



NASH Patient-Physician Discussion Guide

Talking to your doctor about NASH is critical, and it's a conversation that could save your life. Asking the right questions is an important part of getting the most from your doctor's visit. Use this guide to help begin your conversation with your doctor and record the answers below.

1. What stage of NASH progression is my liver currently showing? What is the timeframe for being able to reverse that damage?

2. Can you help me understand my liver enzymes, and can we review my historical labs?

3. What are my current cholesterol and triglyceride levels and, if my levels are too high, what steps can I take to lower them?

4. What non-invasive tests (NITs) can I request to help manage my NASH? What do those tests tell us?

5. What are the symptoms I can expect? Will you talk to my loved one about those symptoms, so they are as prepared as possible?

6. If my current weight is a risk factor for NASH progression what lifestyle changes should I make? What is an ideal weight range for me and what tools can I use to achieve that goal?

7. Who else should I be working with for treatment? Is there a dietician or exercise specialist to whom you could refer me?

8. Beyond diet and exercise, are there any other NASH treatment options I can consider, like a clinical trial for a new treatment?

9. If I want a second opinion, are there any specialists, like a gastroenterologist or a hepatologist, to whom you can refer me? How will you work with them to coordinate my care?

10. Are there any NASH support groups or online resources you'd recommend to me? How about for my loved one?

For more information on NASH, including resources you can use to help with your discussion with your healthcare team, visit liverfoundation.org or NashionalConversation.com.

To speak directly to a specialist about liver wellness and disease, or for emotional support during times of crisis, contact the American Liver Foundation Helpline at 1-800-465-4837.

