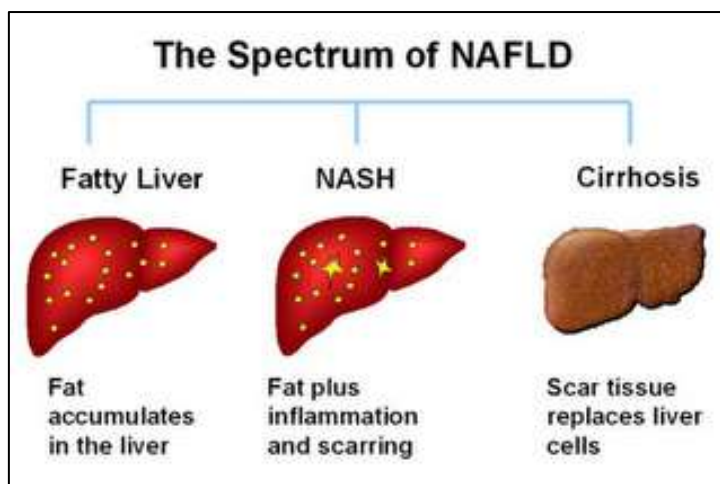


Non-Alcoholic Fatty Liver Disease (NAFLD)

Patients with NAFLD have few symptoms and are often unaware of their condition. They may be obese and have concomitant conditions such as metabolic syndrome or insulin resistance,



however nothing may have been officially diagnosed.

Occasionally, individuals may complain of fatigue, malaise, and dull right-upper-quadrant abdominal discomfort. Mild jaundice may be noticed, but this is rare.

What causes NAFLD?

The exact cause of NAFLD is still unknown. However, both obesity and insulin resistance probably play a strong role in the disease process. Excessive fructose consumption is also believed to contribute to the development of NAFLD.

Fructose is only metabolised in the liver, whereas glucose can be metabolised anywhere in the body. Furthermore, fructose is converted into very low density lipoproteins (VLDL) cholesterol – the worse form.

NAFLD is considered to cover a spectrum of disease activity and begins as fatty accumulation in the liver. The liver can remain fatty without disturbing liver function but may also progress to outright inflammation of the liver.