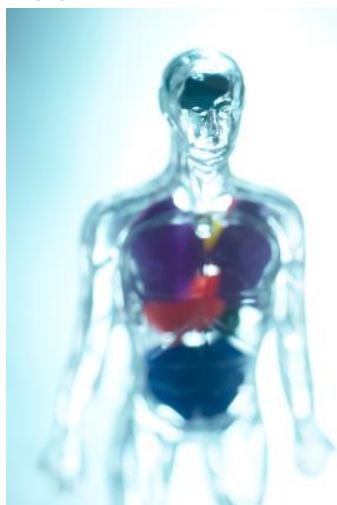
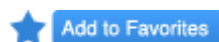


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# Fatty Liver & Diabetes

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Fatty Liver & Diabetes

## Overview

Fatty liver disease is the accumulation of [fat](#) in liver cells in people who drink little or no alcohol. It is also called non-alcoholic fatty liver disease. If left untreated, the fat can cause inflammation and scarring in the liver and lead to non-alcoholic steatohepatitis (NASH) and can progress to liver failure.

## Link to Diabetes

Non-alcoholic fatty liver disease (NAFLD) is a common complication of type 2 diabetes. Poor control of blood sugar in diabetics can increase the chance of NAFLD. Medical conditions that are related to diabetes such as [high cholesterol](#) and obesity also increase the risk of NAFLD.

[5 Foods never to eat](#) : Cut down a bit of stomach fat every day by never eating these 5 foods. Naviibk.com

## Diagnosis in Diabetics

Fatty liver disease is a silent disease with no overt symptoms. The main symptom is an increase in the level of liver enzymes. Most diabetics undergo routine bloods tests that also test the level of the liver enzymes. Fatty liver is often recognized in diabetics as a result of this test.

## Additional Testing

The physician can also suggest further tests that include CT or MRI imaging of the liver to determine if there is any damage. If the physician suspects a serious case, then he may recommend a liver biopsy.

## Treatment

Fatty liver is usually treated with lifestyle changes rather than drugs. There are no drugs that directly treat fatty liver disease. Physicians usually suggest lifestyle changes such as weight loss, working out and controlling blood sugar and fats. Triglycerides are fats in the blood that lead to a fatty liver. Some diabetic medications such as insulin sensitizers can help reduce fat in the liver; however, they are not FDA approved for that purpose.

#### Prevention

There is strong link between type 2 diabetes, obesity and fatty liver disease. The best preventative measures a diabetic can take to safeguard against fatty liver disease are to maintain a healthy weight, [exercise](#) and control both blood sugar and triglyceride levels. A diabetic should also try to reduce high cholesterol levels and avoid excessive alcohol consumption.

[Free Diabetes Meal Plan](#) Eat Right & Lose Weight to Control Diabetes. Free from Everyday Health [www.EverydayHealth.com/DiabetesMeal](http://www.EverydayHealth.com/DiabetesMeal)

[Liver Cancer Diagnosis?](#) Chat w/An Oncology Info Expert About Liver Cancer Treatment. [CancerCenter.com/CareThatNeverQuits](http://CancerCenter.com/CareThatNeverQuits)

[Reverse Fatty Liver Now](#) Discover Your Safe Natural Solution Buy Now, Your Liver Will Thank You [www.livergenex.com](http://www.livergenex.com)

[How To Cleanse Your Liver](#) How To Cleanse - Detoxify Your Liver. Articles, Products & More. [Puristat.com/Liver-Cleanse](http://Puristat.com/Liver-Cleanse)

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Ruwaida Vakil began freelancing as a medical writer in 1999. Her work has appeared in various online publications. Ruwaida earned her Master of Science in immunology at the University of Toronto and the Ontario Cancer Institute. Ruwaida currently runs her own freelance medical writing

Article reviewed by Lisa McAvoy

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