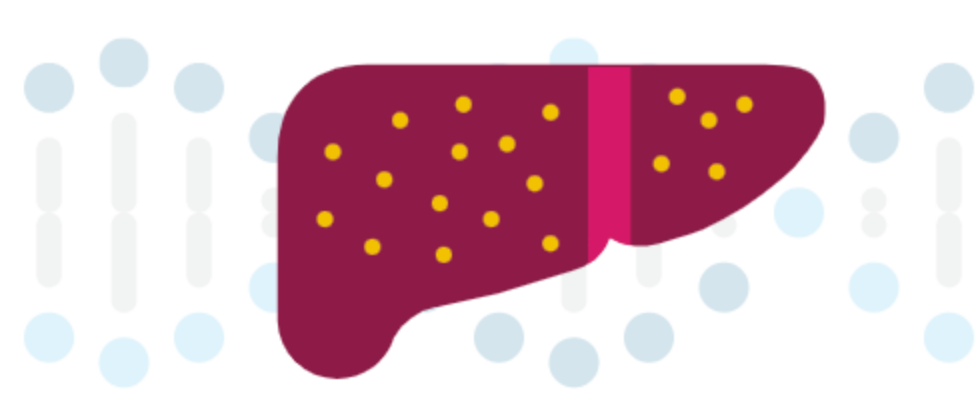


# Nonalcoholic Fatty Liver Disease

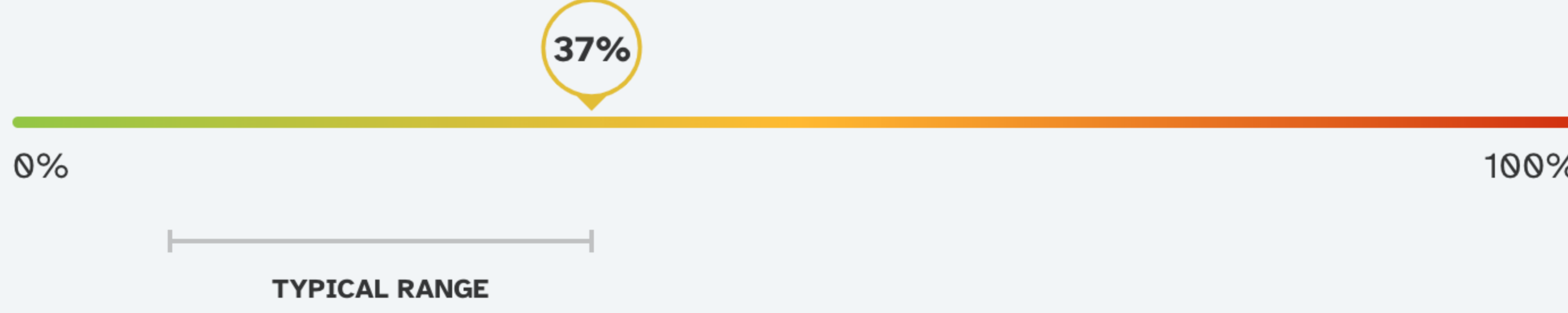
POWERED BY 23ANDME RESEARCH

Nonalcoholic fatty liver disease (NAFLD) is a condition that is characterized by the buildup of fat in the liver. Typically, NAFLD does not cause any noticeable symptoms but if not managed properly may lead to complications such as liver failure.



Jamie, your genetic result is associated with an **increased likelihood** of developing nonalcoholic fatty liver disease.

An estimated **37%** of people with genetics and other factors like yours develop nonalcoholic fatty liver disease **by their 60s**. This is based on data from female 23andMe research participants of European descent.



However, some variants used to calculate your result could not be determined. This means your genetic likelihood could be slightly higher or lower than the estimate shown and **could fall in the range that is considered typical.** [Learn more.](#)

This estimate is based on currently available data and may be updated over time.

## Ways to take action

Your overall likelihood of developing nonalcoholic fatty liver disease also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing this condition.

- Maintain a healthy weight
- Eat a healthy diet
- Exercise regularly

As the name suggests, nonalcoholic fatty liver disease is not caused by excessive alcohol consumption. However, alcohol consumption can also cause fat buildup and damage in the liver, which is one reason it's important for everyone to avoid excessive alcohol consumption. For people with NAFLD, experts especially recommend limiting alcohol consumption and encourage other healthy lifestyle choices to help manage the condition.

