

## PATIENT HANDOUT

# Nonalcoholic Fatty Liver Disease (NAFLD)

### What is NAFLD?

It's a disease where fat collects in the liver. It's often just called fatty liver and can affect children, adolescents, and adults.

### What are the main causes of fatty liver?

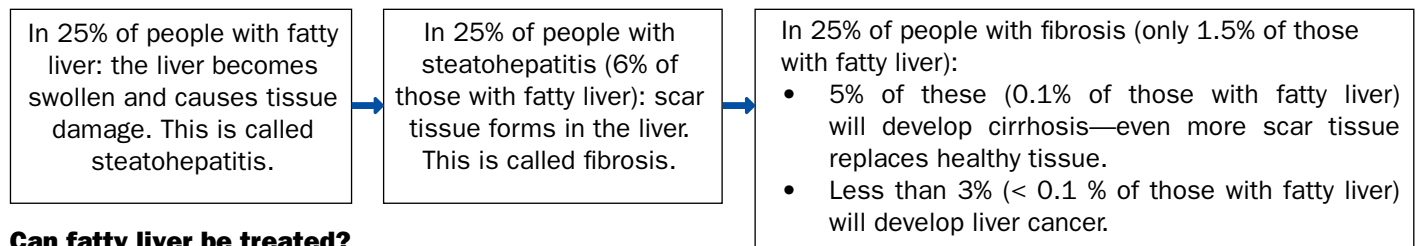
- Overweight, inactivity.
- High blood pressure.
- Diabetes, pre-diabetes, and high blood sugar.
- High cholesterol.

### Are there any symptoms?

Usually there are no symptoms. Some people say they have pain in the upper right belly area, and/or they feel tired and generally unwell.

### What happens when you have fatty liver?

For most people, fatty liver disease doesn't cause any serious problems. For a small number of people, it gets worse (usually slowly) over time.




### Can fatty liver be treated?

Yes. The best treatment is to change how you live and eat.

DOs	DON'Ts
<ul style="list-style-type: none"><li>✓ 30 minutes a day of exercise (get sweaty and breathe hard!) plus other activities to get moving.</li><li>✓ Eat healthy, mostly plant-based foods.</li><li>✓ Lose 5–10% of your body weight gradually.</li><li>✓ If you have diabetes, high blood pressure, or high cholesterol, learn how to control them.</li><li>✓ Black coffee <i>may</i> be helpful in limiting the damage of fatty liver.</li></ul>	<ul style="list-style-type: none"><li>✗ Pop and other sugary drinks and candy.</li><li>✗ Processed foods, especially with additives or preservatives.</li><li>✗ Pre-prepared meals/fast foods.</li><li>✗ Foods containing fructose like corn syrup.</li><li>✗ Sitting too much—limit screen time to less than 2 hours each day.</li></ul>


### Can I drink alcohol?

If you have **simple** fatty liver, it is likely safe to drink but stay **BELOW** safe drinking guidelines.

<a href="https://www.ccsa.ca/sites/default/files/2020-07/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en_0.pdf">https://www.ccsa.ca/sites/default/files/2020-07/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en_0.pdf</a>	
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If your fatty liver is more **advanced** (not just simple), you should **AVOID** alcohol entirely.

**For more information on fatty liver**, visit the Canadian Liver Foundation website.

<a href="https://www.liver.ca">https://www.liver.ca</a>	
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