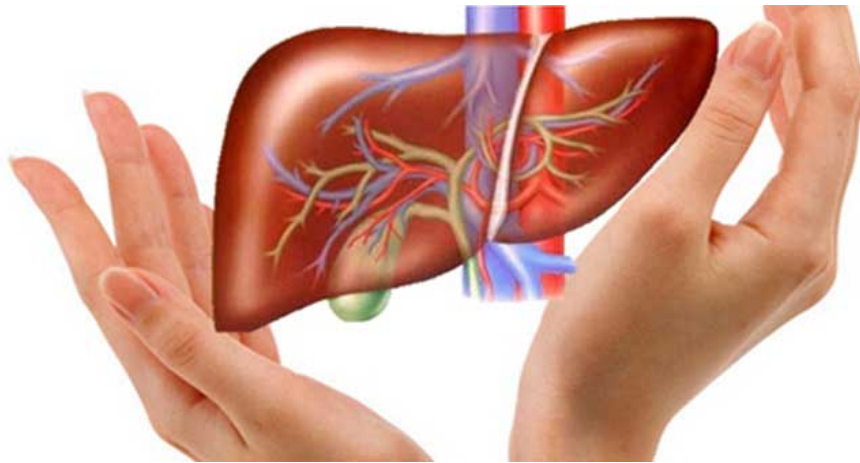


What is fatty liver? Is fatty liver disease dangerous?

Fatty liver is a common liver disease today. In order to help you better understand this disease, Quantrimang will go deep to answer the questions: What is fatty liver and fatty liver disease is dangerous? Join us for more useful knowledge!

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What is fatty liver?

Fatty liver is a condition where fat accumulates in the liver while inflammation occurs. Drinking a lot of alcohol is a cause of fatty liver, but if this is not caused by alcohol, it is called NASH. Currently the cause of NASH has not been determined, but in people who are obese, overweight this situation will be more common.

Fatty liver is divided into 3 levels:

1. Fatty liver level 1: This is the first stage of pathology, fat accounts for 5-10% of the weight of the liver. This level is the lightest so it has not caused any health risks. To treat the disease at this stage, you can make a reasonable diet, increase exercise and refer to the prescription from a specialist.
2. Fatty liver level 2: This stage, fat accounts for 10-25% of liver weight. Fat has spread to the liver and diaphragm tissue while reducing the veins of veins in the liver. At this stage, the signal oil has not been clear so many people will find it difficult to detect.
3. Fatty liver level 3: This is the last stage, very difficult to treat and recover, even many cases even lead to death.

What are the symptoms of fatty liver?

1. At stage 1, the expression is not clear
2. In stage 2, the patient will have some manifestations such as anorexia, bloating, indigestion, nausea and often feeling tired.
3. The third stage of symptoms will be more obvious including: Right upper quadrant pain, yellowing of the eyes, jaundice, raised lumps on the skin, fatigue, loss of appetite and rapid weight loss .

Causes of fatty liver

As mentioned above, non-alcoholic fatty liver is currently unknown. However, in some people, the risk of this disease will increase even higher. You can base these factors on increasing your risk of getting sick.

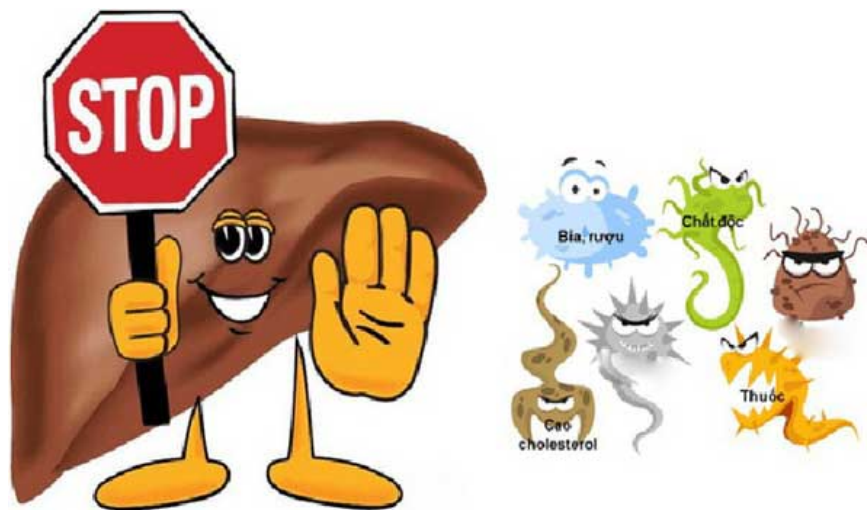
Factors that increase the risk of fatty liver disease include:

1. Obese people: Excess fat in obese people will accumulate in liver cells and form fatty liver.
2. People who regularly drink alcohol: 90% of alcohol in the body will be metabolized in the liver. If alcohol is used regularly, the liver will have to accept a very large proportion of this substance and will then lead to a high risk of fatty liver due to alcohol contamination.
3. People with poor diets: Poor nutrition will lead to protein deficiency in the body. This makes it impossible to produce adequate apolipoprotein, while lipids cannot be converted into lipoproteins (good cholesterol for the body) that interfere with liver triglyceride transport. Excess fat deposits accumulate for a long time leading to fatty liver status
4. People often stay up late: 23h to 3h is the time when the liver is most active. For people who often stay up late, staying up late at night will not have time to rest and will certainly increase the risk of causing fatty liver.
5. People with diabetes: People with type 2 diabetes have a 46% higher risk of fatty liver than normal people. The reason is that glucose and fatty acids are not used up and converted into fat accumulating in the liver.
6. People with little health check: Because the early stage of fatty liver does not have a specific expression, so people with less health checks are at higher risk than those who maintain this habit.
7. People who use drugs for a long time: Corticosteroids, anti-tuberculosis drugs, weight-loss drugs . are all high-risk drugs leading to fatty liver.



Is fatty liver disease dangerous?

Fatty liver disease is dangerous, not a question many patients have. In the early stages, fatty liver does not pose a health risk. However, if not detected and treated promptly, fatty liver will cause many dangerous complications such as cirrhosis, liver cancer and many cases leading to death.



In the early stages of the disease or with people at high risk, consult some of the following tips from experts to effectively improve and prevent this disease:

1. Controlling dinner: The energy of dinner is less likely to be consumed so you should have a reasonable dinner. Avoid overeating, eat late, eat late, or eat before going to bed. Dinner should enhance fiber instead of fat, protein .
2. Using sugar, salt, scientific fat: Overcharging of foods containing these substances increases the risk of fatty liver. Therefore, learn how to use them properly.

3. Increase fiber intake for your body: Add fiber by increasing your daily vegetable and fruit intake to help balance your body's fat content to help limit and reverse the complications of infected liver fat.
4. Limit alcohol consumption
5. Develop scientific training regime and control weight
6. Besides, you can consult your doctor to use some liver supplements.

The liver is an especially important part of the body, protecting liver health is also protecting the health every day. Regular visits to detect liver diseases such as fatty liver and timely intervention solutions. Hope you will always have a healthy liver.

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