



4 December 2020

Fatty Liver

Non-alcoholic fatty liver disease (NAFLD) is a medical condition that is characterised by the build-up of fat (fatty infiltration) in the liver.

NAFLD is increasingly common around the world. The overall global prevalence was reported to be 24.4%. In westernised Asian populations, including Singapore, prevalence rates as high as 40% were reported.

What is NAFLD?

NAFLD is the name of a spectrum of liver diseases.



- **Steatosis (Simple fatty liver)**
A condition characterised by the harmless build-up of fat in the liver cells.
- **Non-alcoholic steatohepatitis (NASH)**
A more serious form of NAFLD, where the liver has become inflamed.
- **Cirrhosis**
This is the most severe stage which occurs after years of inflammation. This condition causes the liver to shrink and becomes scarred and lumpy. This damage is permanent and can lead to liver failure and liver cancer.

Risk Factors:

- Obesity (Particularly if an individual has a lot of fat around the waist)
- Type 2 diabetes
- High levels of bad cholesterol (LDL and TG)

- Metabolic syndrome (A combination of high blood pressure, diabetes and obesity)
- Above age of 50
- Smoking

Diagnosis and treatment:

In early stages of NAFLD, the liver tends to function normally and there are no symptoms. NAFLD is typically discovered when tests are carried out for other reasons or when a routine health screening is conducted.

There is currently no specific medication for NAFLD.

Treatment is mainly focused on lifestyle modification and control of underlying risk factors.

- **Lose weight**
From liver tissue testing, studies have shown that a 7-10% weight reduction improves the damage to the liver.
- **Choose a healthy diet**
Avoid processed meat and high sugar products.
- **Exercise and keep an active lifestyle**
Try to exercise for 30 minutes a day on most days of the week.
- **Aggressively control other modifiable medical conditions** such as high cholesterol, diabetes and hypertension.
- **Cessation of smoking**
- **Avoid alcohol**
Individuals with NAFLD should avoid alcohol as it can worsen their current condition.

Regular Screening

- Individuals with incidental discovery of NAFLD should be assessed for the relevant risk factors.

Biannual screening for liver disease with liver function blood test starting from 10 years of age, in obese children and those with BMI of 85th to 94th percentile and has other risk factors is advised.

Medical Services for COVID-19

The outbreak of COVID-19 has caused much disruption in our daily life and business operations. As Singaporeans, we all have a role to play in the fight to prevent spread of COVID-19 and to protect our families, loved ones and colleagues. To help meet the challenge posed by the current COVID-19 outbreak, Raffles is happy to provide the following services to meet your healthcare needs.



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Your foreign domestic worker is required to screen for pregnancy and infectious diseases every six months. Enjoy the convenience of a mobile screening, where we arrange for our medical personnel to go to your home to conduct the tests required.



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A vaccination to protect you and your family from influenza can be done without going to the clinic. [Find out more](#)