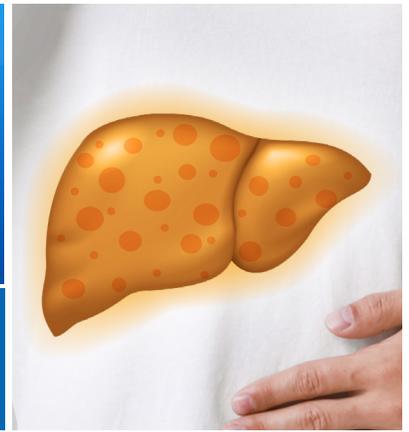


Steatosis of the liver

Fatty liver disease



You're at risk of developing fatty liver disease. This sheet explains:

- What this disease is
- How to avoid it
- How it's treated

What is steatosis of the liver?

It's when too much fat accumulates in the liver. This is why steatosis of the liver is sometimes called "fatty liver disease".

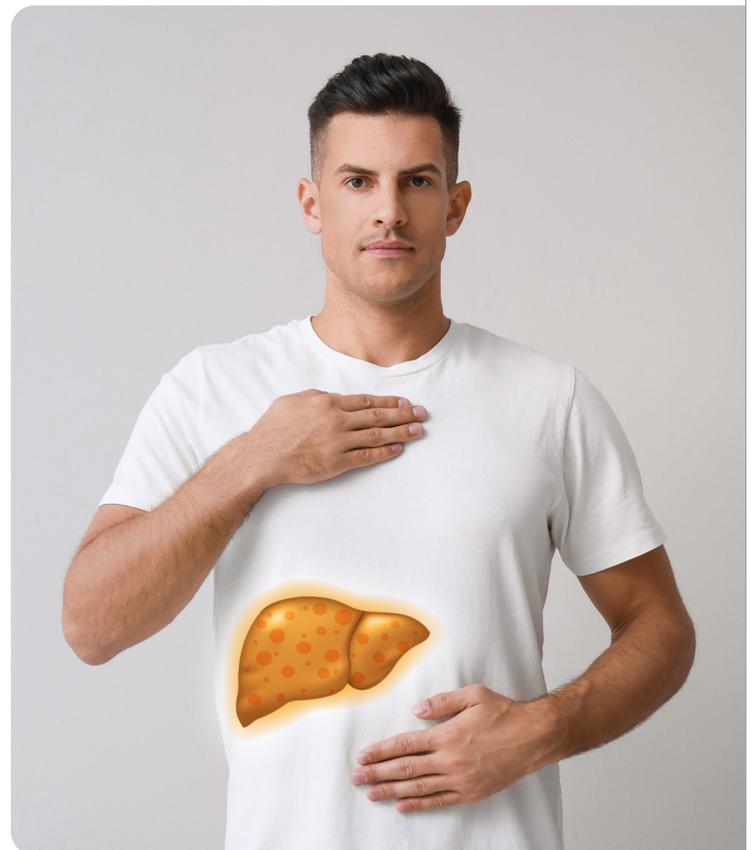
Steatosis can prevent the liver from doing the following things properly:

- Producing a substance called bile, which helps with digestion
- Keeping vitamins in reserve
- Turning sugar into energy
- Cleansing the body of certain toxic substances

What are the symptoms of the disease?

At first, steatosis often shows no symptoms. The disease can progress without your realizing it.

Even if you have no symptoms, the disease can still cause serious health problems later on.



What are the effects of this disease?

Over time, steatosis can:

- cause your liver to enlarge
- cause inflammation of the liver
- cause scarring of the liver, called fibrosis

If action is not taken in time, steatosis can cause the following serious diseases:

- cirrhosis. See the health sheet [Living with cirrhosis](#).
- liver cancer. See the health sheet [Le cancer du foie - Le carcinome hépatocellulaire](#) (French only)

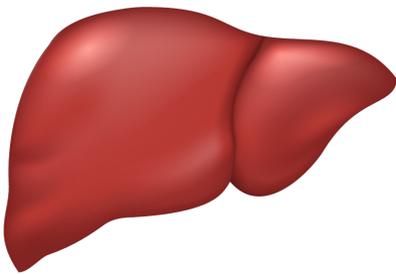
Am I at risk for getting this disease?

It develops mainly in people who are overweight. Alcohol consumption and other liver diseases also increase the risk of developing steatosis.

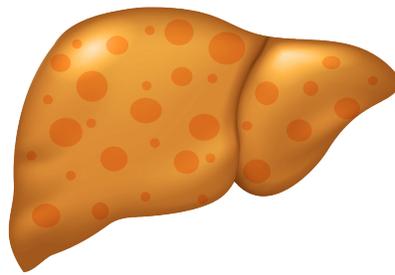
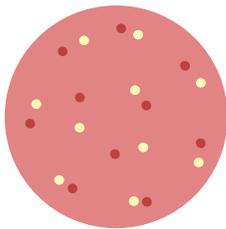
Steatosis of the liver is often linked to several health problems known collectively as metabolic syndrome. These problems are:

- Fat accumulation around the waist
- High cholesterol
- Diabetes
- High blood pressure

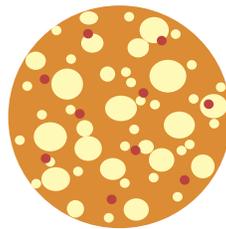
STEATOSIS PROGRESSION



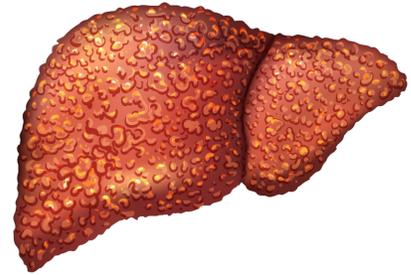
Healthy liver



Steatosis



Fat accumulation



Cirrhosis



Scarring

Often no symptoms

How can I know if I have steatosis?

This can be determined using imagery exams such as ultrasound and FibroScan.



How can I avoid steatosis?

It's possible by following the advice below.

LIFESTYLE HABITS

Eat different types of healthy foods.

We recommend following a “Mediterranean” diet. This consists of eating:

- vegetables
- fruit
- legumes
- fish and seafood
- poultry
- olive oil

Avoid:

- foods high in fat
- foods high in sugar
- fatty red meat

A nutritionist can help you change your menu to eat healthier foods.

Drink beverages that are good for your liver.

We recommend:

- Drinking water rather than juice or soft drinks
- Drink 2 cups of black coffee per day (no sugar, milk, or cream). Coffee helps protect the liver.
- Drink as little alcohol as possible. Alcohol can make liver problems worse.

Smoke less, or stop smoking.

Tobacco contains toxic substances that can cause cancer, including liver cancer.



Do at least 20 to 30 minutes of physical activity every day.

If you're not in the habit of doing that much, start by walking 5 to 10 minutes every day. Then increase the time and effort. For example, walk faster or climb stairs.



MONITORING

Measure your waistline.

It should stay below:

- 88 centimetres for women
- 102 centimetres for men



Take your blood pressure.

You can do this with a device called a blood pressure monitor. You can buy one at the pharmacy, or use the monitor available there for free.

Your blood pressure should be around 120/80 to 130/80 mmHg or less.

Manage your diabetes properly.

Carefully monitor your blood sugar level.

Have regular check-ups.

See your family doctor regularly.



