International NASH Day

June 10, 2019 By Lucinda K. Porter RN

There are two acronyms I wish people would know: NAFLD which is short for non-alcoholic fatty liver disease and NASH which is non-alcoholic steatohepatitis.

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 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 will be held June 12, 2019. In an announcement from the Global Liver Institute, this second International NASH Day will kick off a campaign to raise awareness of NASH with numerous events and awareness activities worldwide.

If you aren't familiar with the Global Liver Institute, it is a wonderful nonprofit whose mission is to, "improve the lives of individuals and families impacted by liver disease through promoting innovation, encouraging collaboration, and scaling optimal approaches to help eradicate liver diseases." At its helm is Donna Cryer, a liver transplant recipient. Donna has been working at liver-related policy and advocacy for many, many years and is a true hero to the liver disease and transplant community.

You can read more about NAFLD and NASH by clicking here.

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