



# FIRST ANNUAL LIVER WEEK

AUGUST  
24-28  
2020

## NONALCOHOLIC FATTY LIVER DISEASE (NAFLD) & NONALCOHOLIC STEATOHEPATITIS (NASH)

- Nonalcoholic fatty liver disease (NAFLD) is a condition in which excess fat is stored in your liver.
- **100 million individuals** in the US (approximately **30-40% of the population**) have NAFLD.
- NAFLD is the **most common form** of liver disease **in children**.
- NAFLD is preventable and **can be treated with changes in diet and exercise**.
- If left untreated, NAFLD can progress into Nonalcoholic Steatohepatitis (NASH), or inflammation, resulting in cirrhosis or permanent scarring.

## WHAT IS ALF DOING?



### FUNDING RESEARCH

Thanks to our generous supporters, the American Liver Foundation has granted approximately \$500,000 to scientists for the study of NAFLD/ NASH over the last four (4) years.



### EDUCATION & AWARENESS

[NASHional Conversation](#)

[Ask the Experts](#)

[Video Resources](#)

[Community Education](#)

[NAFLD Information Center](#)



### SUPPORT

[Online Support Group](#)

[Clinical Trial Finder](#)

[Facebook Support Group](#)

[Patient Stories](#)



### ADVOCACY

[National Patient Advisory Committee](#)

[Virtual Hill Day](#)

[Advocating for Liver Disease Blog](#)

[\(Register Today!\)](#)

## WHAT CAN YOU DO?

**COVID-19 will reduce our funding** of research, education, support and advocacy by a **staggering 49%** - we need your help now more than ever!

Please help us continue our fight against liver disease by **making a donation** today.

**DONATE NOW**

AMERICAN LIVER FOUNDATION  
LiverFoundation.org  
1-800-GO-LIVER // (1-800-465-4837)