



NAFLD/NASH

What are the symptoms of NAFLD/NASH?

Often, there are no symptoms associated with non-alcoholic fatty liver disease (NAFLD), especially in its early stages. Fatigue is a common complaint. In advanced cases of [NASH](#), especially if there is cirrhosis, patients may lose weight and feel weak. They may have various gastrointestinal complaints, such as nausea, vomiting and pain. People with NASH may have spiderlike blood vessels.

As cirrhosis progresses, there may be fevers and jaundice (yellowing of the skin and the whites of the eyes). The urine may turn a dark yellow or tea color, and the stools may be pale gray or whitish. Fluid may accumulate in the legs (edema) and abdomen (ascites). In the most advanced stages, confusion may occur as a result of the liver's inability to remove ammonia and other toxins from the body. This condition is known as hepatic encephalopathy.

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<http://beta.docker.hepmag.com/basics/non-alcoholic-fatty-liver-disease-basics/symptoms-nafld-nash>