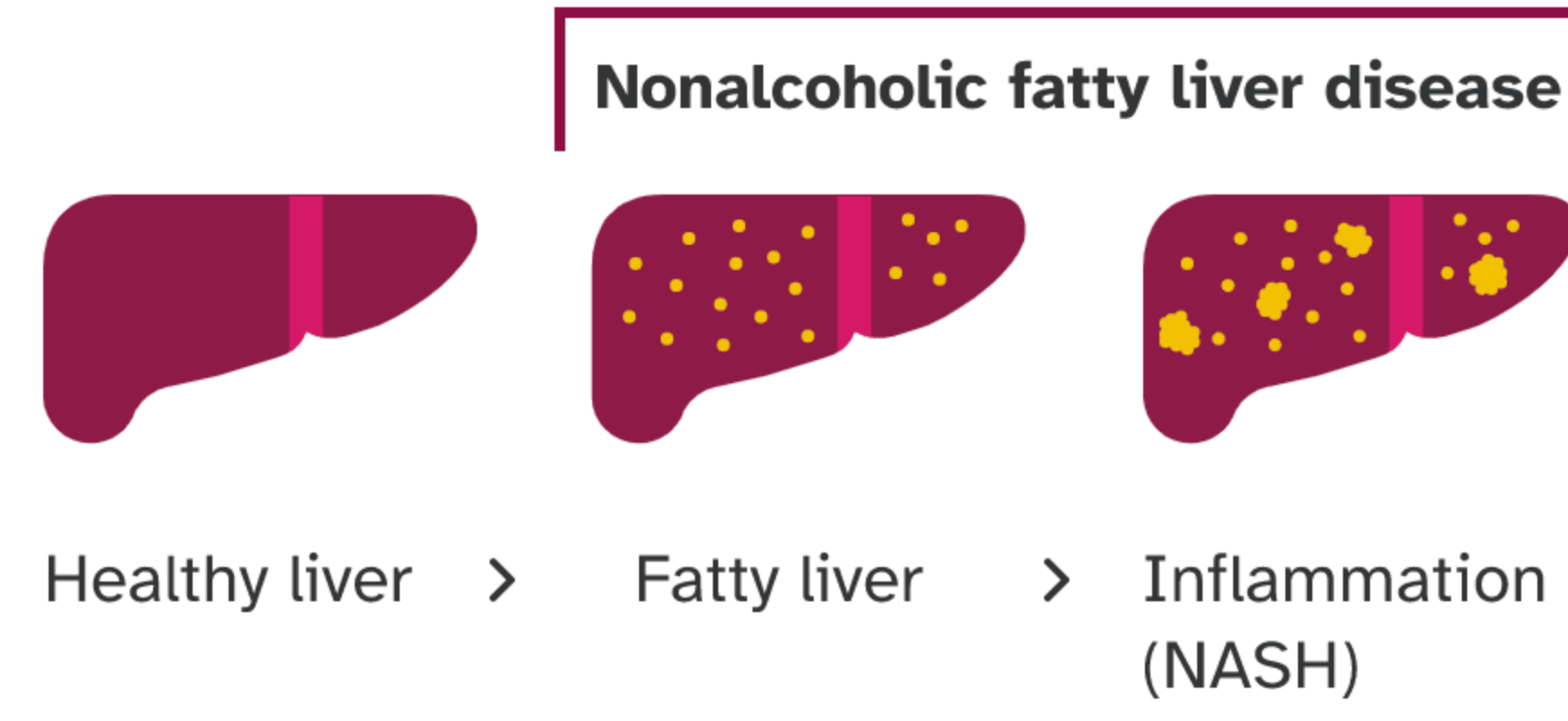
[Learn more from the National Institutes of Health](#)



