

Drop the bottle and get active

Fatty liver disease is linked to, among other things, obesity and alcohol use

Run time - :45

ANCHOR LEDE: Here's another reason to be mindful of the obesity epidemic in the United States: obesity brings an increased risk of fatty liver disease, an ailment that's treatable but could mean serious complications. Tim Ditman of OSF HealthCare has more.

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Doctor David Rzepczynski [rep-SIN-skee], is a gastroenterologist at OSF. He says Hepatitis C and excessive alcohol use can cause fatty liver disease or are at least linked to it. But you can still get fatty liver if you're not a heavy drinker, and that's where your weight comes into play.

**\*\*\*SOUNDBITE\*\*\***

**Dr. David Rzepczynski [rep-SIN-skee], OSF HealthCare gastroenterologist**

**"The big driving force of fatty liver disease is what we call the metabolic syndrome There are five factors: obesity, diabetes, hypertension, high cholesterol and insulin resistance." (:24)**

I'm Tim Ditman.

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ANCHOR TAG: Left unchecked, fatty liver disease can lead to a serious condition called cirrhosis, or scarring, of the liver. So manage your weight, avoid excess alcohol and see a provider if you have abdomen pain.