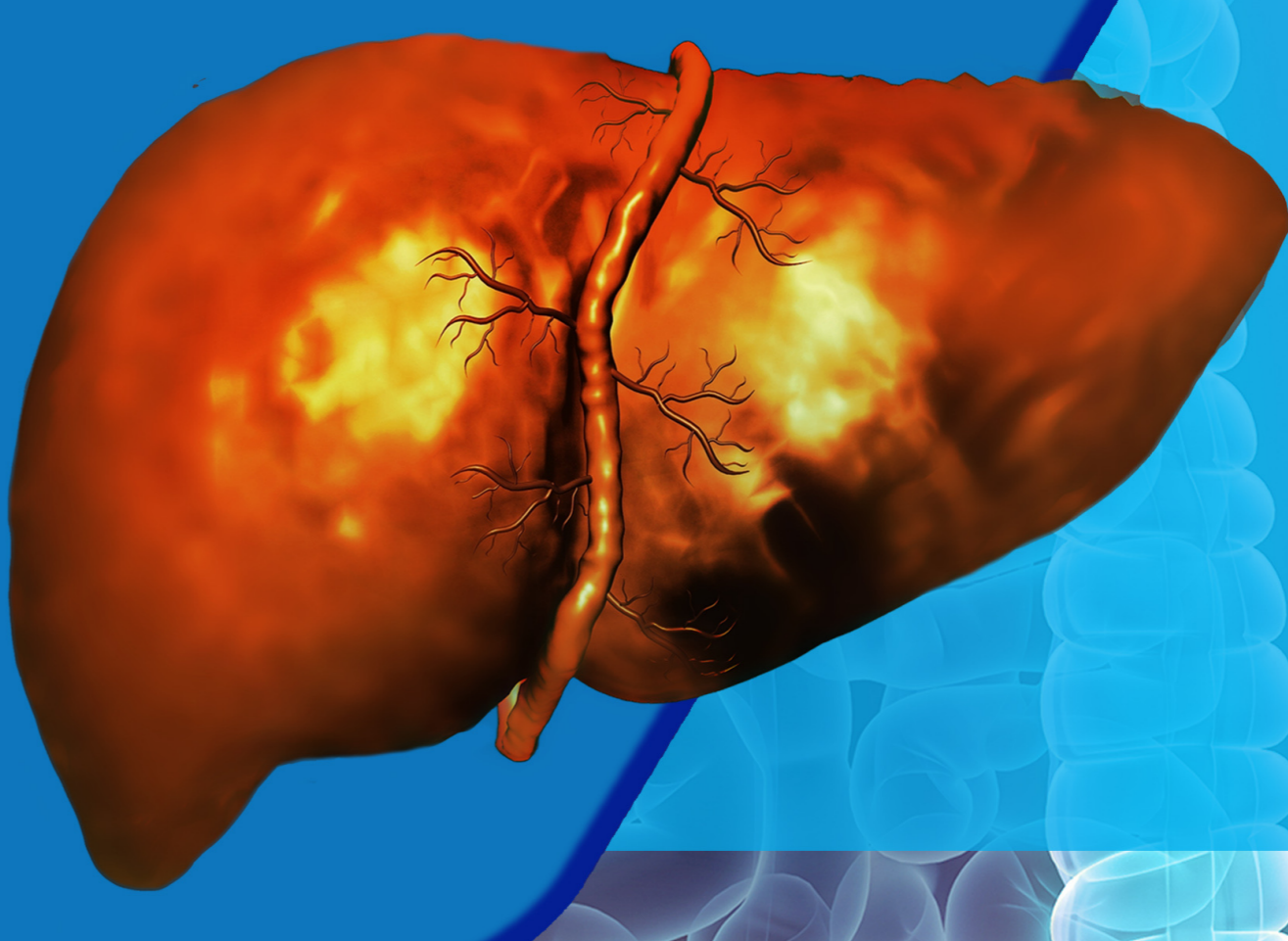



# Engaging in Your MASLD Care



Successful treatment of metabolic dysfunction-associated liver disease (MASLD)/metabolic dysfunction-associated steatohepatitis (MASH) requires a lifelong commitment to better health. Here are several items to help better understand this condition and steps that can be taken to improve the care and management of individuals with MASLD/MASH.


