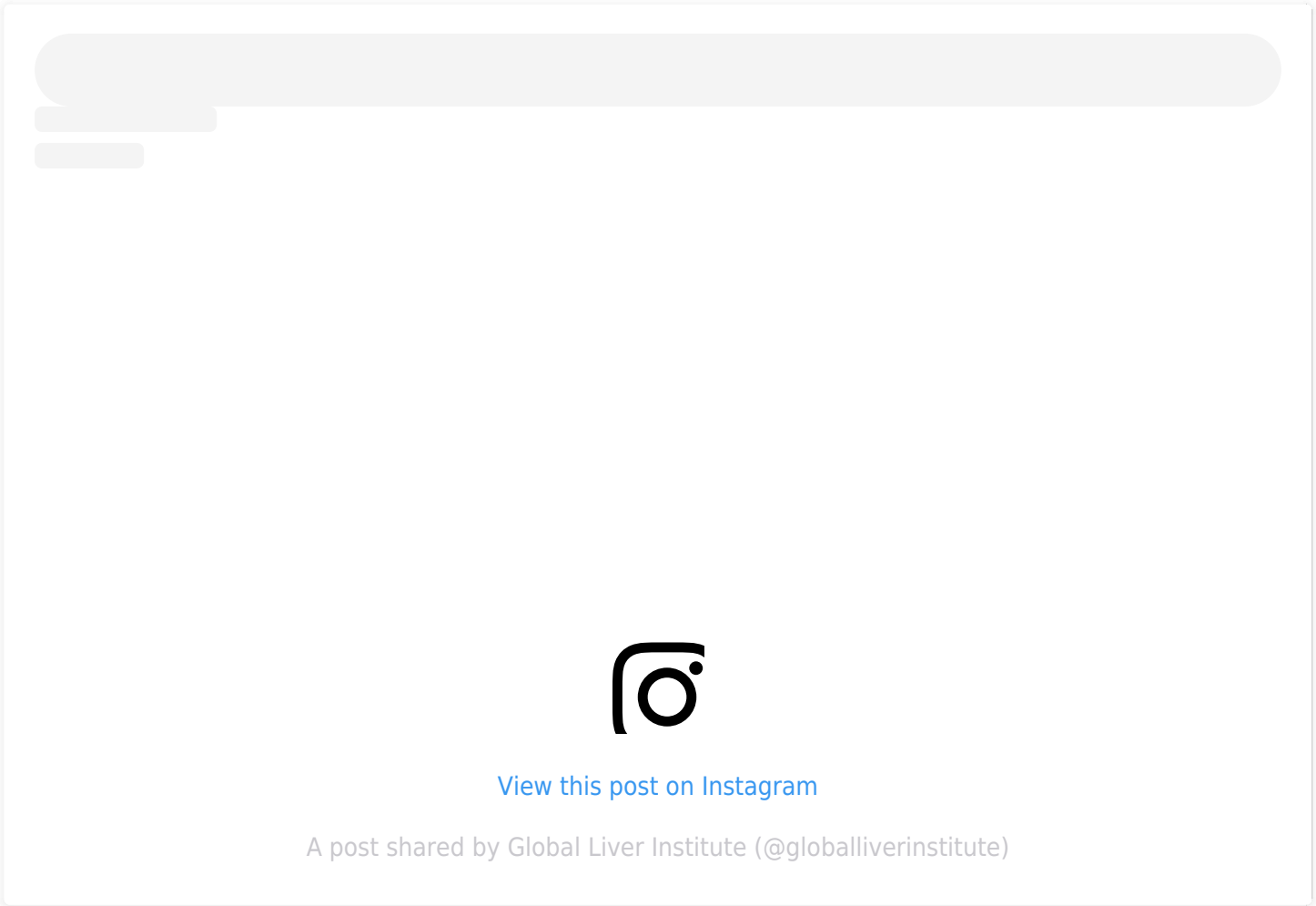
Honor International NASH Day 2021—Your Liver Will Thank You!

