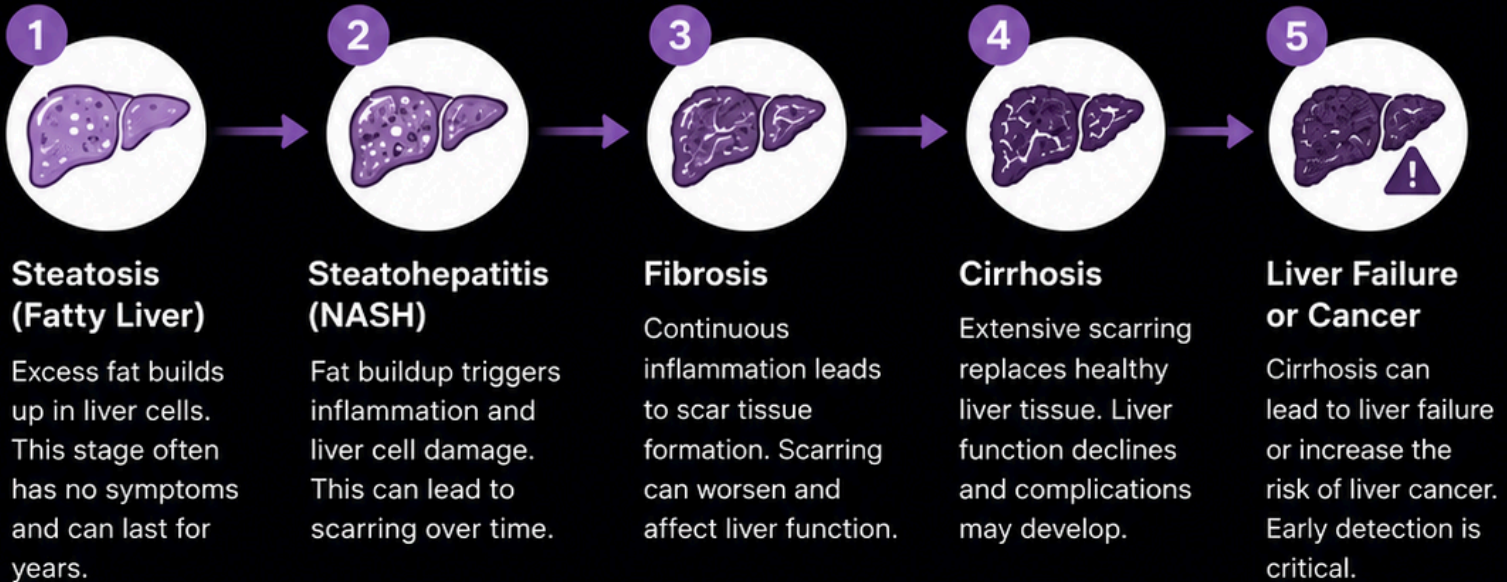


# How MASLD Progresses

MASLD can advance over time. The progression varies from person to person and can be influenced by genetics, lifestyle, and other health conditions.



### Factors That Can Speed Up Progression

- Obesity or weight gain
- Type 2 diabetes or insulin resistance
- High blood pressure or heart disease
- High cholesterol or triglycerides
- Sedentary lifestyle and poor diet

### The Good News

Early detection and lifestyle changes can stop or even reverse MASLD in its early stages.

### What You Can Do

- Eat a balanced, whole-foods diet
- Exercise regularly
- Maintain a healthy weight
- Manage blood sugar, cholesterol, and blood pressure
- Get regular check-ups and follow up on abnormal results

### Progression is not inevitable.

Your choices today can protect your liver tomorrow.

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