

FATTY LIVER DISEASE

Managing fatty liver disease (NAFLD/NASH) focuses on reducing liver fat, improving liver function, and preventing progression to more severe conditions like cirrhosis. Here are key recommendations:

1. Lifestyle Changes

- **Weight Loss:** Aim for a 5-10% reduction in body weight. Even a small loss can reduce liver fat and inflammation.
- **Dietary Changes:**
 - Follow a Mediterranean diet (rich in vegetables, whole grains, lean proteins, and healthy fats).
 - Limit sugary foods, refined carbs, and saturated fats (e.g., processed snacks, fried foods).
 - Reduce fructose intake (avoid sugary drinks and fruit juices).
 - Increase fiber (fruits, vegetables, legumes, whole grains).
 - Consider coffee—it has protective effects on the liver.

2. Exercise

- **Aerobic exercise** (30–60 minutes/day, 5 days a week)—walking, cycling, swimming.
- **Strength training**—improves insulin sensitivity and helps reduce liver fat.

3. Control Metabolic Risk Factors

- **Diabetes & Insulin Resistance:** Maintain optimal blood sugar levels through diet, exercise, and medications if needed.
- **High Cholesterol & Triglycerides:** Consider statins or fibrates if lifestyle changes aren't enough.
- **Hypertension:** Control blood pressure through diet, exercise, and medications if needed.

4. Avoid Liver Stressors

- Limit or eliminate alcohol (even moderate intake can worsen liver damage).
- Avoid unnecessary medications or supplements that may stress the liver.

5. Medications & Emerging Therapies

- **Vitamin E** (for non-diabetic NASH patients): May help reduce inflammation.
- **GLP-1 receptor agonists** (e.g., semaglutide, liraglutide): Used for weight loss and may benefit fatty liver.
- **Pioglitazone:** May help in some cases, especially for diabetics.
- **Clinical Trials:** If interested, consult a specialist about new treatments.

6. Regular Monitoring

- **Liver function tests** (ALT, AST) every 6–12 months.
- **Imaging** (ultrasound, FibroScan, MRI) to track liver fat and fibrosis.
- Consider a liver biopsy or blood-based fibrosis tests if advanced disease is suspected.