
Treatment Plan

- Development of your individualized plan after an assessment by our staff
- Certified nutritionist assessment for safe and sustainable weight loss done through telehealth for your convenience
- Close monitoring of your progress with regular check ins, bloodwork, and imaging tests
- Implementation of your unique combination of diet plan, exercise, medications, and/or use of digital device to monitor calories burned
- The goal of the first 6 months is weight loss, which can be repeated until your goal weight is achieved
- Afterwards, we work to help you maintain that weight loss

Your Plan

1. Nutritionist Assessment

Date _____

2. Initial NAFLD Program Assessment

Date _____

3. Followup Appointment

Date _____

Date _____

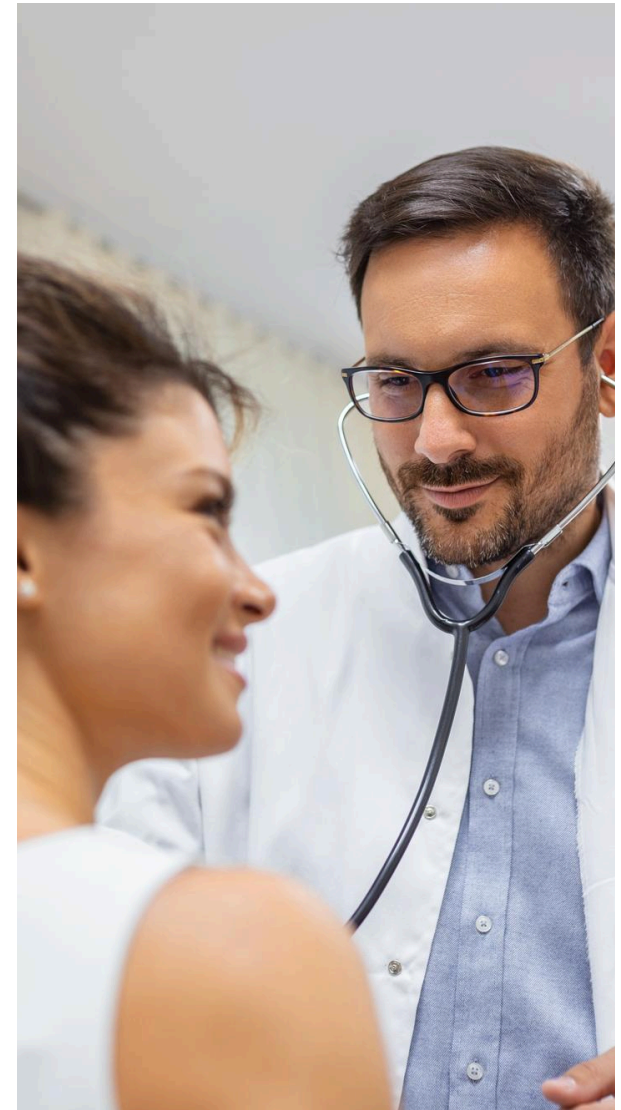
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**Our office is located at
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Non Alcoholic Fatty Liver Disease Program Advanced Gastroenterology Group

A Structured, Medically Guided Approach to Improving
Your Liver Health and Preventing Cirrhosis



Information about Non Alcoholic Fatty Liver Disease (NAFLD)



What is NAFLD?

NAFLD is a medical condition characterized by an abnormal buildup of fat on the liver that over time can lead to permanent liver damage

What is NASH?

Nonalcoholic steatohepatitis is a more serious form of NAFLD where fat in the liver causes inflammation and scarring which leads to cirrhosis

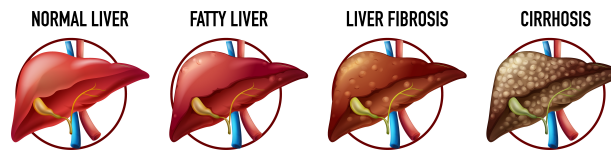
Risk Factors

NAFLD has become increasingly common in the US due to obesity, diabetes, high blood pressure and high cholesterol.

Screening

Those with risk factors should have bloodwork for liver function checked regularly and may need an imaging test

STAGES OF LIVER DISEASE



How Do I Prevent Cirrhosis?

- Weight loss - The goal is to lose 10% of your total body weight to help improved abnormal liver tests and decrease the fat in the liver
- Diet - Work with a nutritionist to develop a balanced dietary plan that will help promote weight loss and healthy habits.
- Exercise - Aim to get around 30 minutes of aerobic exercise on most days of the week. This includes activities like walking, jogging, biking, swimming, and gardening

Fatty Liver Disease Treatment

Weight loss is the only proven method for improving fatty liver and decreasing liver inflammation. There are medications that are currently being developed that can also help but none have been approved for use as of yet.

There have been recent new medications that have been shown to reduce appetite, and together with a healthy diet and exercise habits, help to lose weight safely and effectively.

The Lumen device is another new technology that assists weight loss and keeps you on the right track