



**GALLIOTT**  
CAPITAL ADVISORS



**Liver Health for a Healthy Life &  
Concerns with COVID-19**



**GALLIOTT**  
CAPITAL ADVISORS

# What is Nonalcoholic fatty liver disease (NAFLD)?

Nonalcoholic fatty liver disease (NAFLD) is when there is a presence of at least 5% hepatic steatosis (fat) on liver biopsy without evidence of hepatocellular injury.



**GALLIOTT**  
CAPITAL ADVISORS

# What is the big deal of having a "fatty liver"?

Because "fatty liver" can progress from NAFLD to NASH. Then the risk of liver-specific morbidity (complications) and mortality (death) increases by a factor of 50 to 80 in patients with advanced fibrosis related to NASH.



**GALLIOTT**  
CAPITAL ADVISORS

# Diagnosing NAFLD

Liver biopsy is the gold standard. However noninvasive means include ultrasound, blood testing, ultrasound elastography, and other radiographic options, like MRI studies



**GALLIOTT**  
CAPITAL ADVISORS

# Treatment of NAFLD

The only treatment is lifestyle interventions such as a balanced diet, weight loss, and healthy forms of regular exercise.



**GALLIOTT**  
CAPITAL ADVISORS

Designed exclusively for  
**matters of wealth — including your health**