NASH is a more severe form of non-alcoholic fatty liver disease. Learn more about this type of hepatitis on #NASHday 2021.

June 10, 2021 By Trent Straube

Thursday, June 10, is International NASH Day 2021 (#NASHday). It's a chance to raise global awareness about non-alcoholic steatohepatitis (NASH), which is a more severe form of non-alcoholic fatty liver disease (NAFLD), itself a type of hepatitis.



Hepatitis simply means inflammation of the liver. There are many forms of hepatitis and several causes, including viruses such as hepatitis A, B and C as well as a buildup of fat or toxins, such as excessive amounts of alcohol. For more, see Hep Mag's Introduction to Hepatitis and the section

on NAFLD/NASH, which notes:

> "NAFLD is caused by excess fat in the liver, which leads to inflammation to the organ. If NAFLD progresses and damages liver cells, the condition is called non-alcoholic steatohepatitis (NASH). NAFLD often occurs without symptoms and is quickly becoming the most common liver disease in the United States. NASH is a serious condition that can progress to cirrhosis, which can lead to liver cancer or liver failure."

International NASH Day is sponsored by the Global Liver Institute, a collaborative effort of health experts aiming to elevate liver health and improve the lives of those affected by liver disease.

Liver disease is serious.

Liver disease is rising worldwide.

Liver disease is not just from alcohol abuse.

Liver disease is preventable.

Learn how you can keep your liver happy and healthy:
https://t.co/JS419eqwhv#NASHday
pic.twitter.com/ViIOOTpjOM
— Resoundant (@Resoundant) June 9, 2021

If you search #NASHday on social media, you'll find a number of organizations and advocates posting information about the disease. Sample posts are included throughout this article.

Did you know #NAFLD is a potentially serious liver

disease that affects 1 in 4 people?

For #NASHDay 2021 we'll be sharing ideas from experts around the ???? about what action is needed to address this challenge!@EASLnews @EASLedu @JVLazarus @mcolombo46 #LiverTwitter #NoNASH pic.twitter.com/N82MxbOMNr

— EASL International Liver Foundation (EILF) (@EASL_ilf) June 9, 2021

The theme of International NASH Day 2021 is "NASH Around the World." Visit International-NASH-Day.com for a tool kit that includes sample educational text for sharing on social media, such as:

- 7 out of 10 people living with #type2diabetes in the U.S. also have nonalcoholic fatty liver disease (NAFLD). Learn more about the relationship between #T2D & #NAFLD.

- While #obesity is strongly associated with #NAFLD/NASH, people who are not overweight can also have NAFLD/#NASH. Talk to your doctor about your risk factors and your options for screening and treatment. #NASHDay

- An estimated 25–30% of people worldwide ???? currently have nonalcoholic fatty liver disease (#NAFLD) & 2–6% have nonalcoholic steatohepatitis (#NASH), the most severe form of NAFLD. Researchers estimate that the prevalence of #NASH could increase by over 50% by 2030. #NASHDay

- Children with #obesity are at the greatest risk for developing pediatric #NAFLD and #NASH.

Other factors, such as #type2diabetes, #insulin resistance, metabolic syndrome or high #cholesterol, can increase a child's risk. #NASHDay

The website also offers additional educational materials about NAFLD and NASH—available in 16 languages!—that you can download and share; it also hosts a series of eight virtual discussion panels about preventing and managing liver disease. The topics include:

- NASH as a Global Public Health Challenge
- NASH and Liver Cancer
- NASH and Obesity
- Pediatric NASH
- NASH and Diabetes
- Beyond the Biopsy: Innovations in Diagnostics
- NASH in Lean Individuals
- NASH: A Conversation in the Black Community

The video below, by the Global Liver Institute, showcases how health specialists around the world tailor NASH education and awareness to their communities:

In related news, see the Hep article "What's in the Pipeline for NAFLD and NASH Treatment?" which states that the optimal treatment for fatty liver disease may involve combining drugs with different mechanisms of action.

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http://beta.docker.hepmag.com/article/honor-international-nash-day-2021your-liver-will-thank