

# Metabolic Dysfunction Associated Steatotic Liver Disease (MASLD) - Information for patients

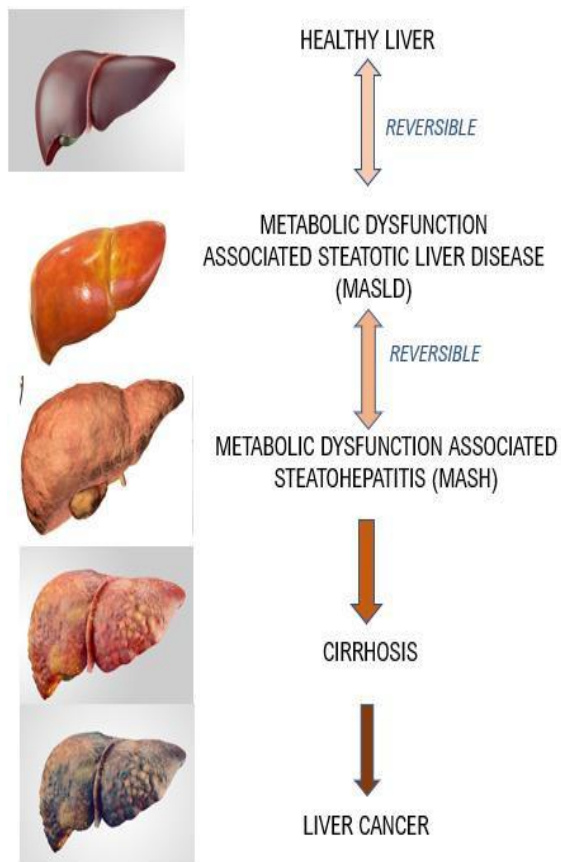
## What is MASLD?

- MASLD is the new name for Non-Alcoholic Fatty Liver Disease (NAFLD).
- MASLD occurs when you have extra fat in your liver. Extra fat in the liver can cause liver damage.

## What happens when you have MASLD?

- It increases your risk of diabetes, heart disease, and kidney disease.
- One in three people develop inflammation and liver injury (called steatohepatitis), which may damage the liver.
- One in twenty-five people develop liver scarring (called cirrhosis).
- People who develop cirrhosis are at a higher risk of liver cancer.
- Effective treatment can reduce fat in the liver and decrease your risk of diabetes.

## Progression of MASLD:



## Risk factors for MASLD:

- High blood sugar (pre-diabetes or diabetes)
- High body weight
- Increased waist size:
  - Men: 40 inches or more;
  - Women: 35 inches or more
- High LDL cholesterol or low HDL cholesterol
- High blood pressure

## How will I know if I have MASLD?

- Most people have no symptoms.
- Ultrasound or other imaging can show fat in the liver.
- Some people have changes in lab test results.
- Your clinician may order additional tests to check for liver scarring (e.g., liver stiffness measurement).

## What can I do if I have MASLD?

### 1. Strive for a healthy weight

- MASLD can improve if you lose:
  - at least 10 pounds if you weigh 200 pounds
  - at least 15 pounds if you weigh 300 pounds
- Make a weight loss plan with your clinician or dietitian.
- Consider joining the VA MOVE! Weight Management Program to lose weight and keep it off. Learn more at [www.move.va.gov](http://www.move.va.gov)
- Your clinician may recommend weight loss medicine if needed.
- Weight loss surgery can be considered in cases of severe overweight, diabetes, or other diseases.

### 2. Avoid alcohol

- Avoid alcohol. Even one drink per day increases your risk of liver scarring.

### 3. Be physically active

- Make a commitment to change and create an environment to promote a healthier lifestyle.
- Aim to be physically active for 30 or more minutes most days of the week. Any physical activity is better than no activity!

### 4. Eat wisely

- Eat more vegetables, fruits, fish, whole grains, nuts/seeds, and lean meats.
- Avoid drinks containing sugar. Water, unsweetened tea, coffee, seltzer, or sparkling water is best. Artificial sweeteners in moderation are considered safe in healthy individuals. The impact of artificial sweeteners in steatotic liver disease is limited.

### 5. Manage your blood sugar, blood pressure, and cholesterol

- When you manage your blood sugar, blood pressure, and cholesterol, you can reduce further damage.
- Your clinician or pharmacist can help you manage these conditions.

### 6. What else do I need to know?

- MASLD can go away if you make lifestyle changes and lose weight.
- Controlling your blood sugar (pre-diabetes or diabetes), blood pressure, and cholesterol are critical to improving your health when you have MASLD.