

FATTY LIVER

It is also known as hepatic steatosis

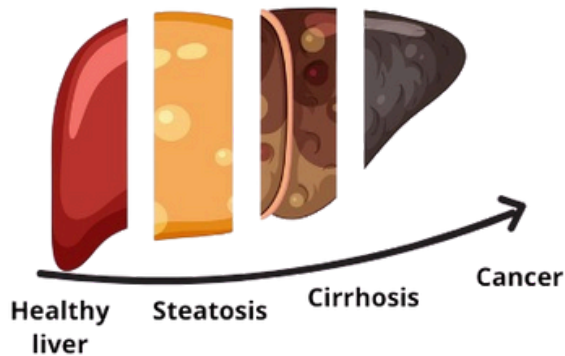


What is Fatty Liver?

- Fatty liver is a disease where fat builds up in the liver
- The fat causes inflammation in the liver. If left untreated, it can lead to cirrhosis and cancer
- It affects 1 in 3 adults
- It usually doesn't cause symptoms

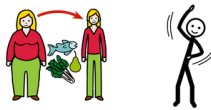


The image explains how alcohol damages the liver over time:



What is the treatment for fatty liver?

- In Spain, there are still no medicines that cure fatty liver
- You need to lose 10% of your weight. For example, if you weigh 80 kilos, losing 8 kilos helps slow down the disease
- The treatment is to follow a healthy diet and do physical activity



What should you avoid if you have fatty liver?

- Do not drink any alcohol
- Do not smoke tobacco or use vapes
- Do not take herbal products. For example, do not take milk thistle
- Do not take medications that your doctor has not prescribed. If you have doubts, explain at the pharmacy that you have fatty liver



How to use the QR code to access health information

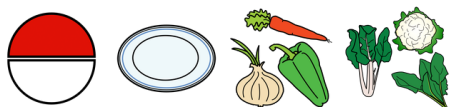
1. Open your phone's camera.
2. Point it at the QR code (that square with patterns).
3. Tap the message that appears on the screen.
4. It will take you to a page with safe and verified health information.





How to eat healthily? Use the Harvard Plate as an example.

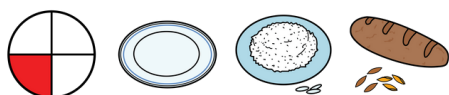
- Half of the plate should be vegetables and greens



- A quarter of the plate should have proteins, for example: chicken, fish, or legumes



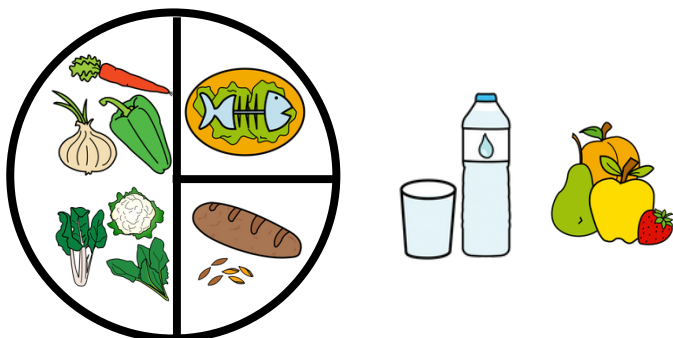
- A quarter of the plate should have carbohydrates, especially whole grains



- As a drink, you can have water, coffee, or tea without sugar
- For dessert, you can have fruit
- The dressing can be olive oil



The image shows an example of a healthy plate:



What foods should you avoid?

- Avoid fatty meats, such as processed meats, offal, or red meats
- Avoid high-fat dairy products, such as cheese or cream
- Avoid foods with a lot of sugar, such as sodas, juices, or pastries



How to increase physical activity?

- You should do at least 30 minutes of physical exercise a day
- Exercise at a brisk pace. You should be able to talk, but not sing
- It can be aerobic exercise, such as walking or dancing
- It can be anaerobic exercise, such as squats or lifting weights



- Information verified by Dr. Juan Turnes, specialist in Gastroenterology at the University Hospital Complex of Pontevedra.
- Source of information: knowledge from specialist doctors at the Pontevedra Hospital. It was created for the COMTA project, developed by the Research Group on Hepatology and IBD of IIS Galicia Sur and the Digestive and Endocrinology services of the Pontevedra and O Salnés Health Area.
- *The Healthy Eating Plate (Spanish)* - *The Nutrition Source*. March 3, 2015, <https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/translations/spanish/>.
- Pictograms author: Sergio Palao. Source: [ARASAAC \(http://www.arasaac.org\)](http://www.arasaac.org), License: CC (BY-NC-SA). Ownership: Government of Aragón (Spain).