

DO YOUNG ADULTS REALLY GET LIVER DISEASE?

Understanding why liver conditions are affecting people in their 20s and 30s



Liver Disease Is Rising in Young Adults

- Rates of fatty liver disease are increasing in people under 40
- Alcohol-related liver disease is affecting younger populations
- Many people develop liver damage before symptoms appear



Why Is This Happening?

- Diets high in sugar and ultra-processed foods
- Sedentary lifestyles and weight gain
- Increased alcohol consumption patterns
- Metabolic conditions such as insulin resistance



The Silent Nature of Liver Disease

- The liver can be damaged for years without symptoms
- Early stages often go unnoticed
- Many people discover problems through routine blood tests



Why Early Awareness Matters

- Early lifestyle changes can reverse some liver damage
- Identifying risk factors can prevent disease progression
- Education and screening help protect long-term liver health



Early awareness can protect your liver for life.



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



Sources: National Institute of Diabetes and Digestive and Kidney Diseases, American Association for the Study of Liver Diseases, Health Canada.