

- Digestive system / Glands

HOW TO KEEP YOUR LIVER HEALTHY

HT City · 22 Apr 2022 · 05 · Swati Chaturvedi swati.chaturvedi@hindustantimes.com

Excess fat deposit in the liver could be harmful. Here's all you need to know about dealing with it



The second largest organ in the body, the liver is integral to our digestive system. It helps break down food, store energy and remove waste products and toxins. As World Liver Day was observed recently, we take a look at nonalcoholic fatty liver disease (NAFLD) and how it can be prevented and treated.

It is normal for the liver to contain a small amount of fat. However, excessive fat deposit in the organ could be harmful. NAFLD is a buildup of excess fat in the liver cells, which can lead to liver damage resembling the damage caused by alcohol abuse, but inflicts people who drink little or no alcohol.

“NAFLD refers to excess fat accumulation in the liver in the absence of excess alcohol consumption. It can lead to advanced liver diseases like cirrhosis (scarring of liver) and liver cancer. The disease is commonly seen in obese individuals, diabetics and patients with hyperlipidemia,” says Dr Saumil K Shah, gastroenterologist, hepatologist and endoscopist at CritiCare Asia Multispeciality Hospital, Mumbai.

Some individuals with NAFLD can develop nonalcoholic steatohepatitis (NASH), an “aggressive form of fatty liver disease” that is marked by liver inflammation and may progress to cirrhosis and liver failure, explains Dr Hunaid Hatimi, senior consultant, liver, pancreas and intestine transplant at Global Hospital, Mumbai.