## About nonalcoholic fatty liver disease

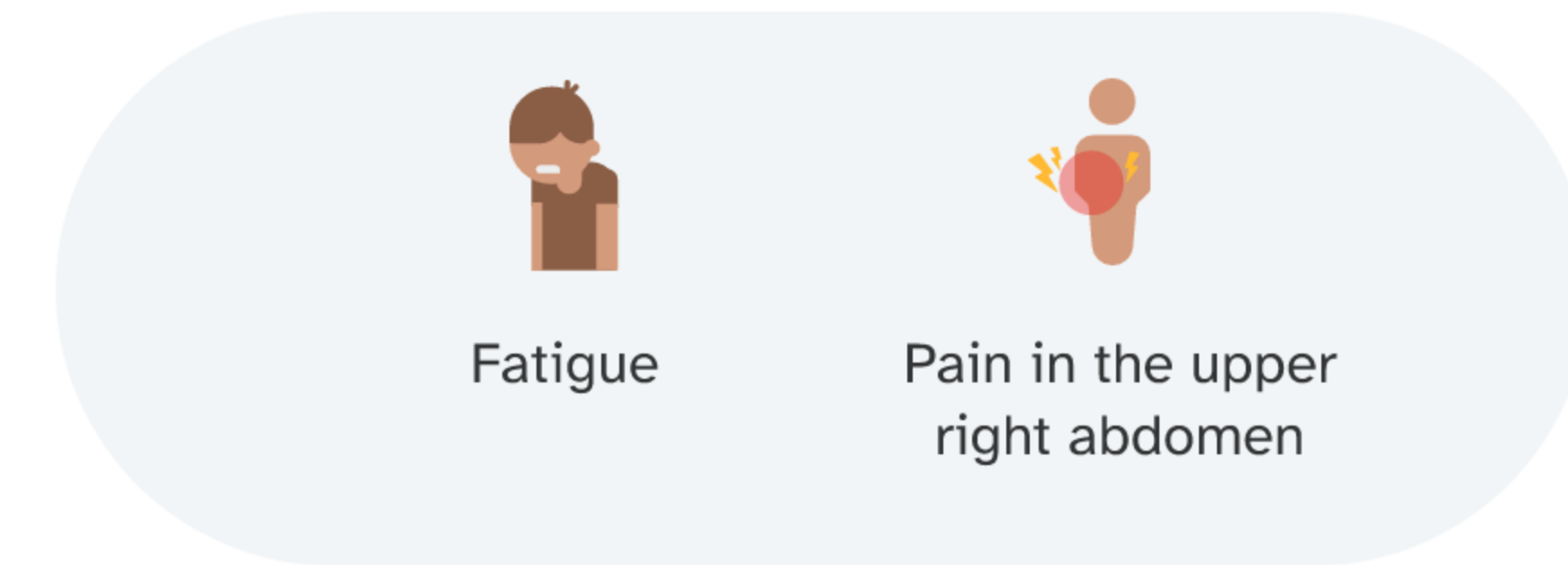
### What is nonalcoholic fatty liver disease?

Nonalcoholic fatty liver disease (NAFLD) is a condition that is characterized by the buildup of fat in the liver. For many people with NAFLD, this accumulation of fat does not cause serious liver damage. However, some people may have a more severe form of NAFLD called nonalcoholic steatohepatitis (NASH) where the buildup of fat results in inflammation and liver damage.



### How can NAFLD impact your health?

Most people with NAFLD do not have any noticeable symptoms, though some people experience fatigue or pain in the upper right abdomen. However, even in people without symptoms, fat buildup in the liver can cause inflammation that can lead to areas of scarring (fibrosis).

