

About my Fatty Liver

Back in 2006 I was first diagnosed with hemochromatosis, beta thalassemia trait (anemia) and fibrosis within 6 months of conflicting blood work of being both anemic and high iron instead of iron deficient. Until my ethnicity (1/2 Italian) was revealed genetic tests were done and answers were uncovered.

I was quite traumatized hearing **liver** since losing my mother in a matter of month from liver cancer in 2001. Of which my doctors were convinced came from her also having hemochromatosis and I get annual checkup with ultrasounds usually.

Countless tests came about and I was also diagnosed with NAFLD (non-alcoholic fatty liver disease). I was repeatedly asked if I was a heavy alcoholic drinker or ever took illegal drugs since they were baffled.

NAFLD is slowly becoming the new epidemic like diabetes in the U.S.

MRIs, CAT, Ultrasounds (annual), even 3 liver biopsies all confirmed my fatty liver from NAFL to NASH (see image below) along with physical examination where they could feel the liver until recently when it reversed to stage 1.

The doctors were actually able to feel my liver for many years and I even enrolled in 3 clinical trials for Fibrosis and/or fatty liver but didn't qualify but with the free tests, etc. it gave me peace of mind my liver was improving. I was blessed with some amazing, experienced doctors when all this started to today.

The following was done and all contributed to my Fibrosis reversing from stage 3 to stage 1; fatty liver decreasing and improved bloodwork more normalized even with my contradicting genetics.

- Medication changes: more **liver-safe** medications (prescription and OTC)
 - Various medications caused **DILI** (drug induced liver injury) or **DILD** (drug induced liver disease)
 - Many medications I was on long term for various reasons worked for the problem but damaged the liver significantly
 - Make a list of your medication history – past and present including supplements along with how long you were taking them, etc. and if possible switch to a more liver-safe medication
- In 2008 placed on Actigall (Ursodiol) made by Watson 300mg taken twice a day
 - Ursodiol is a bile acid that decreases the amount of cholesterol produced by the liver and absorbed by the intestines. Ursodiol helps break down cholesterol that has formed into stones in the gallbladder. Ursodiol also increases bile flow in patients with primary biliary cirrhosis.
- The prevalence of NAFLD is high in conditions associated with insulin resistance such as obesity, **type 2 diabetes**, dyslipidemia, and the metabolic syndrome. ... NAFLD is also very common in the type 2 diabetes population with between 50 and 75% of subjects demonstrating fat in the liver by ultrasound
- Change of diet again for liver safety – no sushi, raw seafood, limited iron and supplements (take only what you need – not the multivitamins)

- Nutritionist helped a lot
- Less bread and only whole wheat; lean meat; I alternate between vegetarian and non-veg at times; less salt; drink more water; less sodas
- Portion everything; even eat 4 times instead of 3; more fruit, vegetables;
- After 10 years since first diagnosed in 2006 to the most recent biopsy in 2016 uncovering my Fibrosis healing to stage 1 and the fatty liver unable to be felt during examination and two ultrasounds confirmed a lesion was unchanged in size and benign

Various Blood tests also can indicate fatty liver and when/if they improve they also indicate fatty liver improving

- ALT - ; NAFLD associated
- AST + ; NAFLD associated
- GGT + ; NAFLD associated - markers of liver injury
- MCV + = liver disease

+ = consistently higher than the normal ranges

- = consistently lower than the normal ranges



