

Signs & Symptoms

People do not always show signs & symptoms with they have a fatty liver

When symptoms do occur, they may include:

- Fatigue
- Feeling of unease, illness, or depression
- Dull ache in upper right abdomen
- Enlarged liver

At a more advanced stage disease may cause:

- Lack of appetite
- Weight loss
- Nausea
- Small, red spider veins
- Easy bruising
- Weakness
- Yellowing of your skin and eyes
- Dark, cola-colored urine
- Bleeding from engorged veins in your esophagus or intestines
- Loss of libido
- Fluid in your abdominal cavity
- Itching on your hands, or feet
- Swelling of your legs & feet from retained fluid
- Mental confusion, forgetfulness or trouble concentrating
- Liver failure or cancer



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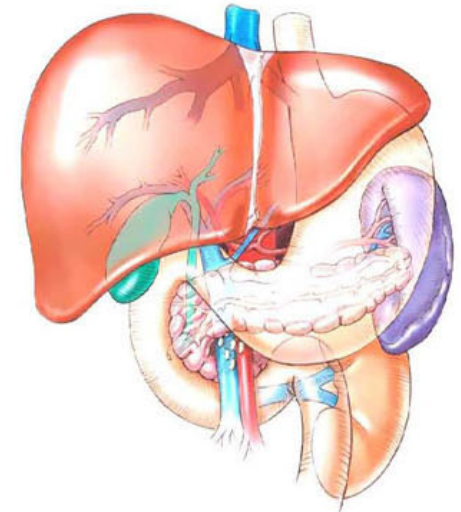
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Nonalcoholic Steatohepatitis &

Fatty Liver



NON-ALCOHOLIC FATTY LIVER DISEASE?

Describes **liver conditions** that affect people who drink little or no alcohol.

Fatty liver can affect all **age groups**, but is usually diagnosed in **middle-aged people who are overweight**. With increase incidence of obesity, it is estimated that nonalcoholic fatty liver may affect 1/3 of American adults.

The mildest type, simple **fatty liver (steatosis)** accumulation of fat within your liver that usually causes no liver damage.

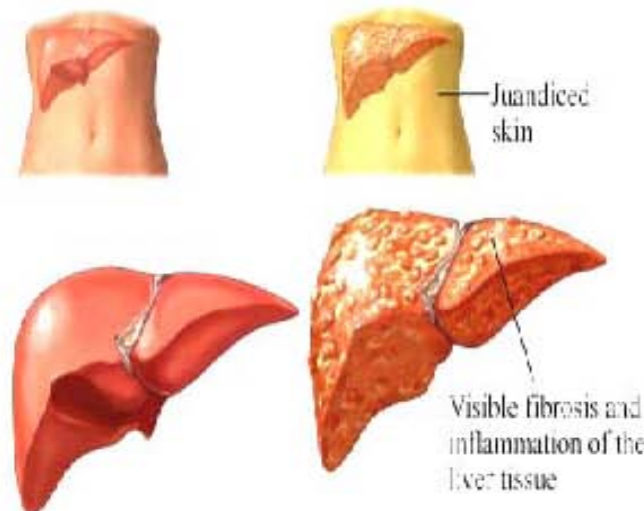
A potentially more serious type, **nonalcoholic steatohepatitis (NASH)**, is associated with liver-damaging inflammation & the formation of fibrous tissue. In some cases, this can progress to **cirrhosis** (progressive, irreversible liver scarring), or to **liver cancer**.

Because early-stage nonalcoholic fatty liver rarely causes symptoms, it's often found because of abnormal liver tests done for unrelated issues.

RISK FACTORS

- **Genetics**
- **Overweight & obesity**
- **Diabetes**
- **High cholesterol and/or High Triglyceride levels**

Other risk factors include:
Abdominal surgery,
Medications, Wilson's disease, Galactosemia



TREATMENT

Dr. Rodriguez will discuss with you treatment options based on causative factors. These generally include:

- **Weight Loss & exercise**
- **Milk thistle, Vitamin E & Omega-3 supplements**
- **Ursodiol Medication**
- **Diabetes control**
- **Cholesterol control**
- **Avoid Alcohol**

Weight Loss TIPS for Fatty Liver

Aim to lose 10% body weight over 6 months

- ♥ A balanced diet that is **LOW in calories & saturated fats**.
- ♥ **Increase Fiber** from whole grains, nuts, beans, fruits & vegetables
- ♥ Consume smaller portions
- ♥ Avoid sugary beverages or other high calorie foods
- ♥ Increase **physical activity**. At least 30 minutes most days.