

Non alcoholic fatty liver disease

RFQs

- Do you mind me asking about your alcohol consumption? What would you drink in a typical day? Do you know what a unit of alcohol is? How many units do you drink in a typical week?
- Can I check that you don't have any symptoms of diabetes? Thirst; peeing a lot; weight changes; tiredness?

Provide

Your liver is irritated. Since you are not a big drinker, the most likely cause for this is linked to your weight. You probably have non alcoholic fatty liver disease. Shall we arrange an ultrasound exam on your liver to confirm the diagnosis? I would also like to check your average blood sugar. That's a simple blood test to look for type 2 diabetes, which is common in people with fatty liver disease.

Non alcoholic fatty liver disease can cause cirrhosis, but it is far more likely to be linked with type 2 diabetes and the complications of being overweight. Would you like some help with your weight at all? If you are worried about cirrhosis we could arrange a special test on your liver using sound waves.

Safety net:

Your non alcoholic fatty liver disease is almost certainly linked to your weight. We should check your average blood sugar and then probably repeat it every year or two, unless we can help you to lose some weight. Do let us know if you develop symptoms of diabetes: thirst, peeing a lot, surprising weight changes or tiredness.