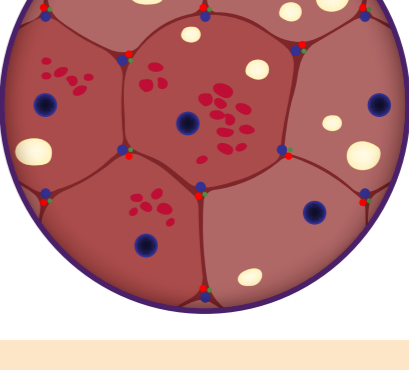
**MASLD is a condition where excess fat builds up in the liver. There are 2 types of MASLD:**

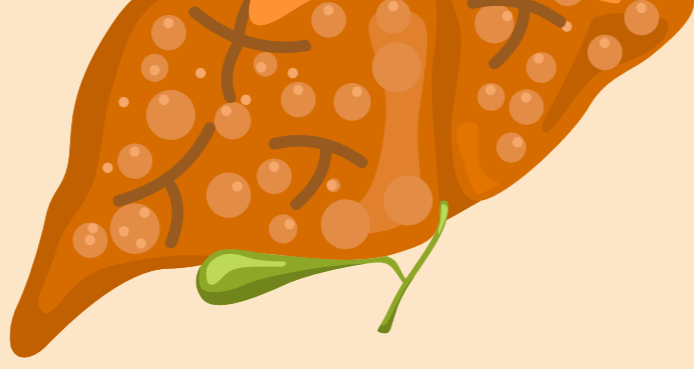
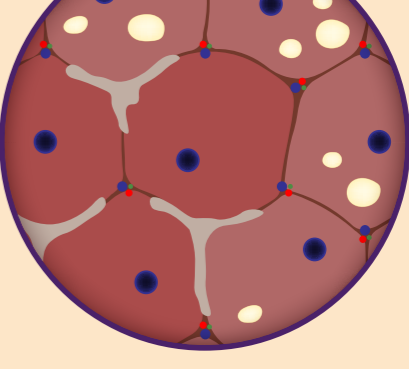
MASL	AND	MASH
<p><b>Metabolic dysfunction-associated steatotic liver</b></p> <ul style="list-style-type: none"> <li>Fat accumulates in the liver cells with little or no inflammation present</li> <li>Patients have at least 1 metabolic risk factor</li> </ul>		<p><b>Metabolic dysfunction-associated steatohepatitis</b></p> <ul style="list-style-type: none"> <li>Fat accumulates in the liver cells with inflammation and liver damage present</li> <li>Permanent liver damage can occur from fibrosis scarring due to MASH</li> </ul>

