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# A Simple Guide To Non-Alcoholic Fatty Liver, Diagnosis, Treatment And Related Conditions (A Simple Guide To Medical Conditions)

**A SIMPLE GUIDE TO  
NON-ALCOHOLIC  
FATTY LIVER,  
Diagnosis, Treatment  
And  
Related Conditions  
by**

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## Synopsis

Chapter 1 Non Alcoholic Fatty Liver Disease What is Non Alcoholic Fatty Liver? Non Alcoholic Fatty Liver disease is a medical disorder where there are fat deposits inside the liver which may prevent the liver from removing toxins from the blood. People who drink too much alcohol may also have fat in their liver but that is not the same as fatty liver disease.

Function of the liver: The functions of the Liver are:

- Storing fuel for the body. Much of the food eaten is broken down by the body into a type of sugar called glucose. This is what the bodies use for energy. Glucose cannot be stored so it is turned into a storage version called glycogen. This is stored in the liver, and when the body needs energy, it is released in the form of glucose.
- The liver also stores iron and vitamins.
- Making proteins that are essential for blood to clot (clotting factors).
- Helping to remove or process alcohol, medicines, and poisons from the body.
- Making a type of fat called cholesterol. This is needed in the body although too much of it causes harm.
- Making a juice which digests fat called bile. This passes from the liver to the intestines through the bile duct. Bile digests the fats in food so that they can be absorbed from the bowel.

5 per cent of the liver is due to fat including phospholipids, triglycerides, fatty acids and cholesterol. The liver is active in the synthesis of lipids especially triglycerides. Most fatty acids taken up by the liver and esterified to triglycerides are synthesized by the liver from the acetates. Fatty acids are converted to triglycerides, esterified with cholesterol, incorporated with phospholipids or oxidized into carbon dioxide or ketones. Most of the triglycerides must be changed to lipoproteins in order to be secreted from the liver.

Pathophysiology Fatty liver (steatosis) involves the accumulation of triglycerides and other lipids in hepatocytes. This is a result of defective fatty acid metabolism which may be produced by poor balance between energy intake and combustion, by mitochondrial damage (alcohol), by insulin resistance or by damage of receptors and enzymes involved.

What are the Types of fatty liver disease? Steatosis (fatty liver) is a collection of fat in the liver. Steatohepatitis is when this progresses to become linked with inflammation. Fatty liver disease is categorized into:

1. Alcohol-related fatty liver disease.
2. Non-alcoholic fatty liver disease (NAFLD).

Practically, it is useful to realize the only difference between the two is the alcohol. A threshold of

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