

# Fatty Liver Disease: Frequently Asked Questions

AdventHealth Fatty Liver Disease Program

## What is fatty liver disease and why should I be worried about it?

- Fatty liver disease occurs when fat is deposited in the liver. In some people, fat in the liver can lead to long-term liver inflammation.
- Any disease that causes long-term liver inflammation can lead to liver scarring. Severe liver scarring is a condition also known as cirrhosis.
- For most people, fatty liver disease is only discovered via blood test or seen on imaging tests such as ultrasound, CT scan, or MRI.
- Fatty liver disease, in most cases, is caused by obesity (similar to diabetes, high blood pressure, high cholesterol, heart disease, sleep apnea, and other diseases).



## Can I still have liver inflammation if I don't drink alcohol?

Unhealthy alcohol use is only one of many causes of liver inflammation. It can also be caused by viral infections such as viral hepatitis B or C, and other causes. **Fatty liver disease is the most common cause of liver inflammation.** Ultimately, any cause of long-term liver inflammation can lead to liver scarring and cirrhosis.

## How is fatty liver disease treated?

Currently there are no approved medications to treat fatty liver disease. However, some drugs are expected to be approved in the coming years. Your doctor will discuss these with you, as they become available.

Even without medications to treat the liver, weight loss is a definitive treatment. Losing 10% of your body weight has been shown to improve liver inflammation and scarring.

## I've been diagnosed with fatty liver disease. What can I do and what can I expect?

Your doctor will order additional lab tests to confirm the diagnosis of fatty liver disease. Further testing to assess for liver scarring will also be recommended. This may include liver stiffness testing, an MRI or CT, and/or liver biopsy.

Start thinking about how to approach losing weight, as this is the most definitive way to treat fatty liver disease.

**We are here for you. Please contact our office with any questions.**

  
**AdventHealth**  
Medical Group

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