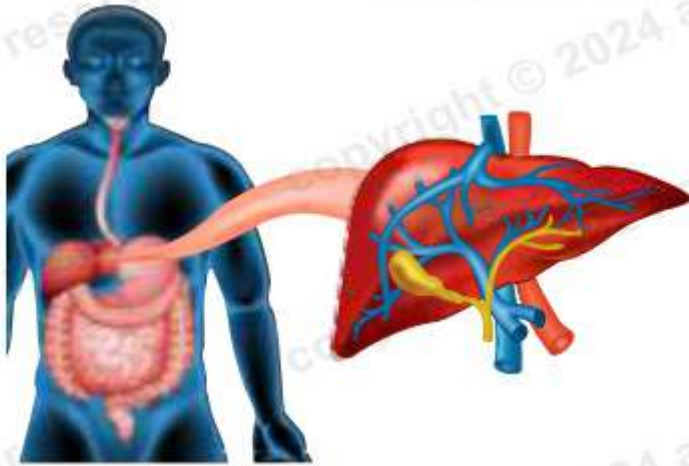


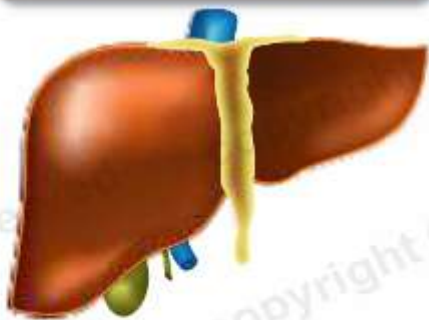
# What is MASH?



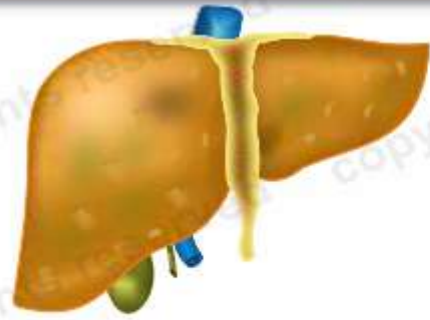
## MASH (Metabolic dysfunction-Associated Steato-Hepatitis)

- A severe form of Metabolic dysfunction-associated steatotic liver disease (MASLD)
- Characterized by liver inflammation and damage caused by a buildup of fat in the liver
- Not due to alcohol consumption

### Healthy Liver



### Steatosis (Fatty Liver)



### Liver Cirrhosis



### Liver Fibrosis



MASH formerly known as NASH  
MASLD formerly known as NAFLD

# Symptoms of MASH



Fatigue



Abdominal discomfort



Unexplained weight loss



Weakness



Jaundice



Swelling

## Diagnosis



Blood tests (liver enzymes)

Imaging studies (Ultrasound, MRI)



Liver biopsy for confirmation

# Risk Factors for MASH

## Established Risk Factors



Obesity



Type 2 Diabetes



High cholesterol and triglycerides



Metabolic syndrome

## Suspected Risk Factors



Hypothyroidism



Obstructive sleep apnea



Polycystic Ovary Syndrome (PCOS)



