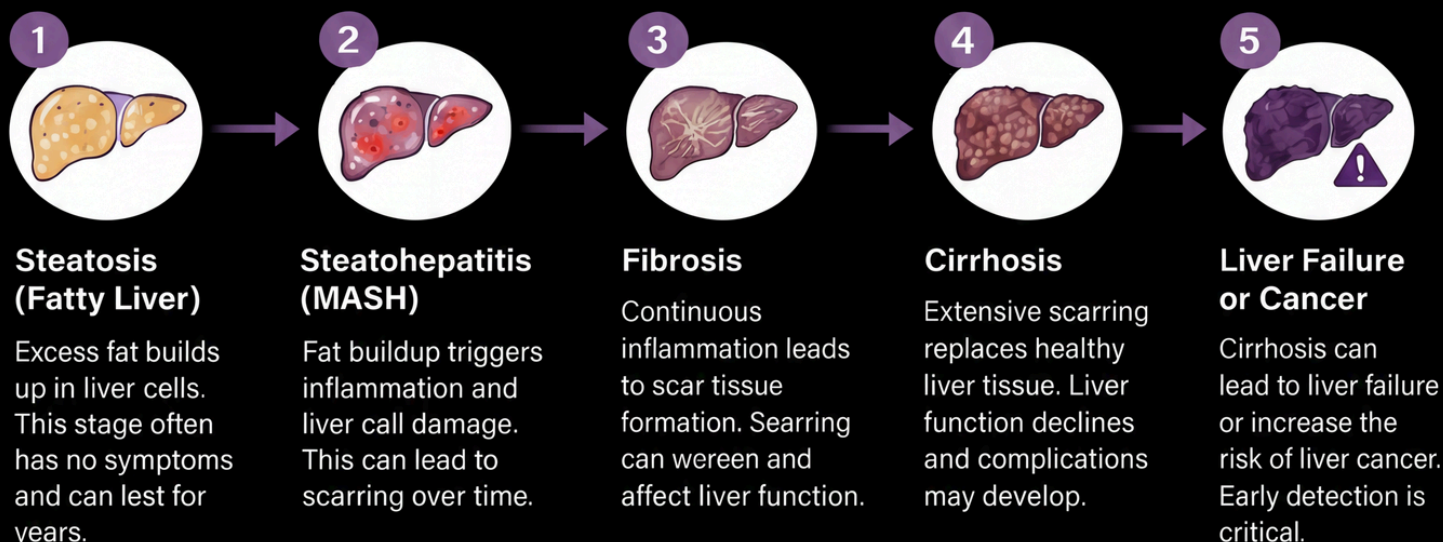


CONDITION PROGRESSION

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

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.