

What are the complications of fatty liver disease?

Many people with fatty liver disease have obesity, diabetes and other metabolic conditions.

September 15, 2020 By [Liz Highleyman](#)

Non-alcoholic fatty liver disease (NAFLD), also known as metabolic-associated fatty liver disease (MAFLD), involves the buildup of fat in the liver. Over time, this can progress to a more severe condition known as non-alcoholic steatohepatitis (NASH).

Fat accumulation triggers inflammation, which can lead to liver fibrosis (buildup of scar tissue), cirrhosis and liver cancer. Now that hepatitis B can be prevented with a vaccine and hepatitis C can be cured, fatty liver disease has become a leading reason for serious liver complication and liver transplants.

Many people with fatty liver disease have obesity, diabetes and other metabolic conditions, and cardiovascular disease is a common cause of illness and death. There are currently no approved medical treatments for NAFLD and NASH, and management relies on lifestyle changes such as eating a healthy diet, losing weight, exercising and limiting alcohol consumption.

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<http://beta.docker.realhealthmag.com/article/complications-fatty-liver-disease>