

Fatty liver

condition in which excessive fat gets accumulated in liver

[DEPTH OF BIOLOGY]

lead to more 5-10% more weight than normal

- * This can be controlled by making certain changes in lifestyle
- * In fatty liver - no symptoms appear in most of cases and does not even damage the liver, until an advanced stage.

Causes of Fatty liver

[DEPTH OF BIOLOGY]

- Alcoholism, Heavy drinking - common cause
- obesity
- Hyperlipidemia
- Diabetes
- Genetic inheritance
- Rapid weight loss
- side effect of aspirin, steroids, tetracycline

Symptoms

- Fatigue or abdominal discomfort
- Liver inflammation - due to fat accumulation may cause following symptoms.

[DEPTH OF BIOLOGY]

- Loss of Appetite
- weight loss
- Abdominal pain
- weakness
- Fatigue
- confusion

If not treated on time

- may lead to cirrhosis

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results in
liver failure

Diagnosis

Physical Examination

- Inflamed liver can be diagnosed by abdominal examination

Blood test

- presence of large amt. of some enzymes indicate fatty liver. [DEPTH OF BIOLOGY]

ultrasound

- a picture of liver is obtained using ultrasonic sound waves.

Treatment

• fatty liver cannot be completely treated with medicine or by any surgery instead risk factors can be reduced by the following recommendations.

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→ • avoiding OH

→ • Reduce consumption of Dietary cholesterol, sugar and saturated fatty acid.

→ • losing weight

→ • fatty liver due to obesity can be controlled by avoiding certain food.

→ • fatty liver disease can be avoided by avoiding fatty foods, high sugar and increase consumption of fresh fruits, vegetables and whole grains.

[DEPTH OF BIOLOGY]