

Nonalcoholic fatty liver disease (NAFLD)

- "Nonalcoholic fatty liver disease" (NAFLD) is differentiated by some into:
 - nonalcoholic fatty liver (NAFL)
 - » signs of hepatic inflammation are absent
 - nonalcoholic steatohepatitis (NASH)
 - » signs of hepatic inflammation are present

Nonalcoholic steatohepatitis (NASH)

- NASH will likely become leading cause of cirrhosis and hepatocellular carcinoma in Western countries.
- Subset of nonalcoholic fatty liver disease
 - Strong association with metabolic syndrome
- Inflammatory component distinguishes this from simple steatosis
- Seen in patients with hyperlipidemia and diabetes
- May lead to cirrhosis, hepatocellular carcinoma
- Experts don't know why some people with a buildup of fat in the liver get NASH and some don't

NASH

- Liver inflammation and damage caused by a buildup of fat in the liver.
- It is part of a group of conditions called nonalcoholic fatty liver disease.
- You may be told you have a "fatty liver." Many people have a buildup of fat in the liver, and for most people it causes no symptoms and no problems.
- But in some people, the fat causes inflammation and damages cells in the liver. Because of the damage, the liver doesn't work as well as it should.

NASH

- Most people who have NASH are 40 to 50 years old and have one or more of the following problems.
 - Obesity.
 - Insulin resistance and type 2 diabetes.
 - High cholesterol and high triglycerides.
 - Metabolic syndrome.