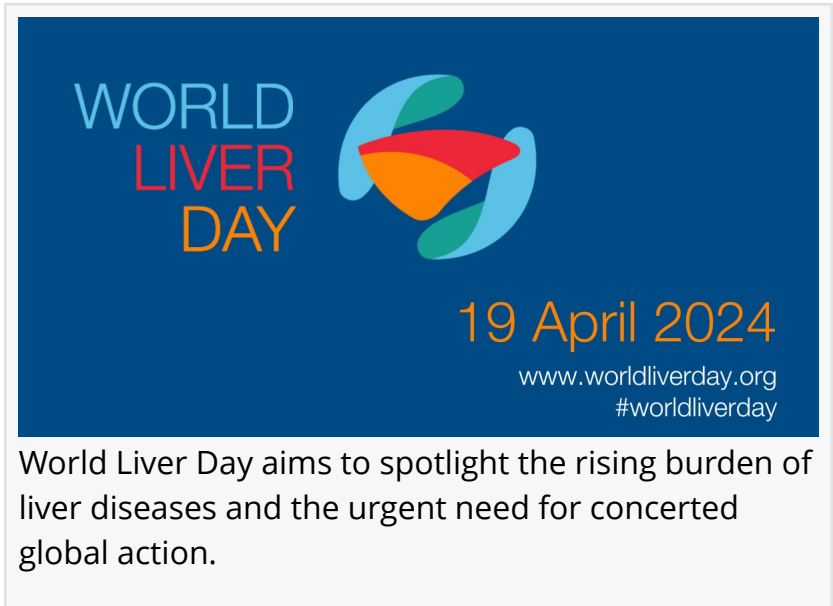


Fatty Liver Alliance Highlights the Importance of Liver Health on World Liver Day

Raising Awareness and Inspiring Action on World Liver Day

TORONTO, ON, CANADA, April 19, 2024 /EINPresswire.com/ -- In observance of [World Liver Day](#) (April 19), the [Fatty Liver Alliance](#), a non-profit charitable organization dedicated to combating liver diseases, emphasizes the critical role of liver health in overall well-being. This year, World Liver Day, carries the theme of educating people about the significance of their liver, the and the diseases that can affect it, and empowering them with simple yet effective measures to safeguard liver health.



World Liver Day aims to spotlight the rising burden of liver diseases and the urgent need for concerted global action.

"The liver is a powerhouse of the human body, executing over 500 essential tasks to keep us healthy," said Michael Betel, President and Founder of the Fatty Liver Alliance. "Yet, liver health seldom receives the attention it deserves. On World Liver Day, we aim to change that by spotlighting the prevalence of conditions like Metabolic dysfunction-Associated Steatotic Liver Disease (MASLD) and Metabolic dysfunction-Associated Steatohepatitis (MASH), and their impact on global health."

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At Fatty Liver Alliance, we empower with knowledge, advocate for accessible care, and inspire change to combat this silent epidemic and protect future generations.”

Michael Betel, President and Founder, Fatty Liver Alliance

MASLD, commonly driven by lifestyle factors such as high-sugar, high-fat diets, and a sedentary lifestyle, is a silent epidemic affecting an estimated 38% of the global adult

population. The condition can progress to more severe stages, including MASH, cirrhosis, and liver cancer. Key risk factors include obesity, insulin resistance, and type 2 diabetes, with over 60% of individuals with type 2 diabetes likely to develop MASLD.

"World Liver Day is a vital opportunity for education and action. Taking care of our liver is not optional, it's essential. Poor liver health is strongly associated with other metabolic diseases that could be coexisting or develop if treatment isn't initiated. In supporting World Liver Day, we commit to informing our communities about how to maintain liver health, recognize the signs of liver illness early, and advocate for those affected." - Dr. Supriya Joshi, Hepatologist, Mississauga, Ontario, Canada.

"By celebrating World Liver Day, the Global NASH and Global Liver Councils reiterate their commitments to serve as a global think-tank and network of recognized liver health leaders dedicated to advancing the field of steatotic liver disease (SLD) and other important liver diseases throughout the world." - Zobair M. Younossi MD, Chairman, The Global NASH and Liver Councils".

