



CARE INSTRUCTIONS

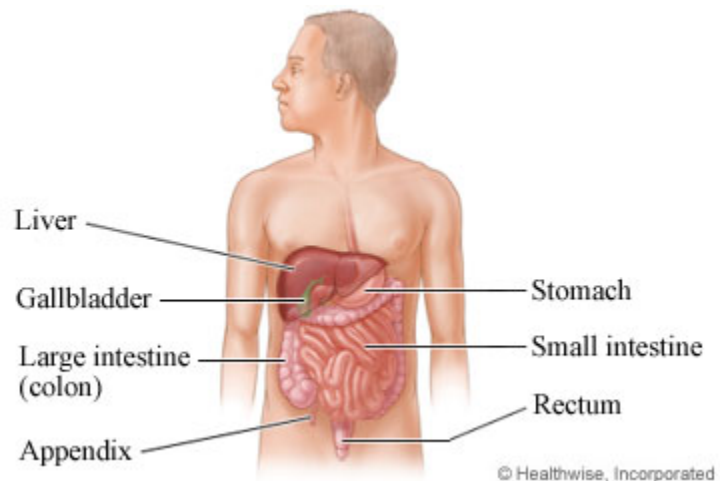
KAISER PERMANENTE

Nonalcoholic Steatohepatitis (NASH): Care Instructions

Your Kaiser Permanente Care Instructions

Nonalcoholic steatohepatitis (NASH) is liver inflammation. It is caused by a buildup of fat in the liver. The fat buildup is not caused by drinking alcohol. Because of the inflammation, the liver does not work as well as it should.

NASH is part of a group of liver diseases called nonalcoholic fatty liver disease. In these diseases, fat builds up in the liver and sometimes causes liver damage. This damage can get worse over time.



Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Stay at a healthy weight. Or if you need to, slowly get to a healthy weight.
- Control your cholesterol. Talk to your doctor about ways to lower your cholesterol, if needed. You might try getting active, taking medicines, and making healthy changes to your diet.
- Eat healthy foods. This includes fruits, vegetables, lean meats and dairy, and whole grains.

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- If you have diabetes, keep your blood sugar at your target level.
- Get at least 30 minutes of exercise on most days of the week. Walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing tennis or team sports.
- Limit alcohol, or do not drink. Alcohol can damage the liver and cause health problems.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have yellowing of the skin or the whites of the eyes. (This is called jaundice.)
- You have pain in the upper right part of your belly.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have swelling in your legs or belly.
- Your skin itches.

Where can you learn more?

Go to <http://www.kp.org>

Enter **F761** in the search box to learn more about "**Nonalcoholic Steatohepatitis (NASH): Care Instructions.**"

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