Rapid weight loss



Excess fructose consumption



High blood pressure



Genetic factors

# Nutrition Tips for MASH

## Dietary Recommendations

### Do's



Include whole grains



Seasonal fruits and vegetables



Healthy fats

### Don'ts

Avoid processed foods



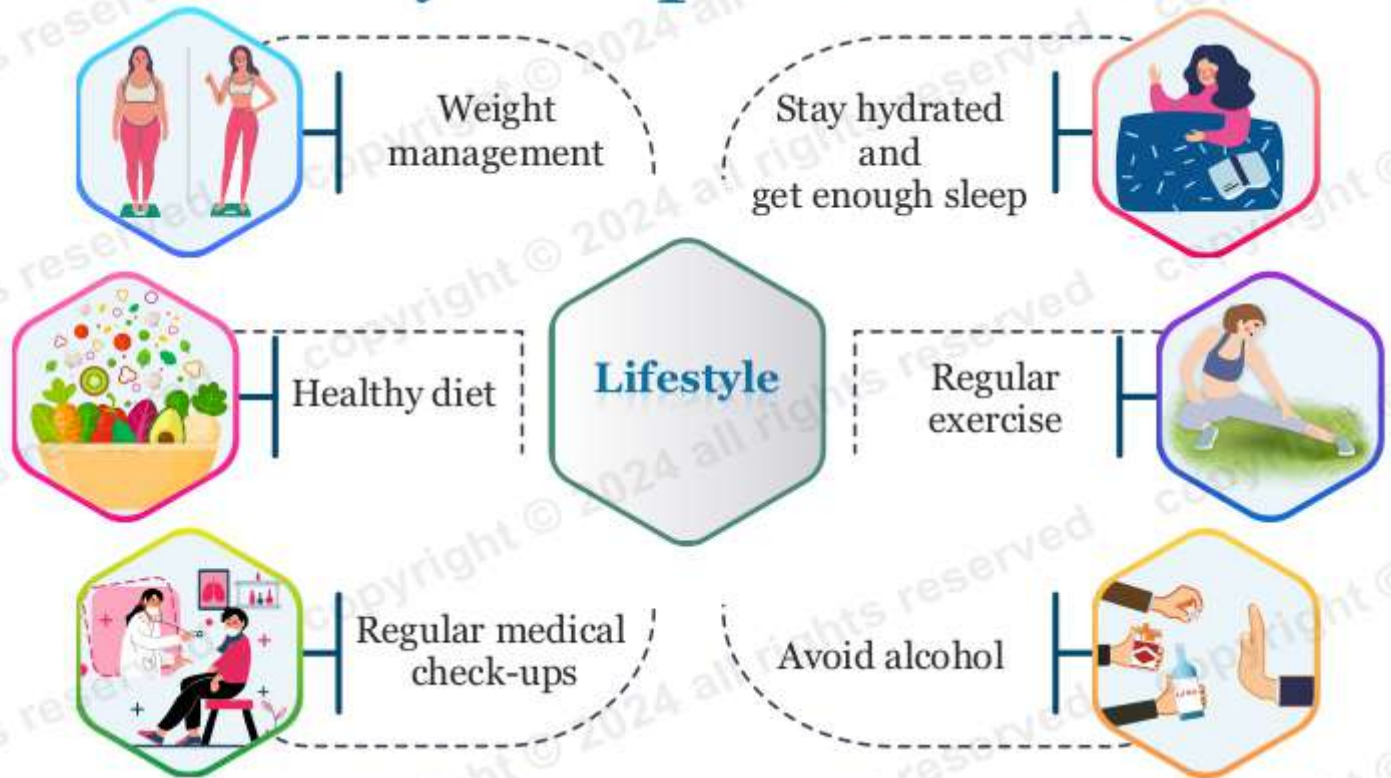
Limit saturated and trans fats



Avoid refined sugar



# Lifestyle Tips for MASH



## Physical Activity



Aim for at least 150 minutes of moderate-intensity exercise per week



Incorporate both aerobic and resistance training

## Weight Management



Gradual weight loss (5-10% of body weight in 6 months to a year) can improve liver health



Avoid rapid weight loss which can worsen liver disease

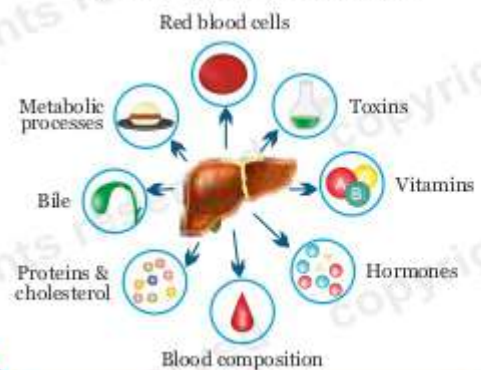
# Additional Tips for Managing MASH

## Regular Monitoring

Regular check-ups with healthcare providers



Monitor liver function and metabolic health



Alcohol



Unnecessary medications



Be cautious with herbal remedies



Smoking and vaping

## Avoidance of Toxins

For more information  
Scan this code