**Normal liver**  **Histology**  
 - Healthy liver cells 

**Fat accumulation**

**MASL**  **Histology**  
 - Steatosis 

**MASH**  **Histology**  
 - Steatosis  
 - Lobular inflammation  
 - Ballooning 

**MASH with fibrosis**  **Histology**  
 - Fibrosis stage 1 worsening to stages 2, 3, and ultimately 4 (cirrhosis) 

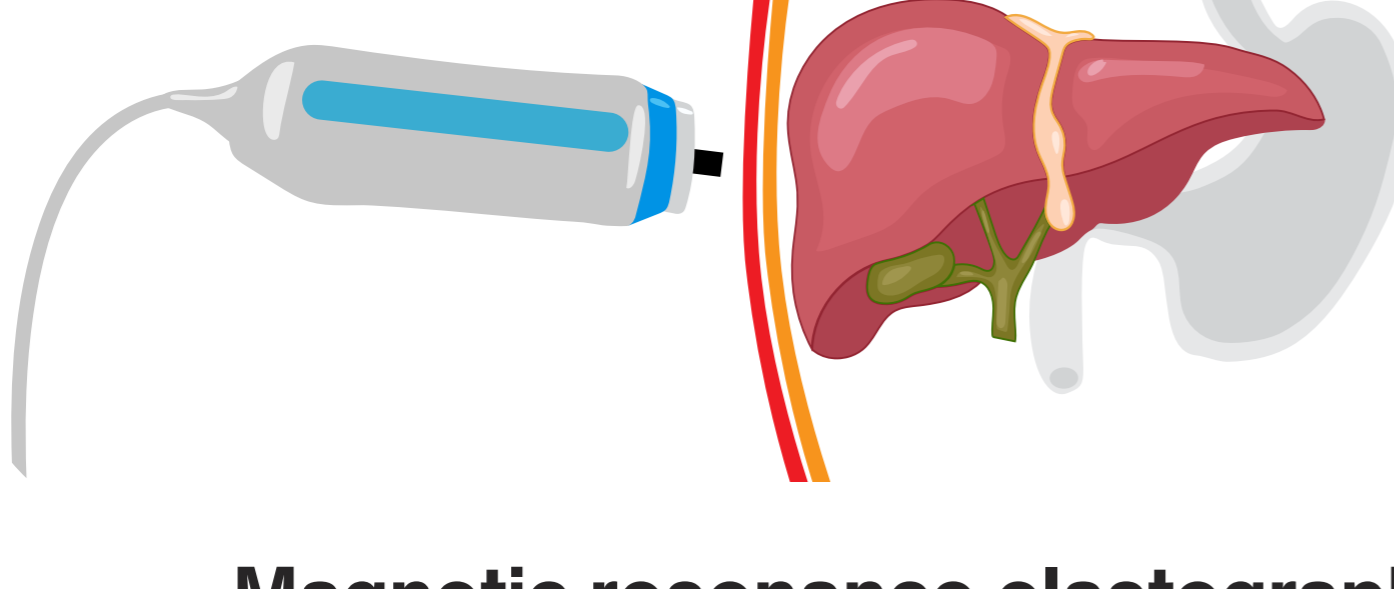
## Steps to Better Care

### Ask your doctor to share test results

Several tests are used to track MASLD. Knowing your test values can help you to understand the severity of your disease and set goals for better health

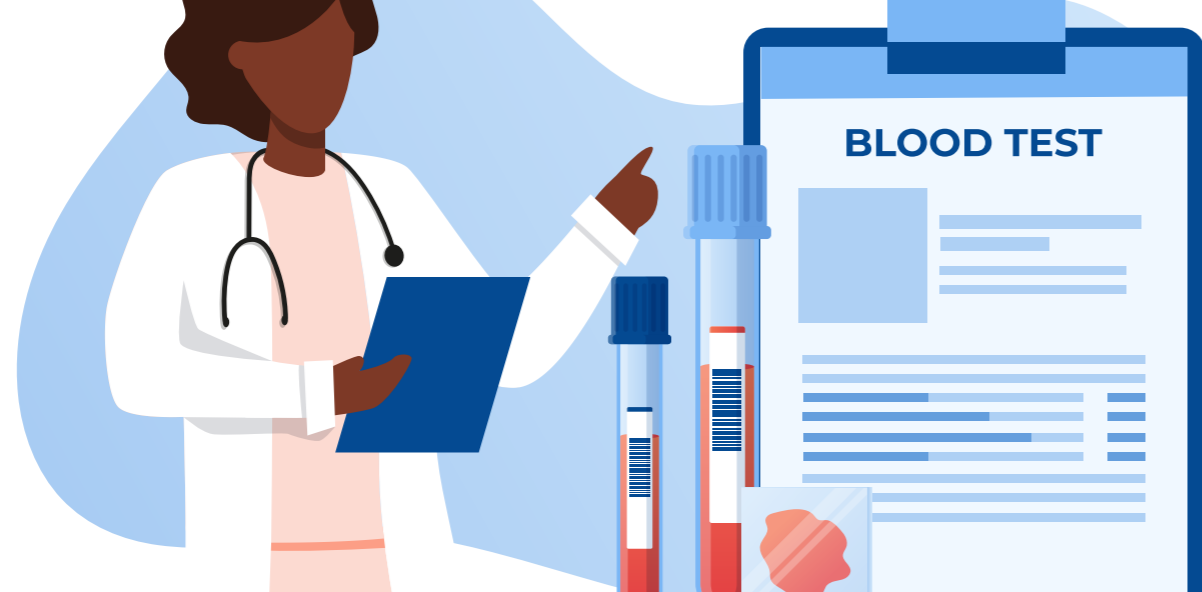
Common tests include

— **Fibrosis-4 (Fib-4)**. This score is calculated based on age, alanine aminotransferase (ALT), aspartate aminotransferase (AST), and platelet count to predict the presence of advanced fibrosis