"As a global health educator, I see firsthand the impact of liver disease, and in particular MASLD and MASH, worldwide. It's imperative we intensify our efforts in prevention and early detection. World Liver Day provides an essential platform to educate and advocate for better liver health, a crucial step towards ending the public health threat of these far too often overlooked diseases". - Jeffrey Lazarus, Professor Global Health, CUNY SPH and Research Professor at ISGlobal, Barcelona, Spain."

In 2023, healthcare providers, clinical researchers, and experts in public health and policy established the groundbreaking initiative, [Global Research and Action Priorities](#). This consensus-based action plan outlines strategies to decrease the incidence of fatty liver disease and enhance



Fatty Liver
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Fatty Liver Alliance logo

Steatotic Liver Disease

- Understanding Steatotic Liver Disease**
SLD is associated with lifestyle habits like high-sugar, high-fat food consumption and lack of physical activity, and is often related with obesity. This makes SLD a preventable disease, and therefore, it has a major significance for public health.
- Prevalence**
MASLD affects an estimated 38% of the global adult population, with varying prevalence rates across different regions. The prevalence of both MASLD and MASH has reportedly doubled in the last two decades, positioning them as leading causes of liver disease in most countries.
- Diagnosis**
SLD is diagnosed when more than 5% of liver cells have fat accumulation, often identified through liver enzymes seen in routine blood tests or imaging examinations like ultrasound.
SLD often progresses without noticeable symptoms, making it a quiet disease that deserves more awareness to be detected and treated in early stages.
- Disease progression**
The disease has several stages of progression, but it is also reversible by lifestyle modification and weight reduction up to the stage of cirrhosis.
Steatosis: Initial stage with simple fat accumulation in the liver.
Metabolic dysfunction-associated steatohepatitis (MASH): Progression to liver inflammation.
Cirrhosis: Advanced stage with irreversible liver scarring.
Hepatocellular Carcinoma (HCC): Potential development of liver cancer in chronic cases.
- Risk factors**
Obesity and overweight status are significant risk factors for MASLD. Additional risks include insulin resistance, type 2 diabetes, hypertension, and dyslipidemia. Notably, MASLD prevalence is estimated to be over 60% among individuals with type 2 diabetes, which is also related with worse disease progression.



WORLD LIVER DAY

SLD is a condition characterised by the accumulation of fat in the liver cells, not caused by alcohol consumption. It's closely linked with obesity, diabetes, and metabolic syndrome. The progression of SLD can lead to liver inflammation, scarring (cirrhosis), liver cancer, and serious impairment of liver functions. SLD increases the risk of death from both liver-related and cardiovascular causes.

Management
Effective management of SLD includes weight loss, dietary modifications, and increased physical activity. These lifestyle interventions are key to preventing the progression of the disease and reducing its healthcare burden. SLD's association with commercial and social determinants of health marks it as a growing concern in modern public health.

What is Steatotic Liver Disease? What is the prevalence? What are the risk factors? How does it progress?

patient outcomes. Successful implementation of this agenda will require coordinated efforts at global, regional, and national levels. Below, you will find a link to this paper along with other relevant references.

The Fatty Liver Alliance advocates for lifestyle interventions such as weight loss, diet modification, and physical activity to mitigate the risk and progression of liver diseases. The organization supports individuals diagnosed with MASLD and MASH, and strives for better treatment and care options.

"World Liver Day is more significant now than ever," Betel stated. "In an era where lifestyle diseases are escalating, we must intensify our efforts to educate and treat liver conditions. Today is not just about awareness but about igniting a worldwide initiative for healthier livers and lives."

The Fatty Liver Alliance invites everyone to join in this global cause to learn about and promote liver health. Together, we can bring the shadowed reality of liver diseases into the light and call for change.

For more information about the Fatty Liver Alliance, World Liver Day, and how you can participate, please visit www.fattyliver.ca. As a charity, we depend upon generous donations when possible and our website address for support is <http://www.fattyliver.ca/donations>.

References:

- 1) Research priorities in SLD (JHEP, 2023): DOI: <https://doi.org/10.1016/j.jhep.2023.04.035>
- 2) Action priorities in SLD (Hepatology, 2024): DOI: <https://doi.org/10.1097/HEP.0000000000000545>
- 3) Lifestyle interventions in MASLD (NRGH, 2023): DOI: <https://doi.org/10.1038/s41575-023-00800-4>

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