

# Early Signs and Symptoms of MASLD

MASLD often develops quietly. Many individuals feel well in early stages, even as fat accumulation and inflammation begin inside the liver.



## Often No Symptoms



No pain in early stages



Normal energy or only mild fatigue



No visible physical changes



Liver enzymes may be mildly elevated

MASLD frequently progresses without obvious warning signs. Routine testing may detect changes before symptoms appear.



## Subtle Warning Signs



Persistent fatigue



Abdominal discomfort or fullness



Unexplained weight gain



Elevated ALT or AST on routine blood work



High triglycerides



Insulin resistance or prediabetes

These signs are often attributed to stress or lifestyle factors. Persistent metabolic changes deserve evaluation.



## When to Speak With a Clinician

If you have metabolic risk factors, abnormal blood work, or a family history of liver disease, consider discussing liver health testing with a qualified healthcare provider.



## Early recognition changes trajectories.



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



### Sources

- American Association for the Study of Liver Diseases Practice Guidance on MASLD
- National Institute of Diabetes and Digestive and Kidney Diseases MASLD overview
- World Health Organization Liver disease and metabolic risk information