

## **Drop the bottle and get active**

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

### **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.

### **TAKE VO**

Doctor David Rzepczynski [rep-SIN-skee], is a gastroenterologist at OSF HealthCare. 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.

### **\*\*\*SOT\*\*\***

**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)**

### **VO TAG**

Left unchecked, fatty liver disease can lead to a serious condition called cirrhosis, or scarring, of the liver.