— **Vibration-controlled transient elastography (VCTE)**. This test measures how stiff your liver is, which can reflect fibrosis, and how much fat is present

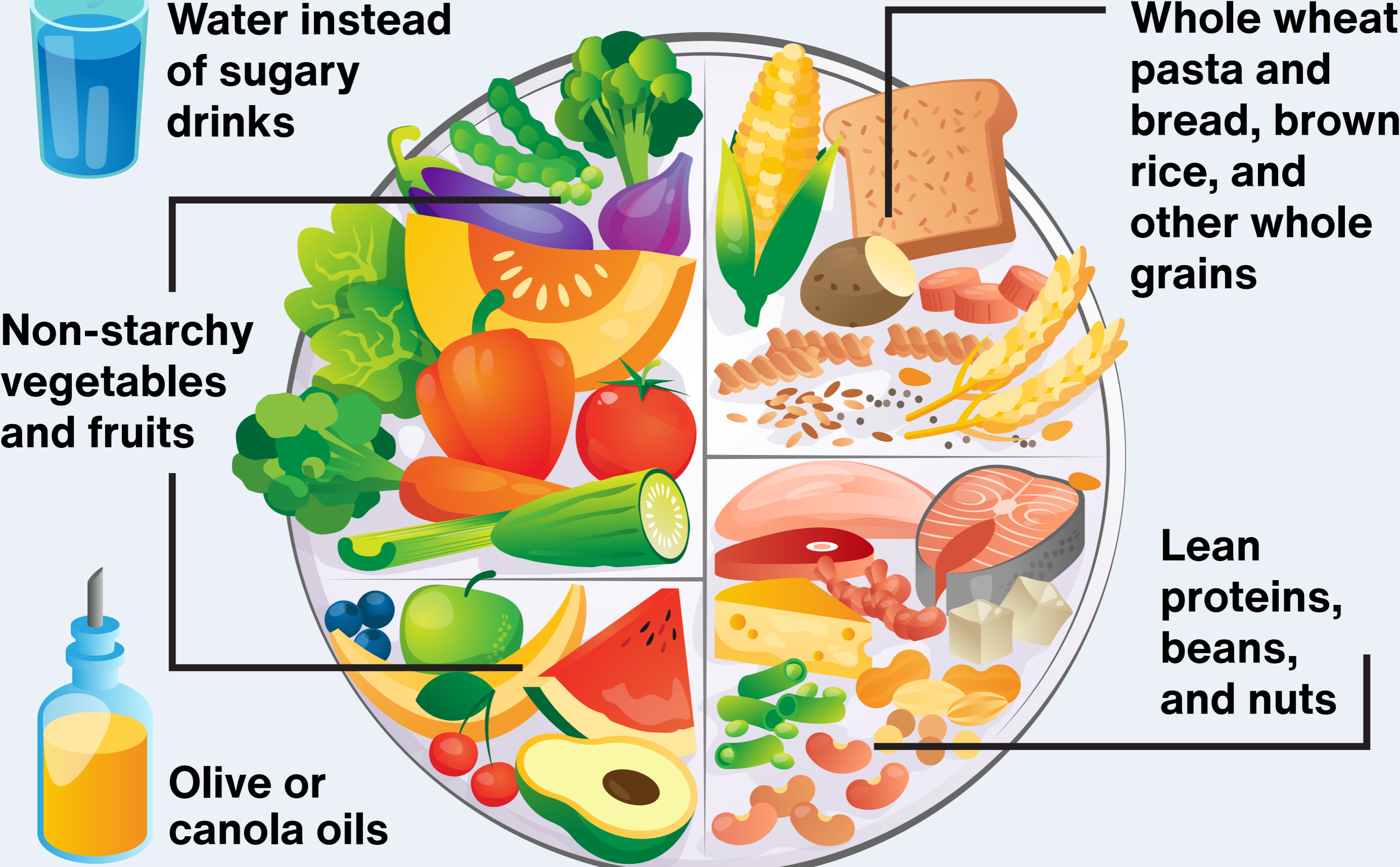
— **Magnetic resonance elastography (MRE)**. MRE uses magnetic resonance imaging (MRI) and low-frequency vibrations to visualize the stiffness of the liver



