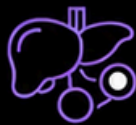


# Recently Diagnosed With Alcohol-Associated Liver Disease (ALD)?

What this diagnosis means and what steps matter now.



## What ALD Means



- Liver injury caused by repeated alcohol exposure
- Ranges from fatty liver to hepatitis to cirrhosis
- Damage severity varies from person
- Early stages may be reversible

## What To Do Immediately



- Stop alcohol use completely
- Schedule medical follow-up
- Ask about bloodwork and imaging
- Discuss nutritional support

## What To Expect



- Inflammation may improve with abstinence
- Symptoms can take time to resolve
- Monitoring is essential

## Support Matters



- Medical care
- Mental health support
- Peer or recovery Programs
- Honest conversations about alcohol use

**Early action can significantly change the course of alcohol-related liver disease.**