

Live(r) and learn: Top tips for liver health

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Once considered the disease of the middle-aged and old, fatty liver is now increasingly being detected in younger adults. With almost no visible signs and symptoms in initial stages, the condition can eventually progress to liver cirrhosis or scarring of liver and liver cancer, if not treated right. This condition can be attributed to various factors, with lifestyle playing a significant role.



On World Liver Day, here are some of the top reasons along with corresponding lifestyle changes, suggested by Dr Vinit Shah, Senior consultant Hepatology (Liver Transplantation medicine and Liver diseases), Pune, Maharashtra. **MANAGE FATTY LIVER WITH LIFESTYLE CHANGES** Poor diet:

Consuming a diet high in processed foods, saturated fats, sugars and excessive calories can contribute to fatty liver. Young individuals often indulge in fast food and sugary beverages, which can exacerbate the condition. Lifestyle change: Adopting a balanced diet rich in fruits, vegetables, whole grains and lean proteins can help reduce fatty liver. Limiting intake of sugary and fatty foods is crucial. Incorporating more water and herbal teas instead of sugary drinks can also be beneficial. Sedentary lifestyle: Lack of physical activity is closely linked to fatty liver development. Young people, especially with desk jobs or sedentary hobbies, may not engage in enough exercise to maintain a healthy metabolism.

Lifestyle change: Regular physical activity is essential. Incorporating at least 30 minutes of moderate intensity exercise, such as brisk walking, jogging, cycling or swimming can help improve liver health. Additionally, taking breaks from prolonged sitting and incorporating more movement throughout the day is beneficial. Obesity: Excess body weight, particularly abdominal obesity, is a significant risk factor for fatty liver disease. Young individuals with obesity or overweight are more prone to developing the ailment.

Lifestyle change: Achieving and maintaining a healthy weight through a combination of dietary changes and regular exercise is crucial. Aim for gradual weight loss through portion control, mindful eating, and increased physical activity.

Excessive alcohol consumption: While fatty liver disease isn't directly associated with alcoholic causes, excessive alcohol intake can also lead to fatty liver, especially in young adults who engage in binge drinking. Lifestyle change: Limit alcohol consumption or abstain from it altogether to prevent further liver damage.

Insulin resistance and diabetes: Insulin resistance, commonly associated with obesity and unhealthy lifestyle habits, can contribute to the development of fatty liver disease, particularly in individuals with type 2 diabetes. Lifestyle change: Managing blood sugar levels through a balanced diet, regular exercise, and medication (if prescribed) is essential for individuals with insulin resistance or diabetes. Monitoring carbohydrate intake and opting for complex carbohydrates can help stabilize blood sugar levels and improve liver health.