

CAN MASLD BE REVERSED IN YOUNG ADULTS?

Early stages of metabolic dysfunction associated steatotic liver disease can improve with lifestyle change and early recognition.

YES, IN EARLY STAGES



Liver fat can decrease with sustained lifestyle change



Inflammation can improve



Metabolic health markers can normalize



Fibrosis risk may be reduced when addressed early

WHAT MOVES THE NEEDLE



5 to 10 percent reduction in body weight



Improved insulin sensitivity



Reduced added sugars and ultra processed foods



Regular physical activity



Consistent dietary pattern such as Mediterranean style eating

THE OPPORTUNITY WINDOW



MASLD often develops silently in young adults.



Early identification and intervention can meaningfully alter long term disease trajectory and reduce risk of progression.



Early recognition changes trajectories.

Your choices today can protect your liver tomorrow.



Sources: American Association for the Study of Liver Diseases (AASLD); European Association for the Study of the Liver (EASL).

Educational resource. Not medical advice. If you have concerns, speak with a qualified clinician.