

## WAYS TO REVERSE FATTY LIVER “TREATMENT PLAN”

- Take Fatty Liver seriously
- Avoid alcohol
- Avoid taking NSAIDs such as Aleve, Motrin, Advil, Ibuprofen
- Lose weight by:
  - Eating clean whole foods
  - No processed foods
  - No fast foods
  - Reducing sugar and artificial sugar intake
  - Moving the body more
- Take Dr. Cruz’s Liver Support supplement every day
- Work with our office to get repeat blood work and imaging done every 6 months

## FATTY LIVER STATS

In patients with BMI > 30 or diabetes

- Early Stage present in 70%
- Advanced Stage present in 30%

In patients with BMI > 40:

- Early Stage present in 90%
- Advanced Stage present in 60%



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**Diagnosing, treating,  
monitoring and  
working to reverse  
Fatty Liver!**



## FATTY LIVER



**EDUCATION &  
TREATMENT PLAN**

## WHEN TO SUSPECT FATTY LIVER

- If you have type 2 diabetes
- If you are over-weight or obese
- If you have high cholesterol
- If you have high liver enzymes
- If you are Hispanic
- If you have hypertension
- The risk is increased with age

#getchecked

## HOW TO MAKE THE DIAGNOSIS

- Non-invasive technology is available to aid with diagnosis. Ask your doctor!
- Liver biopsy is required to definitively diagnose Advanced Stage Fatty Liver.
- Elevated liver enzymes, although they can be normal in up to 60% of patients.

## LIVER DISEASE DEFINED

### Early Stage Fatty Liver

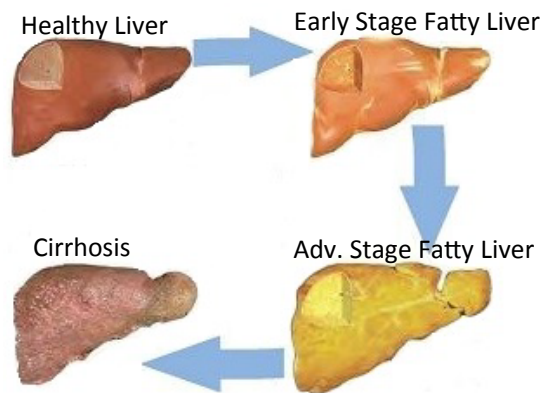
- Fat accumulates in the liver

### Advanced Stage Fatty Liver

- Accumulated fat plus inflammation and scar tissue

### Cirrhosis

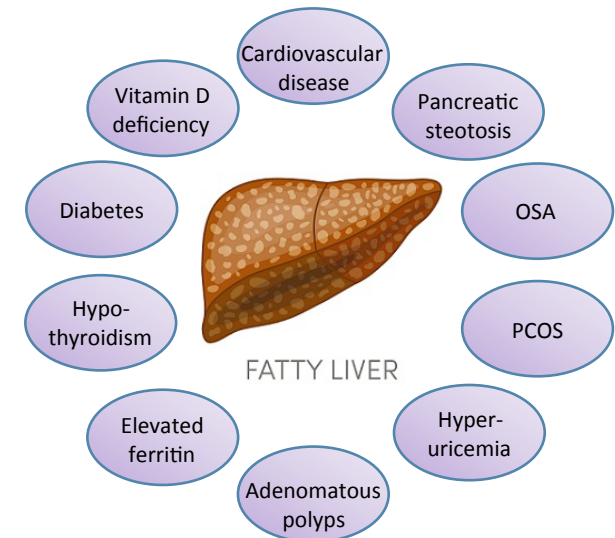
- Scar tissue begins to replace liver cells
- This leads to liver cancer or death



## REMEMBER THAT...

- Fatty Liver can be reversed by controlling the risk factors that contributes to liver disease.
- Most patients with Fatty Liver are often overweight or obese, have type 2 diabetes, or have cardiovascular disease.
- If not treated, Fatty Liver can lead to Cirrhosis.

## FATTY LIVER IS ASSOCIATED WITH...



## DID YOU KNOW THAT...

- Fatty Liver is associated with an increased risk of liver cancer!
- Fatty Liver is associated with an increased risk of heart disease!
- Fatty Liver can be reversed!

