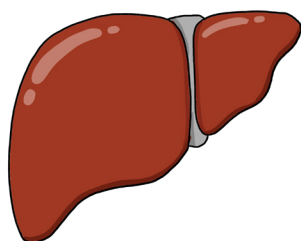




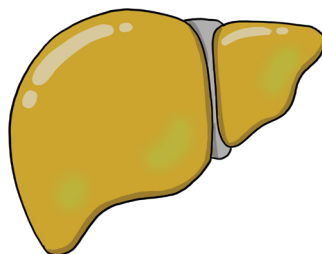
Non-alcoholic fatty liver disease (NAFLD)

When overweight, the body starts holding fat inside the liver, this is NAFLD.

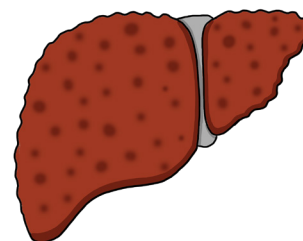
The liver filters and cleans waste from blood. When you have a fatty liver the liver does not work as well as it used too and if not treated the liver gets scarring (cirrhosis) and may cause a rare liver cancer.



Healthy Liver



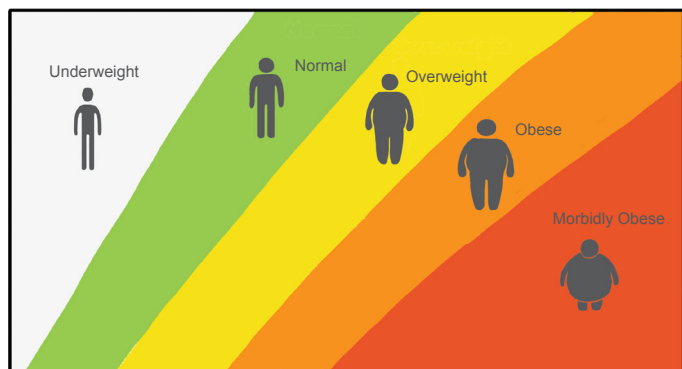
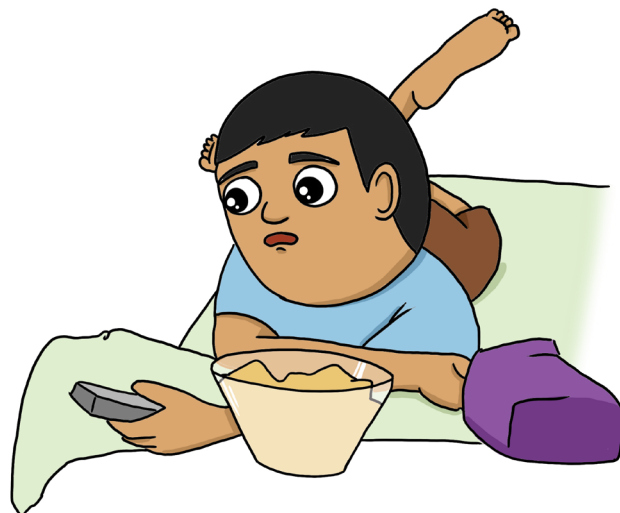
Fatty Liver



Cirrhosis

What can affect the liver:

- being overweight
- type 2 diabetes or high insulin levels
- high cholesterol
- high blood pressure (hypertension)
- high body mass index (BMI) and too much fat around the waist (metabolic syndrome)
- if liver disease runs in your family
- eating too much junk food
- doing little or no physical activity.



If bub has NAFLD they may:

- feel tired and unwell
- sometimes have stomach pain
- have thick, dark folds in the skin
- yellowing of the skin or whites of the eyes is a sign of a severe liver problem. Bub will need to see a doctor straight away.

How to check if bub has NAFLD

See you GP or health clinic, bub will need to have a blood test or ultrasound to see if they have NAFLD.

The blood test will help doctors to find out:

- how well bub's liver is working
- if bub has high cholesterol levels
- insulin levels.

The doctor may also want bub to have an MRI of their tummy to check their liver.

Treating NAFLD

The most important thing to heal bub's liver is a making changes to have a **healthy lifestyle** and **healthy weight**.

To help bub have a healthy liver, they will need to:

- eat healthy tucker and less junk food
- do more physical activity
- limit to 2 hours a day for watching TV, going on the computer or tablets and playing video games.



Good to know

- Losing weight to **fast** can damage their liver more.
- There is **no medication** to **treat NAFLD**, however **Vitamin E** can help heal the liver. Bub's doctor may prescribe other **medications** to **help lower cholesterol levels** or **control high blood pressure**.

Please yarn to a **Healthy Weight Team at Perth Children's Hospital** if you have any question or are worried call (08) 6456 2222.



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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