

Short Note on Fatty Liver Disease

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DESCRIPTION

Fatty liver disease is a condition in which the liver preserves an excessive amount of fat. The vast majority of people show no indications or symptoms, and it causes them no significant problems. It can, however, cause liver damage in some circumstances. The good news is that fatty liver disease may usually be avoided or even reversed by making changes. There are two major classifications:

- Nonalcoholic Fatty Liver Disease (NAFLD) is a condition in which fat accumulates in the liver of persons who do not consume alcohol.
- Alcoholic steatohepatitis, often known as Alcoholic Fatty Liver Disease (AFLD). The first stage of alcohol-related liver disease is AFLD. The condition is classified as simple alcoholic fatty liver if there is no inflammation or other problems.

It is a frequent and reversible process that can be altered by making lifestyle and dietary adjustments. It may not cause any symptoms and has no long-term consequences.

Symptoms and causes

Fatty liver can develop in four stages:

- **Simple fatty liver** : Excess fat has built up in the liver. If the fatty liver does not improve, it is usually harmless.
- **Steatohepatitis**: Along with excess fat, steatohepatitis causes liver inflammation.
- **Fibrosis**: Scarring has developed as a result of chronic liver inflammation. On the other hand, the liver can continue to function correctly.
- **Cirrhosis**: Scarring of the liver has spread throughout the body, reducing its capacity to function. This is the most deadly stage, and it is irrevocable.

The symptoms of both AFLD and NAFLD are the same. In contrast, fatty liver is frequently accompanied by no symptoms. You may, however, feel tired or experience discomfort or soreness in your upper right abdomen. In certain people, fatty

liver disease can lead to complications such as liver scarring. Liver fibrosis is the inflammation of the liver. Cirrhosis is a potentially life-threatening disorder that can lead to liver failure if you have significant liver fibrosis.

Some people develop fatty liver disease without having any other health problems. However, the following risk factors increase your chances of getting it:

- Being obese or overweight.
- Type 2 diabetes or insulin resistance is a condition in which the body's insulin levels are abnormally high.
- Suffering from metabolic syndrome (insulin resistance, high blood pressure, high cholesterol and high triglyceride levels).
- Taking certain prescription drugs like amiodarone, diltiazem, or tamoxifen or steroids.

Diagnosis and treatment

Fatty liver disease is difficult to detect because it typically has no symptoms.

For nonalcoholic fatty liver, doctors advise losing weight. Fat in the liver, inflammation, and fibrosis can all be reduced by losing weight. If a doctor believes a certain prescription is the cause of NAFLD, the patient should cease taking it. It may be necessary to taper off the medication gradually and switch to another medication. There are currently no FDA-approved medicines for the treatment of NAFLD. Studies are being conducted to see if a specific diabetes drug or Vitamin E will help.

The most important aspect of treating alcoholic fatty liver disease is to stop drinking alcohol. There are other medications that can help; either by lowering cravings or by making a person feels nauseous if they consume alcohol.

Both alcoholic fatty liver disease and one type of nonalcoholic fatty liver disease can lead to cirrhosis (nonalcoholic steatohepatitis). Cirrhosis-related health concerns can be treated with medications, surgery, and other medical procedures. Cirrhosis can result in liver failure, requiring a liver transplant.

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