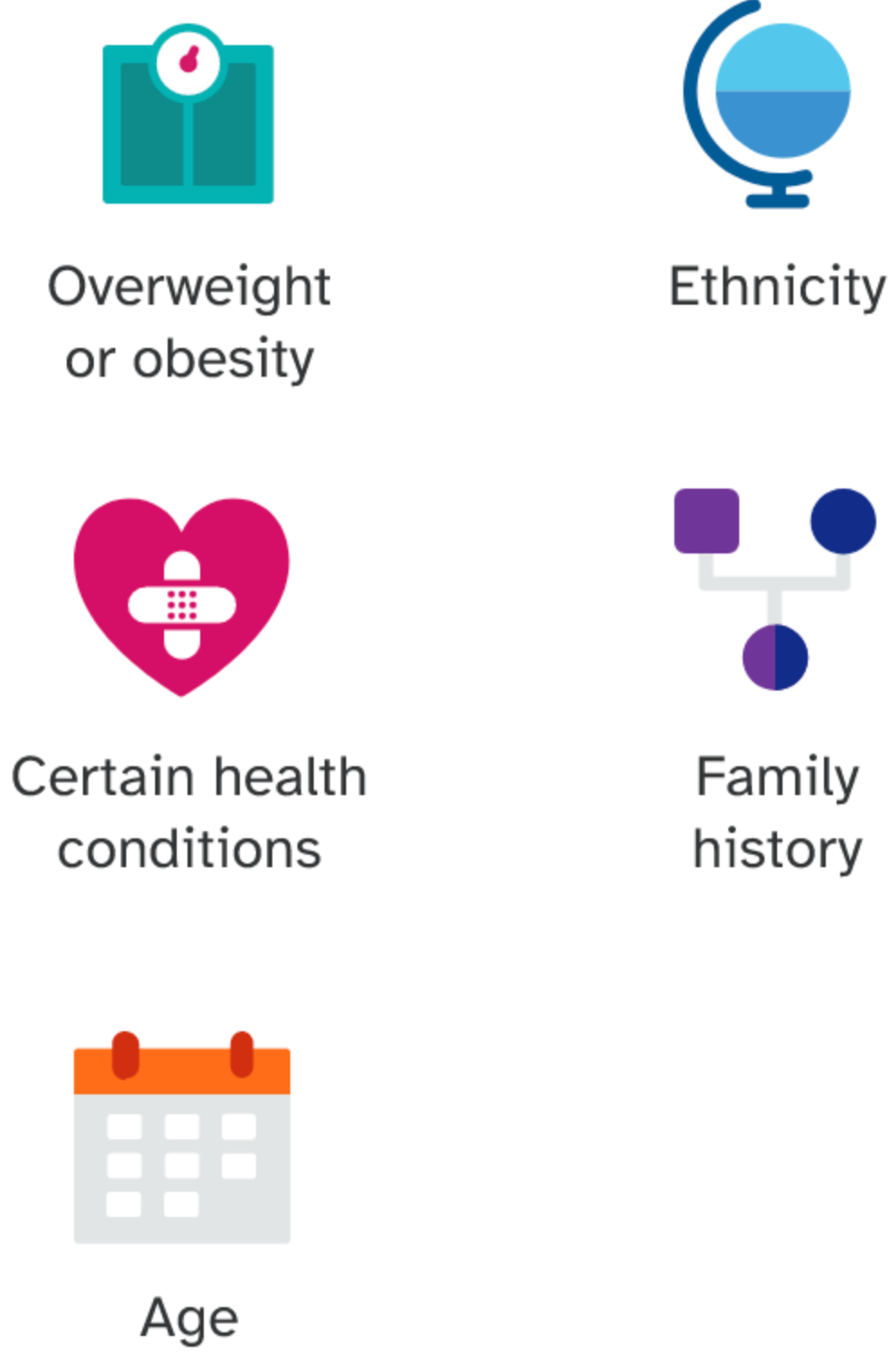


If NAFLD is not managed properly, continued inflammation can result in more and more scarring, which can lead to cirrhosis (late-stage scarring of the liver). This scarring can prevent the liver from working properly, which can lead to liver failure and increase the risk of liver cancer.

### Other factors that can impact your chances of developing NAFLD

NAFLD is one of the most common causes of liver disease. It is estimated that 20-40% of adults in the U.S. have NAFLD. Besides genetics, some factors that can increase a person's chances of developing NAFLD include:

- Being overweight or obese (especially when fat is concentrated in the abdomen)
- Being of Hispanic or Latin American descent
- Certain health conditions (including type 2 diabetes and high cholesterol)
- Family history (especially if a first-degree relative has NASH)
- Age (this condition becomes more common as people get older but can also occur at an early age)



## Keep in mind

This report **does not diagnose** nonalcoholic fatty liver disease. **Consult with a healthcare professional** if you are concerned about your likelihood of developing nonalcoholic fatty liver disease, have a personal or family history of nonalcoholic fatty liver disease, or before making any major lifestyle changes.

If you have already been diagnosed with nonalcoholic fatty liver disease by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.

The likelihood of developing nonalcoholic fatty liver disease also depends on **other factors**, including lifestyle, family history, age, and other health conditions.

This report **does not account for every possible genetic variant** that could affect your likelihood of developing nonalcoholic fatty liver disease.

This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



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Get reward

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