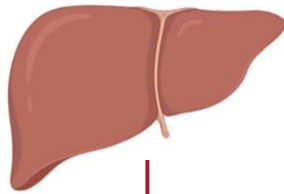


Non-alcoholic Fatty Liver Disease & Hepatocellular Carcinoma

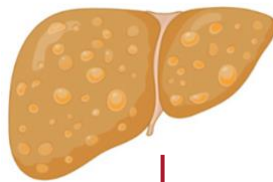
Author: Yi-Chuan Yu, M.S., Ph.D. student

Cancer Facts & Stats, Division of Cancer Epidemiology McGill University, Montréal, QC December, 2022

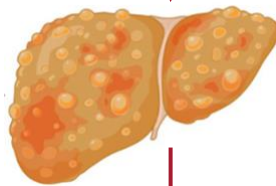
Healthy Liver



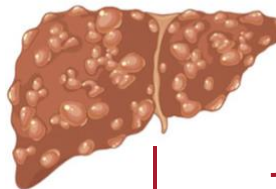
Non-alcoholic Fatty Liver (NAFL)



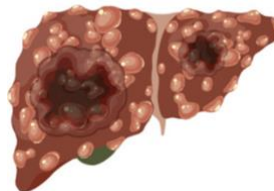
Non-alcoholic Steatohepatitis (NASH)



Liver Cirrhosis



Hepatocellular Carcinoma (HCC)



- There are 2 types of fatty liver disease:
 - Alcoholic fatty liver disease
 - **Non-alcoholic fatty liver disease (NAFLD)**

NAFLD:

- Having too much fat stored in the liver
- Is a wide spectrum of liver conditions including NAFL, NASH, and cirrhosis¹
- Major risk factors: overweight, high blood sugar, and fat level
- By 2030, 9 million Canadians are expected to be living with NAFLD²
- Associated with an increased risk of developing HCC¹

HCC:

- 5th most common cancer type globally³
- Accounts for >90% of primary liver cancer³
- 5-year survival is 18%³
- Major risk factors: hepatitis B and C viruses, alcoholic liver disease, and aflatoxin intake

So, what to do if diagnosed with NAFLD?

1. Stay Physically Active! Physical activity and structured exercises are core **treatments** for NAFLD.⁴
2. Maintain a Healthy Diet! Whole grains, vegetables, and fruits are great!⁵
3. Consult Your Physician for more specific advice!

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