



# Living with MASLD: What to Know, What to Do

Your guide to understanding and supporting your Greatest Organ of All Time.



## What is **MASLD**?

Metabolic dysfunction-associated steatotic liver disease—or MASLD for short—is the most common liver disease in Canada, affecting about 25% adults. It happens when too much fat builds up in the liver and is often linked to metabolic conditions like obesity, high cholesterol, type 2 diabetes, and high blood pressure.

The good news? MASLD is manageable, and even reversible in its early stages, with the right knowledge and small, consistent lifestyle changes.

### What are some causes of MASLD?

- Intestinal bypass surgery
- Long-term IV feeding (parenteral nutrition)
- Certain medications or chemicals
- Obesity
- Rapid weight loss
- Starvation or protein malnutrition
- Genetics
- Metabolic conditions like diabetes and high cholesterol

## What you can do to lower your risk

- ✓ Maintain a healthy weight
- ✓ Eat balanced meals (e.g. Mediterranean-style)
- ✓ Get regular physical activity
- ✓ Limit or avoid alcohol
- ✓ Follow medication instructions
- ✓ Manage related conditions (e.g. diabetes, high blood pressure)

## Lifestyle habits that support your liver

<b>Weight loss</b>	Even a 7–10% reduction in body weight can significantly reduce liver fat and inflammation.
<b>Balanced eating</b>	Focus on fruits, vegetables, whole grains, lean proteins, and healthy fats.
<b>Physical activity</b>	Aim for 150 minutes of moderate to vigorous activity each week.
<b>Managing related conditions</b>	Stay on top of diabetes, cholesterol, and blood pressure with your care team.

## Getting started with change

- Choose what you enjoy. You're more likely to stick with habits that feel good.
- Set SMART goals (Specific, Measurable, Achievable, Relevant, Timebound).
- Lean on your support system. Encouragement matters.
- Be patient. Progress matters more than perfection.



## Questions to ask your doctor

### Understanding your diagnosis

- What stage of MASLD do I have?
- Do I have signs of inflammation or fibrosis?
- Could I have progressed to MASH?
- Do I need more testing, like Fibroscan, MRI, or biopsy?

### Understanding the cause

- What likely caused my MASLD?
- Am I at risk for other metabolic conditions?
- How does MASLD impact my heart health?

### Planning treatment and next steps

- Can MASLD be reversed in my case?
- What's a healthy weight for me?
- Is there a specific meal pattern I should follow?
- Are there any medications or supplements I should avoid?
- Are there any treatments or trials I could consider?

### Ongoing care

- Should my children be tested for MASLD?
- Should I see specialists or a registered dietitian?
- How often should I be monitored?
- What signs should I watch for?



### You're not alone.

Liver Canada is here to support you every step of the way. Call our Toll-Free Help Line at **1-800-563-5483** or visit [liver.ca](https://liver.ca) to learn more.

### Want to help others living with MASLD?

Visit [liver.ca/ways-to-give](https://liver.ca/ways-to-give) to support education, support services, and research.

