



Fatty Liver (MASLD)

The most common — and most overlooked — liver condition

Recover • Rebalance • Revive



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PATIENT GUIDE

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Common, usually quiet — and worth taking seriously.
Fatty liver means extra fat is being stored in your liver. It's now called MASLD — and for most people, the bigger story isn't their liver. It's what it says about their heart and metabolism.

 **1 in 4**
Australian adults have some degree of fatty liver

 **5–10%**
weight loss can reverse it — sometimes fully

 **#1 risk**
is to your heart, not your liver

Why fatty liver matters


 **It's usually silent**
Most people feel completely fine — it's often found by accident on a scan or blood test.

 **It's really common**
Roughly one in four Australian adults, and far more if you have diabetes or carry extra weight around the middle.

 **Heart, not just liver**
Most people with fatty liver are at higher risk of heart attack and stroke — that's the bigger conversation.

 **It can quietly progress**
In some people, fat leads to inflammation (MASH), then scarring. Most never get this far — but it's why we check.

 **It often comes with company**
Type 2 diabetes, high blood pressure, high cholesterol and a fuller waistline tend to travel together.

 **It can get better**
Liver fat starts dropping within weeks of healthy changes — and even scarring can improve with enough weight loss.

MASLD — the new name for fatty liver
The name changed in 2023 from NAFLD to MASLD — standing for 'metabolic-associated steatotic liver disease'. It's a more accurate, less stigmatising name. You may still hear 'fatty liver' — they mean the same thing.



Six changes that genuinely help



Aim for 5–10% weight loss

Just 5% reduces liver fat; 7% reduces inflammation; 10% can reverse early scarring — you don't need to be perfect, just steady.



Mediterranean-style eating

Lots of veg, olive oil, fish and nuts; fewer refined carbs and ultra-processed foods. The single best-studied diet for fatty liver.



Cut sugary drinks

Soft drinks, juice and energy drinks go straight to liver fat. This one swap moves the needle quickly.



Move 30 minutes, most days

A mix of walking, cycling or swimming with some resistance work twice a week — it lowers liver fat even before the scale shifts.



Coffee — a quiet win

2–3 cups of coffee a day (caffeinated or not) is linked to less liver scarring — one of the few habits with consistent evidence.



Go easy on alcohol

Even 'social' drinking pushes fatty liver along. Less is better — and breaks of several days a week help your liver recover.



See your doctor sooner if:

- Yellowing of the skin or eyes, or itchy skin
- Swelling in your tummy, ankles or legs
- Easy bruising, or vomiting blood
- Confusion, or feeling unusually drowsy
- Unexplained weight loss or persistent tummy pain



Working with your GP:

- ✔ A simple blood test (FIB-4) checks your scarring risk
- ✔ Some patients have a FibroScan — a quick liver scan
- ✔ Keep diabetes, blood pressure & cholesterol on track
- ✔ Tell us about any medicines or supplements
- ✔ Recheck in 6–12 months to see your progress

A warning shot — and a real chance

Your liver is a forgiving organ. Small, steady changes turn this around.

Fatty liver is really a cardiometabolic story — fix the metabolism, and the liver follows. — Dr Regu