How Losing Weight Helps Liver Disease

A healthy weight can improve your overall health as well as help your liver function better.

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How Does Losing Weight Improve Liver Disease?

The liver is our powerhouse organ that performs vital life-sustaining functions. When liver function is compromised by hepatitis C, fatty liver disease, cirrhosis, cancer, etc. our entire body suffers and can be life-threatening. Losing weight, and maintaining a healthy weight helps your liver help you.

Debashish Bose M.D., Surgical Oncologist from Orlando Health Cancer Institute states, “Diet and exercise aren’t just good for your heart and lungs—they also lower your risk of developing a variety of cancers. More specifically, maintaining your weight and avoiding becoming overweight or obese is particularly important for the health of your liver and for reducing the risk of developing liver cancer.”

Dr. Bose also explains how important losing weight is in fighting fatty liver disease and reduce liver scarring, “Weight loss, proper nutrition, and exercise are the main treatments for NAFLD and NASH. Weight loss can reduce and even resolve NASH. Significant weight loss may even improve fibrosis, or tissue scarring, in those who have progressed to cirrhosis.”

How Much Weight Loss Improves Liver Function

John Hopkins Medicine states, “Studies show that losing 10 percent of your weight causes the liver enzymes to improve, which correlates with a reduction in the liver inflammation caused by the extra fat.”

Though depending on how much weight you need to lose to be in your healthy weight range will significantly improve your liver function and overall health.

Before starting any weight loss program, it is highly recommended to talk to your liver specialist (hepatologist, gastroenterologist, or infectious disease specialist) and seek professional advice from a registered dietitian who can work with your doctor to develop a healthy weight loss program designed for your specific liver and health condition.

Do you need to lose weight this year? (My hand is raised!)

Share your comments below.

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