



Understanding MASH

A SIMPLE GUIDE TO FATTY LIVER & YOUR HEALTH

PATIENT GUIDE

What is MASH in Plain English?

MASH stands for *Metabolic Dysfunction-Associated Steatohepatitis* (formerly called NASH). In simple terms, it means **extra fat has built up in your liver and is causing inflammation (swelling) and cell damage**. Think of it like a engine that is working too hard and running hot because of excess buildup.

1 in 5

People with fatty liver disease develop MASH

Silent

Most people feel completely fine in early stages

Reversible

Early liver damage can heal with the right changes

HOW LIVER DAMAGE HAPPENS OVER TIME

1. Simple Fatty Liver

Fat builds up in liver cells. At this early stage, there is no swelling or tissue damage yet.

2. MASH (Inflammation)

The fat causes swelling and damages liver cells. Your liver is trying to fight off stress.

3. Fibrosis (Scarring)

Continuous swelling leaves small scar tissue behind, making the liver stiffer over time.

4. Cirrhosis

Severe scar tissue replaces healthy liver cells. This can affect how well the liver works.

AM I AT HIGHER RISK?

MASH is closely connected to overall body metabolism. You may be at higher risk if you have:

- **Type 2 Diabetes** or prediabetes.
- **High blood pressure** or high cholesterol.
- **Extra body weight**, especially around your waistline.
- **Metabolic syndrome** (a combination of these conditions).

WHAT ARE THE SYMPTOMS?

Why it's often called "Silent": MASH usually produces no clear warning signs early on.

Some people may notice subtle signs, such as:

- Feeling unusually tired or sluggish all the time.
- A mild dull ache or fullness in the upper right side of your belly.

HOW DO DOCTORS CHECK FOR MASH?

Simple Blood Tests: Your doctor can check routine blood work (like ALT and AST) and calculate a simple risk score (called a *FIB-4* score) to estimate liver health.

Painless Ultrasound (FibroScan®): A specialized, painless scan that measures liver fat and stiffness in just a few minutes right in the clinic.

THE GOOD NEWS: YOU CAN TAKE ACTION!

1. Small Weight Goals

Losing just **7% to 10%** of your weight can significantly reduce liver fat and heal liver inflammation.

2. Move & Eat Well

Focus on whole foods, fresh vegetables, and lean protein. Aim for 20–30 minutes of daily walking or activity.

3. Partner with Your Doctor

Ask your healthcare team about new medications available to treat MASH and protect your liver.

LEARN MORE. GET CONNECTED. FIND SUPPORT.