

WHAT REALLY CAUSES FATTY LIVER DISEASE?

Understanding the main causes of fatty liver disease and how it develops over time.

Fatty liver disease can develop quietly over time, often without clear symptoms. Understanding what drives it is the first step toward prevention.



What Is Fatty Liver Disease

- Fat builds up inside liver cells over time
- Often develops without noticeable symptoms
- Can occur in people who do not drink alcohol



Common Causes

- Diets high in sugar and ultra processed foods
- Weight gain and excess body fat
- Insulin resistance and metabolic changes



Lifestyle and Risk Factors

- Sedentary lifestyle
- Poor sleep and chronic stress
- Family history and genetics



Why It Matters

- Fatty liver can progress to inflammation and scarring
- Early stages may be reversible with lifestyle changes
- Awareness helps prevent long term liver damage



Fatty liver disease often develops silently.
You may not notice it until damage has begun.



Sources: American Association for the Study of Liver Diseases (AASLD) Practice Guidance on MASLD; Health Canada.

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