

WHAT IS MASLD?

Metabolic dysfunction–associated steatotic liver disease caused by **fat buildup in the liver.**



What Is MASLD?

- Fat buildup in liver cells
- Closely linked to metabolic dysfunction
- Often develops silently
- May progress to inflammation and fibrosis



Key Risk Factors

- Insulin resistance
- Type 2 diabetes
- Elevated cholesterol or triglycerides
- Obesity or central weight gain
- Sedentary lifestyle



Signs and Early Changes

- Often no symptoms in early stages
- Mild fatigue
- Mild right upper abdominal discomfort
- Elevated ALT on blood tests
- Liver inflammation may develop over time



Why It Matters

- Can progress to steatohepatitis
- May lead to fibrosis or cirrhosis
- Increases cardiovascular risk
- Often reversible with early intervention
- Monitoring helps reduce long term complications



Early identification and metabolic management can prevent progression.



Educational resources. Not medical advice. Speak with a qualified healthcare professional if you have concerns.



Sources: AASLD Practice Guidance on MASLD, EASL Clinical Practice Guidelines, World Health Organization metabolic health reports.