



## Mechanism of Fatty Liver Disease and its Treatment Methods

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### Description

Fatty liver disease is commonly referred to as liver inflammation, it is a condition characterized by the accumulation of fat within the liver cells. It has emerged as a significant global health concern, affecting millions of people around the world. There are two main types of fatty liver disease: Alcoholic Fatty Liver Disease (AFLD) and Non-Alcoholic Fatty Liver Disease (NAFLD). AFLD is caused by excessive alcohol consumption, whereas NAFLD is associated with metabolic risk factors such as obesity, insulin resistance and high cholesterol. NAFLD is further divided into two categories: Non-Alcoholic Fatty Liver (NAFL) and Non-Alcoholic Steato-Hepatitis (NASH), it also serves as an increasingly significant variation characterized by inflammation and damage to the liver.

### Causes and risk factors of fatty liver disease

The main causes of fatty liver are damaging method of existence such as improper diet, lack of exercise, and excessive alcohol consumption. Obesity, type 2 diabetes, hypertension, and high triglyceride levels are major risk factors for developing NAFLD. Genetics, certain medications, weight loss, and certain medical conditions such as hepatitis C and Poly-Cystic Ovary Syndrome (PCOS) can also contribute to the development of fatty liver disease.

### Symptoms of fatty liver disease

In the early stages, fatty liver disease frequently develops without any identifiable symptoms. However, as the disease develops, fatigue, weakness, abdominal discomfort, and partially increased liver may occur. More severe cases of NASH may present with symptoms such as jaundice, ascites (fluid in the abdomen), and confusion. Left

untreated, fatty liver disease can lead to liver fibrosis, cirrhosis, and even liver failure.

### Diagnosis of fatty liver disease

Diagnosis of fatty liver disease requires a combination of medical history, physical examination, and diagnostic tests. Blood tests help to assess liver function and measure levels of liver enzymes and other elements. Imaging tests such as ultrasound, Computed Tomography (CT), and Magnetic Resonance Imaging (MRI) are used to visualize the liver and determine the accumulation of fat intensity. A liver biopsy is sometimes performed to examine the severity of liver disease and test any other possible causes.

### Treatment and lifestyle modifications

Treatment of fatty liver disease primarily focuses on treating the underlying cause and making healthy lifestyle changes. To prevent the development of AFLD, total removal from alcohol is required. Weight loss, regular physical activity, and a balanced diet play an important role in NAFLD. A diet high in fruits, vegetables, whole grains, lean protein, and low in saturated fat and added sugars is recommended. In addition, treating underlying conditions such as diabetes, high blood pressure, and high cholesterol is important.

### Medications and therapies

In some cases, drugs may be prescriptive to treat certain aspects of fatty liver disease. These include medications to control blood sugar levels, lower cholesterol, and reduce inflammation. However, there are no specific medications permitted for the treatment of NAFLD or NASH, as a result, antibiotics ought to be utilized only with the direction of a medical professional.

### Prevention of fatty liver disease

While it involves fatty liver disease, prevention is an essential to treating it effectively. A healthy lifestyle, including regular exercise, maintaining a healthy weight, and avoiding excessive alcohol consumption, is an important preventive measure. Early detection and treatment of risk factors such as obesity and diabetes also help to reduce the risk of fatty liver disease.

Fatty liver disease is a major global health problem, mainly result of unhealthy lifestyles. Identifying the causes, symptoms, and treatments for this condition is very important for both at risk people and health care professionals. Individuals may reduce the rising incidence of fatty liver disease and enhance the overall well-being of affected persons by enhancing information and encouraging healthy procedures.

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