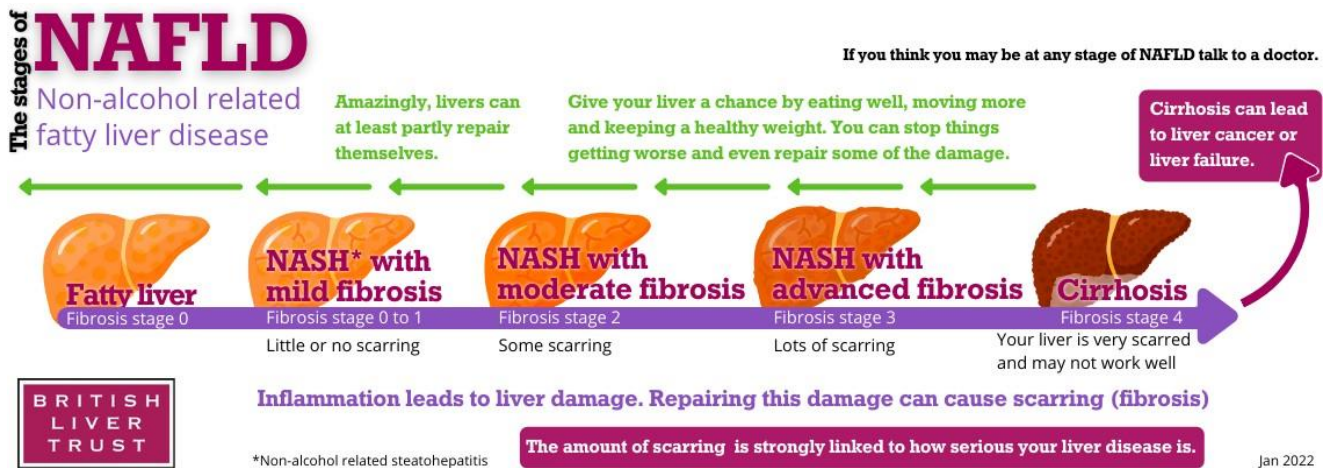


# NON-ALCOHOLIC FATTY LIVER DISEASE (NAFLD)

## What is non-alcoholic fatty liver disease?

It is a term used to describe fatty liver disease that has not been caused by alcohol. In the UK most cases of NAFLD are caused by an **unhealthy diet, being overweight, having high cholesterol or type 2 diabetes**. Most people with NAFLD have no symptoms but some may experience tiredness or discomfort in the right upper part of abdomen where your liver is.

If too much fat builds up on your liver it can cause inflammation, damage and scarring (cirrhosis). It is estimated that **1 in 3 people in the UK are in early stages of NAFLD. About 1 in 5 people (20%) with NAFLD go on to develop non-alcoholic steatohepatitis (NASH) and 1 in 5 of those people who have NASH will go on to develop cirrhosis, leading to liver failure and liver cancer. NAFLD also increases risk of heart disease.**



## How do I manage my NAFLD?

There is no specific medical treatment for NAFLD and the mainstay of treatment is healthy living. Gradual weight loss, eating a balanced diet and being more physically active can stop NAFLD from getting worse and in many cases reverse the damage. If you are overweight, evidence shows that **losing 5 to 10% of your bodyweight steadily** (0.5 to 2 pounds a week) lowers your risk of liver and heart complications.

Below are some links that patients have found useful to guide them on their healthy living journey.

## What does Cairn Medical Practice offer?

- 1) **HEALTH CHECK APPOINTMENTS:** If you have early stage NAFLD you should have regular monitoring every 2-3 years to check that it is not progressing and monitor for conditions linked to NALFD such as high blood pressure, high cholesterol and diabetes. This is important because there are often no symptoms to tell you that your liver is getting more damaged. During the health check, the health care assistant will ask you some questions about your lifestyle, check your BMI and blood pressure and do some blood tests.
- 2) **ACTIVE HEALTH LINK WORKER REFERRAL:** If your NAFLD is linked to weight or diet, active health link workers can provide specific motivational support and guidance on becoming more physically active. Simply send your name, date of birth, email and phone number to [activehealth@velocitylove.co.uk](mailto:activehealth@velocitylove.co.uk). Velocity's Active Health team will then reply to you for further discussion around how you may be best supported.

## Useful resources

<https://britishlivertrust.org.uk/information-and-support/living-with-a-liver-condition/liver-conditions/non-alcohol-related-fatty-liver-disease/#diagnosed>

<https://bhf.org.uk/information-support/risk-factors>