

Drop the bottle and get active

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

*****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 blood pressure], high cholesterol and insulin resistance.” (:24)

*****SOT*****

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“It doesn’t have to be getting back to your ideal body weight. Losing 5% of your weight can reduce fat in the liver. Losing 7% will help reverse some of the inflammation associated with fatty liver. And some studies have even shown that losing 10% or more might reverse some of the scarring.” (:29)

*****SOT*****

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“You have normal liver tissue replaced by scar tissue. When that occurs, you have a loss of liver function. You have less liver cells performing their duties.” (:11)