— **Enhanced liver fibrosis (ELF)** test. The ELF test is a blood test used to detect advanced fibrosis/cirrhosis

### Eat a healthy diet

- Drink mostly water and avoid sugary beverages
- Fill half your plate with fruits and non-starchy vegetables
- Choose lean proteins such as fish, poultry, beans, and nuts; limit red and processed meats
- Select whole grains such as brown rice and whole-wheat pasta; limit portion sizes
- Choose olive or canola oil for salads and cooking; limit butter and avoid trans fat



#### Avoid or limit alcohol

- Drinking alcohol can make liver disease worse



#### Drink 2-3 cups of black coffee daily

- Drinking coffee without added sweeteners, dairy, or dairy substitutes can protect against liver damage in patients with MASLD



#### Exercise regularly

- Engage in physical activity for at least 30 minutes each day
- Include resistance training to support your muscle health 2-3 times per week

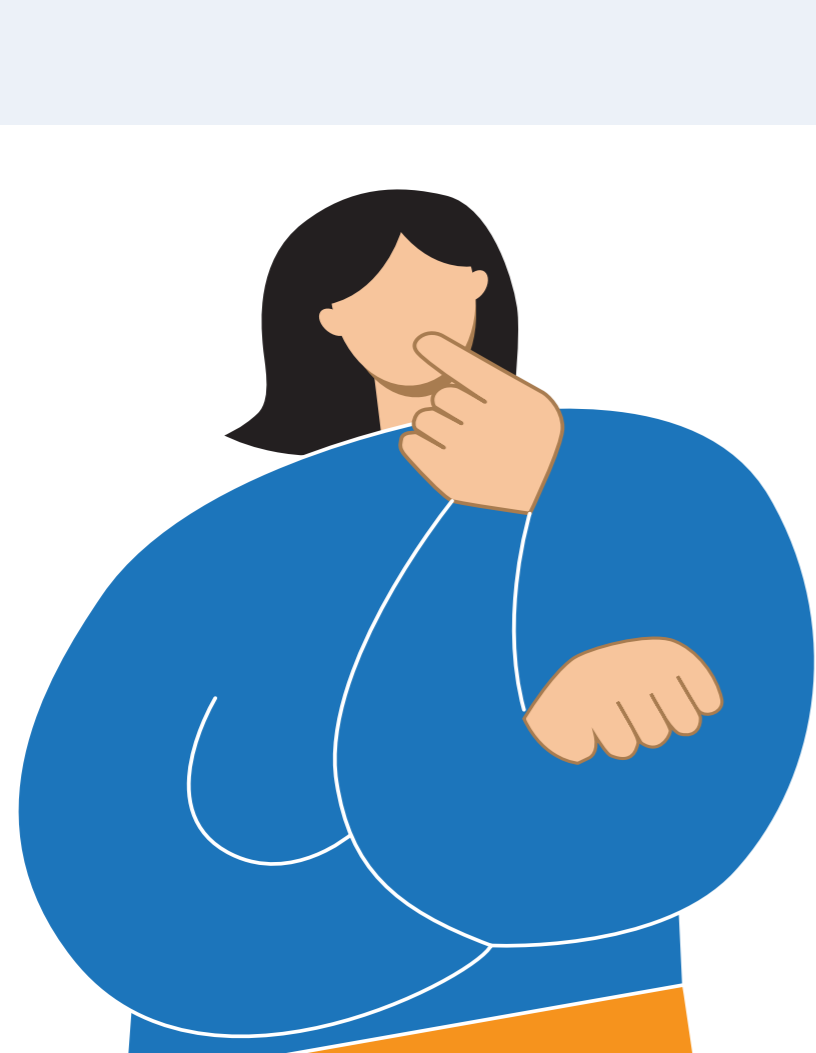
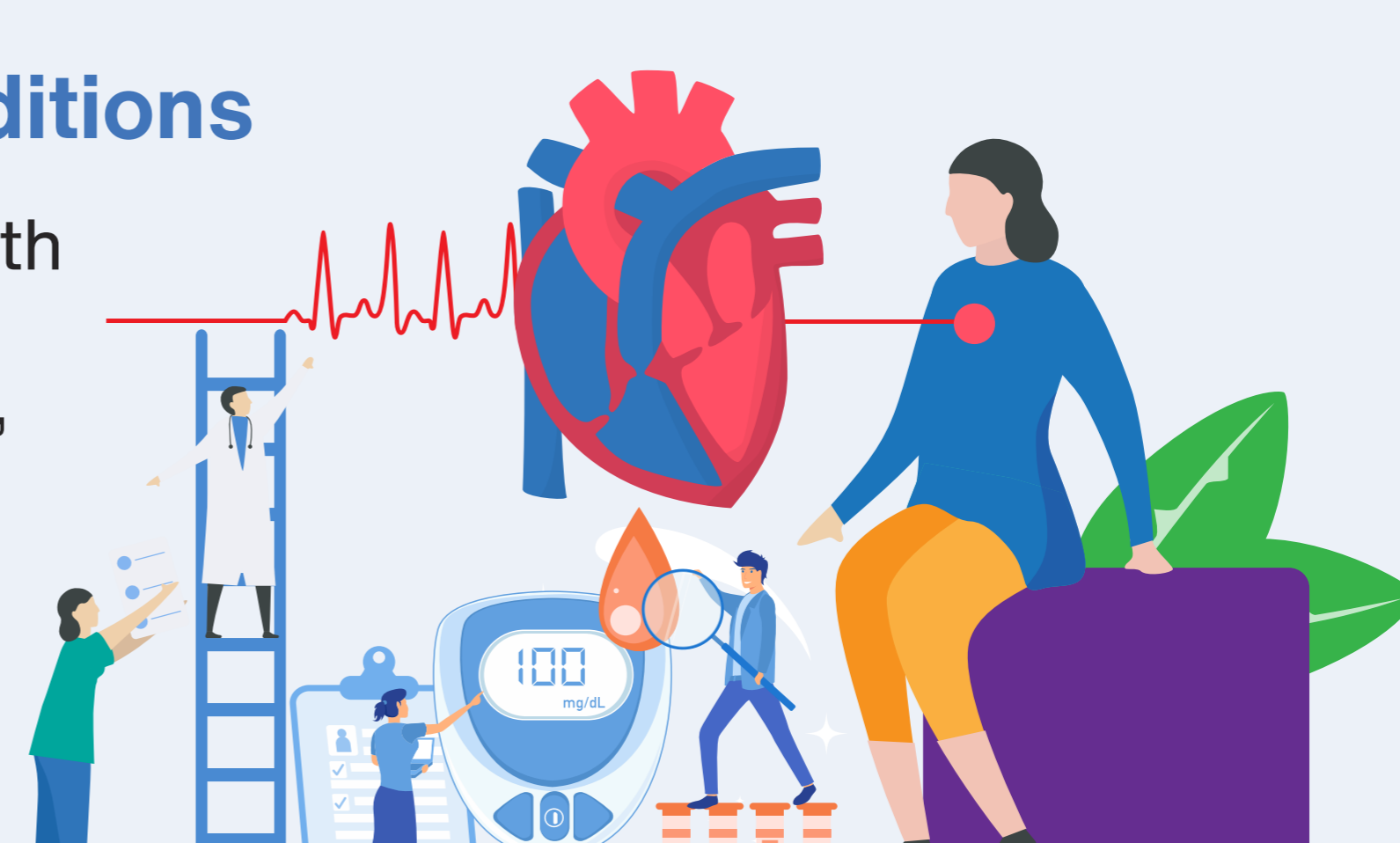


#### Quit smoking

- Smoking, including secondhand smoke, increases the risk of liver disease

### Manage other health conditions

- MASLD is often associated with other conditions, such as diabetes, high blood pressure, high cholesterol, obesity, and sleep apnea
- Take medications as prescribed by your doctor
- Make healthy choices to improve your overall health



### When deciding if additional treatment is best for you, consider:

- How will this treatment improve my health?
- What side effects should I expect?
- What should I do if I experience side effects?

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