

Conclusion

NAFL-nonalcoholic fatty liver is a common problem amongst city dwellers who consume commercially prepared foods and beverages rich in refined sugars, fructose sugar (fruit juices and cola beverages), refined wheat flour products, human-made fats such as refined oils and trans fats. About 10- 30% of people with fatty liver will progress to liver inflammation- NASH. These patients need to be identified to prevent further damage to the liver from scarring/cirrhosis, liver failure, and liver cancer.

Even though fatty liver by itself remains a silent disease in most cases, it does increase the risk of blood vessel inflammation (Vasculitis). The cause of Vasculitis is Lipotoxicity (release of fat toxins). This vasculitis with abnormal cholesterol deposition (atherosclerosis) and blood vessel blockage is responsible for an increase in the risk of heart disease and stroke in patients with fatty liver disease. The presence of medical conditions such as Metabolic syndrome, Obesity, Dyslipidemia, and Type 2 diabetes should be a warning signal that fatty liver is highly likely. Specific food and lifestyle modification with an appropriate pharmacotherapy when indicated will reduce the progression of liver disease. It will also reduce the risk of heart disease and stroke, and improve associated medical conditions such as -Metabolic syndrome, obesity, dyslipidemia, and Type 2 diabetes. The focus should be on lowering the body weight and waistline.